

# Transition: The Journey towards Adult Services



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Children's Treatment  
Centre Sudbury

Children's Treatment Centre • (705)523-7337 • 41 Ramsey Lake Rd, Sudbury, Ontario P3E 5J1

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## INTRODUCTION

It is our hope that you will find this community resource directory to be helpful as you prepare for the transition to adult services. The change from paediatric services to adult services is very challenging for both the youth and their family. Transition can involve significant changes in all aspects of a person's life: where they live, where they go to school, who their doctor is, where they get their therapy, their income, leisure activities etc.

Our thanks to Anne-Marie Phillips, a 4<sup>th</sup> year social work student at Laurentian University's School of Social Work for all of her work and dedication in preparing the directory.

We will do our best to update the directory but agencies will sometimes change names and contact information without our knowledge. Please advise us of any relevant changes and we will incorporate them.

Every effort has been made to verify the information appearing in the directory. Information was obtained from each agency or group and verified by a contact within the agency or group. Information was also gathered via internet websites.

We have also developed another directory called FINDS – Families in Need-Directory of Services for Children With Special Needs. It outlines programs, funding and supports for families who have a child with special needs. Both directories are available at the Children's Treatment Centre. For your copy, send an email to [jtramontini@hrsrh.on.ca](mailto:jtramontini@hrsrh.on.ca).

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# EDUCATION

## **Cambrian College The Glenn Crombie Centre for Disability Services**

<p>(705) 566-8101 1400 Barrydowne Rd. Sudbury, ON P3A 3V5</p>	<p>General website: <a href="http://www.cambrianc.on.ca">www.cambrianc.on.ca</a> Direct Link to The Glenn Crombie Centre for Disability Services: <a href="http://www.cambrianc.on.ca/Schools/school_gc.c.htm">www.cambrianc.on.ca/Schools/school_gc.c.htm</a></p>
<p>The Glenn Crombie Centre for Disability Services is a resource centre that promotes access and success for students with disabilities. This unique Centre is a multi-service student complex with specialized education and training resources and state-of-the-art assistive learning technologies. The centre also links students to resources that are used to assist students in their classrooms in all programs.</p> <p><i>Specialized Programs offered at Cambrian</i></p> <p>Building Bridges – for students with developmental disabilities Transition to College (TCPG) – for students with learning disabilities College Vocational Program – for students with mild intellectual disabilities</p>	

## **College Boreal**

<p>(705) 560-6673 21 boulevard Lasalle Sudbury, ON P3A 6B1</p>	<p><a href="http://www.borealc.on.ca">www.borealc.on.ca</a>  <a href="http://www.borealc.on.ca/Services-aux-etudiants/Appui-apprentissage/Accueil/">http://www.borealc.on.ca/Services-aux-etudiants/Appui-apprentissage/Accueil/</a></p>
<p>Si tu as des besoins particuliers, plusieurs accommodements adaptés à tes besoins sont disponibles.</p> <p>Description : Difficultés et troubles d'apprentissage • trouble d'hyperactivité avec déficit de l'attention • personnes sourdes, devenues sourdes ou malentendantes • cécité et vision partielle • personnes ayant une mobilité réduite • lésion cérébrale acquise légère • autres (troubles médicaux, affectifs, psychologiques)</p>	

## **Laurentian University**

<p>(705) 675-1151, extension 3324 935 Ramsey Lake Rd Sudbury, ON P3E 2C6</p>	<p><a href="http://www.laurentian.ca">www.laurentian.ca</a> – general website <a href="http://www.laurentian.ca/Laurentian/Home/Departments/Special+Needs/Homepage.htm?Laurentian_Lang=en-CA">http://www.laurentian.ca/Laurentian/Home/Departments/Special+Needs/Homepage.htm?Laurentian_Lang=en-CA</a></p>
<p>Services Available – Extended time for tests and exams – Voice input to computer – Use of specialized equipment – Tape recorders for lectures – Personal reading scanners – TTY (teletype phone) – FM system for classroom lectures – Computerized note taking – Enlargement devices for class materials – Talking calculators – Alternative computer programs for various disabilities – a more extensive list can be found on the website. Bursaries are available.</p>	

# EMPLOYMENT

## Northern Vocational Services

(705) 674-4141 117 Elm St. Suite 209 Sudbury, ON P3C 1T3
Programs include on the job training, work trials and job placements, job coaching and job maintenance. They offer services in completing application forms, creating resumes/cover letters, learning and practicing interview skills, specialized computer training and more. Additional services offered free of charge through O.D.S.P. are transportation, clothing, workplace equipment, specialized training, vocational testing.

## Ontario Disability Support Program (ODSP) Income and Employment Supports

(705) 564-4515 199 Larch St. 5 <sup>th</sup> Floor Sudbury, ON P3E 5P9	<a href="http://www.mcass.gov.on.ca">www.mcass.gov.on.ca</a>
ODSP Employment Supports helps eligible people with disabilities overcome barriers to employment by providing employment-related goods and services. A person does not need to be in receipt of ODSP Income Support in order to be eligible for Employment Supports. To be eligible for Employment Supports under ODSP, you must have a physical or mental impairment that is continuous or recurring, lasting one year or more, and presents a substantial barrier to employment.	

## Employment Services (Ontario March of Dimes)

(705) 674-3377 31 Larch St. 4 <sup>th</sup> Floor Sudbury, ON P3E 1B7	<a href="http://www.marchofdimes.ca/dimes/corporate_rehab/programs_and_services/job_placement/sudbury.htm">http://www.marchofdimes.ca/dimes/corporate_rehab/programs_and_services/job_placement/sudbury.htm</a>
Employment services offers a full range of services to help people with disabilities develop employment plans, prepare for work, overcome employment barriers, and enter the workforce	

## YMCA Employment Services

(705) 674-2324 10 Elm St. Suite 112 Sudbury, ON P3C 5N3	<a href="http://www.sudbury.ymca.ca">www.sudbury.ymca.ca</a>
YMCA Employment Services offers employment planning services to individuals with disabilities who qualify under the Ontario Disability Support Program (ODSP). Programs provided: job trial, on the job placement, job coaching, job monitor, mobility training.	

### L'Arche

(705) 525-1015 1173 Rideau St. Sudbury, ON P3A 3A5	<a href="http://www.larchesudbury.org">www.larchesudbury.org</a>
Life Skills / Vocational Alternatives Program – opportunities for people with developmental disabilities to secure meaningful employment in the competitive workforce. Job coaches accompany these individuals and assist them in acquiring the necessary skills that will help them achieve independence in their work. ***( <i>Access to program through Service Coordination – (705) 673-4754</i> )	

\*\*\*(*List of employment services is not comprehensive – see yellow pages for more options*)

### Volunteer Sudbury

(705) 560-6661 960 Notre Dame Ave. Sudbury, ON P3A 2T4	<a href="http://www.volunteersudbury.com">www.volunteersudbury.com</a>
An organization dedicated to supporting volunteers and organizations requiring volunteers. This is achieved through services that link individuals interested in volunteering with organizations in need of assistance.	

### Volunteer Opportunities

<a href="http://www.mysudbury.ca">www.mysudbury.ca</a>
My Sudbury offers links for different volunteer opportunities available in Sudbury.

# HOUSING ACCOMMODATIONS and HOME SUPPORTS

## Housing Registry

(705) 671-2489 *4678 199 Larch St. Suite 603 Sudbury, ON P3A 5P3
The Housing Registry offers clients an updated database of available and affordable units within the City of Greater Sudbury. Clients have access to a telephone and desk to call potential landlords, find information on tenants' rights and receive assistance in developing money management skills. The Housing Coordinator is also available to advocate on the client's behalf with landlords, funding sources and utility companies.

## ICAN

(705) 673-0655 765 Brennan Road Sudbury, ON P3C 1C4	<a href="http://www.ican-cerd.com">www.ican-cerd.com</a>
<b>Supportive Housing</b> – Wheelchair accessible apartments with personal support services. As a tenant you manage your own lifestyle, sign a lease with the landlord and participate fully in community living. Trained support staff are available on-site 24hours a day to assist you with personal care needs, homemaking and other activities associated with apartment living. Scattered supportive housing services are also available where trained support staffs is on call 24 hours/day to assist with independent living within the community.	
<b>Outreach Services</b> – Trained staff assist you with daily living in your home at pre-arranged times. With outreach service you: structure and schedule your daily living activities, manage your personal service, and reduce dependence on family and friends	
<b>Respite</b> – Temporary accommodation with support staff on site 24 hours/day for assessment, holidays or when you and your family need a break (modest fee)	

## Sudbury Developmental Services

(705) 674-1451 245 Mountain Street Sudbury, ON P3C 2TB	<a href="http://www.cgsds.ca">www.cgsds.ca</a>
<b>Residential Services</b> – community living alternatives for adults who have a developmental disability. The varied residential programs are designed to provide staff support for individuals living in a group home, as well as living in their own apartment in the community.	
<b>Respite Case Services</b> – Provides relief to families and for individuals with developmental disabilities. Services can be provided in the home, at a service provider's residence or at our barrier-free respite care centre.	
***( <i>Access to program through YWCA Sudbury Service Coordination – (705) 673-4754</i> )	

### L'Arche

(705) 525-1015 1173 Rideau St. Sudbury, ON P3A 3A5	<a href="http://www.larchesudbury.org">www.larchesudbury.org</a>
Residential Program – includes three residential homes for people with developmental disabilities ***( <i>Access to program through YWCA Sudbury Service Coordination – (705) 673-4754</i> )	

### Community Living Greater Sudbury

(705) 671-7181 303 York St., Unit 241 Sudbury, ON P3E 2A5	<a href="http://www.valleyeasttoday.ca/CLGS/index.htm">www.valleyeasttoday.ca/CLGS/index.htm</a>
<b>Family Home Program</b> – An alternative to living in a group home setting. We seek a variety of families (Home Providers) who will welcome and embrace someone (Homesharer) with love, support, care, encouragement and a family bond. Individuals and families are supported by a team of case workers who ensure that services are coordinated and insure that individuals are able to make the transition to community living while receiving the care and service required	
<b>Outreach Program</b> – Assist those with high priority needs or those unable to receive support from other resources. Services may include: respite, equipment needs assessment, case management, advocacy	
<b>Residential Services</b> – Five residential houses are run by CLGS (Carina Residence, Evershed House, Grandview Residence, Place Amica Place, Makada Place) ***( <i>Access to programs through YWCA Sudbury Service Coordination –(705) 673-4754</i> )	

### Independent Living Services – Acquired Brain Injury (Ontario March of Dimes)

(705) 669-4327 263 Brady St. Suite 1111-B Sudbury, ON P3B 4A6	<a href="http://www.marchofdimes.ca/dimes/">http://www.marchofdimes.ca/dimes/</a>
Acquired Brain Injury services enable adults with an acquired brain injury to live independently. OMOD provides ABI services which can be described as rehabilitation services	
<b>Outreach Services:</b> provide assistance with, communication, community orientation and integration, emotional and behavioural support, life skills training, social skill training, recreation and social opportunities	
<b>Supportive Housing:</b> provides both scheduled and on-call assistance, 24 hours a day, for adults living in a supportive housing building or complex. Services are also available in school, work or community settings.	
<b>Respite Services:</b> provide short or longer-term relief for the primary caregiver, while working on the maintenance and development of new skills for the consumer. Service time can range from a few hours to several weeks.	



### **Christian Horizons**

(705) 566-7856	<a href="http://www.christian-horizons.org">www.christian-horizons.org</a>
<p>Christian Horizons in Sudbury provides supported housing for developmentally and physically challenged adults. They also offer Supported Independent Living- Services for people who wish to live independently. The level of support is determined on an individual basis and can range from several hours per day to a few hours each week.</p> <p>***(<i>Access to program through YWCA Sudbury Service Coordination – (705) 673-4754</i>)</p>	

## COMMUNITY PROGRAMS

### Children's Community Network (CCN)

(705) 566-3416 319 LaSalle Boulevard, Unit 2 Sudbury, ON P3A 1W7	<a href="http://communities.mysudbury.ca/Sites/CCN/default.aspx">http://communities.mysudbury.ca/Sites/CCN/default.aspx</a>
One Door, One Guide to Children's Services – CCN provides coordination information, a single point of access to services for children and families. CCN also provides youth and parents with assistance in transitioning to adult services. For example they provide assistance in filling out applications for ODSP and YWCA Sudbury Service Coordination.	

### YWCA Sudbury Service Coordination

(705) 673-4754 370 Ste. Raphael Street Sudbury, ON P3B 4K7	<a href="http://www.ywcasudbury.com">www.ywcasudbury.com</a>
YWCA Sudbury Service Coordination coordinates services and plans with adults who have a developmental challenge. Its service includes central access to services within the Adult Developmental Service System. It keeps the waiting list for people wanting residential, support and day services. It also provides individual funding through its northern regional program, Passport.	

### Independent Living Sudbury Manitoulin

(705) 675-2121 66 Elm Street Suite 105 Sudbury, ON P3C 1R8	<a href="http://www.ilresudbury.ca">www.ilresudbury.ca</a>
<p><b>Peer Support</b> - Is designed to provide opportunities for people with disabilities to share their knowledge and lived experiences. We recognize a peer as an individual who has had a similar or common experience and is willing to share the lessons learned” Peer Support” also affords individuals the opportunity to reduce isolation, to develop leadership skills, and gives assistance to individuals in exercising their rights and responsibilities.</p> <p><b>Programs:</b> Social and Recreational – swimming, bocce ball, billiards, bowling crafts Adapted Sports – rowing, sailing, skiing and curling Food Program – daily meals, dinner club Individual Advocacy Senior Friendship Circle</p> <p><b>Skills Development</b> – Assists individuals to advocate on their own behalf, supports their choices, respects their decisions, and affords individuals opportunities to take risks. It also provides learning opportunities by teaching individuals how to break down barriers and discrimination so that persons with disabilities can know their rights and responsibilities, as well as, access services and training opportunities to live and participate in society.</p>	

## **Independent Living Sudbury Manitoulin continued**

### **Programs:**

12 week employability program  
Pre-employability workshops  
Literacy and numeracy  
Computer training  
Music  
Theatre  
Life Skills Workshops

**Information and Networking** – We promote the Independent Living (IL) philosophy to consumers, their families, friends and support networks, community and governments by providing clear, accurate and up to date information that meets individual needs. This process is interactive; a “two-way street” that creates positive impacts for consumers and builds ongoing relationships between ILRCs and organizations in the community through the provision of current information on cross-disability issues. The experiences of people with disabilities validate the information that is out there to further understanding.

### **Services**

#### Financial Services

- Direct funding for adults with physical disabilities to hire attendants
- Registration support for RESP and RDSP
- Educational Workshops

#### Resources

- Available housing
- Online links
- Access to community agencies and programs

**Research and Community Development** - This area focuses on demonstrating IL models of services and delivery. The Participatory Action Research model most used in IL recognizes that persons with disabilities have expertise in determining what works and what does not. Consumer tested and validated information is the key to developing programs and services that benefit the whole community. Partnerships formed with individuals, community organizations, governments, schools, universities and businesses support the realization of these goals. By working together, gaps in service can be determined and new options and solutions can be created.

The Independent Living Resource Centre works to support people with disabilities achieve independence and integration into society. Programs include independent living empowerment skill development (education, life skills, computer training etc.), research and community development (capacity building, facilitate independent living, identify barriers in the community), peer support (team building, sharing knowledge and experiences), information and networking (reduce isolation, networking with community partners).

### Developmental Clinical Services

Developmental Clinical Services (DCS) Mental Health & Addictions Program Hôpital Régional De Sudbury Regional Hospital 127 Cedar Street Sudbury, Ontario P3E 1B1 <i>To access DCS, please contact: YWCA Sudbury Service Coordination at (705) 673-4754</i>
Developmental Clinical Services (DCS) provides community based assessment and treatment services to adults with developmental disabilities. DCS works in an integrated fashion with other service providers to build capacity within the service sector and among families caring for adults with developmental disabilities. DCS is committed to a range of community based clinical services which promote the quality of life and maximize the function of adults with developmental disabilities.

### ICAN

(705) 673-0655 765 Brennan Road Sudbury, ON P3C 1C4	<a href="http://www.ican-cerd.com">www.ican-cerd.com</a>
<b>Independence Training Centre</b> – Provides assessment and training for persons wanting to live in the community and to increase their ability and skills in independent living. A multi-disciplinary team works with you to develop an individualized plan designed to meet your personal goals. Program involves Occupational Therapy, functional assessments, peer support, assistive devices, activities of daily living, individual/caregiver education and support and recreation and leisure.	
<b>Peer Support Program</b> – This program provides peer support by matching people together to share their experiences. Being able to spend time with someone who has been in a similar situation can be very helpful. It creates opportunities for us to gain and share practical information and ways of coping. Peer support is also about having fun together, learning new interests, and finding new talents. It is about meeting new people, breaking down feelings of loneliness, and building confidence.	
<b>After School Campus Program</b> - This after school campus is for teens with physical disabilities that have the potential to direct their own care. This program offers: personal support services, an enjoyable after school program and activities, independence training, access to computers, recreation, socialization, snack. Our campus allows youth to progress in a positive direction into adulthood and community living: collaboration between agencies; address transitions issues, provide skills necessary to direct their own care, acquiring the necessary skills to manage different responsibilities in the home, at school and in the community. There is a cost to the program. In 2006, ICAN offered the Northern Teen Independence Program, a program based on the Bloorview TIP program, where youth between the ages of 16-19 participated in a 2 week residential program based at ICAN to work on their independence skills. <i>(Funding may be available through Special Services at Home – (705) 564-4515)</i>	

### Sudbury Community Service Centre

(705) 560-0430 1166 Roy Ave Sudbury, ON P3A 3M6	<a href="http://www.sudburycommunityservicecentre.ca/">http://www.sudburycommunityservicecentre.ca/</a>
The Sudbury Community Service Centre Support Services Program provides a case manager and services for people with a developmental disability. <b>Developmental Support Service Program:</b> Provides support services to adults diagnosed with a developmental disability and ensures that clients of the program become full participating members in the life of their community. ***( <i>Access to program through YWCA Sudbury Service Coordination – (705) 673-4754</i> ) <b>Credit Counselling Program:</b> The function of the Credit Counselling Program includes personal money management counselling, the arrangement of consumer debt repayment programs and the promotion of consumer credit education.	

### Community Living Greater Sudbury

(705) 671-7181 303 York St., Unit 241 Sudbury, ON P3E 2A5	<a href="http://www.valleyeasttoday.ca/CLGS/index.htm">www.valleyeasttoday.ca/CLGS/index.htm</a>
Day Support Services – Day and evening programs help enable people to establish interdependence with the community. Programs include: supported employment / volunteer job placement, leisure and recreation, community living skills, communication, sensory stimulation, behaviour treatment ***( <i>Access to program through YWCA Sudbury Service Coordination – (705) 673-4754</i> )	

### Sudbury Developmental Services – Day Programs

(705) 674-1451 245 Mountain St. Sudbury, ON P3C 2TB	<a href="http://www.cgsds.ca">www.cgsds.ca</a>
<b>Adele Samson and CEC Wood Centres</b> – provides the opportunity for individuals to experience, learn and maintain skills in the areas of socialization, communication and mobility through activities of daily living, leisure, recreation, speech, physio/occupational activities and community integration/inclusion. Adele Samson (705) 673-2072 10 York St. Sudbury, ON P3B 2T8 CEC Woods Centre (705) 566-1766 553 Lavoie St. Sudbury, ON P3A 2B4	
<b>Martin Asselin Centre</b> – Francophone day program that serves individuals with high/complex care needs (705) 673-2072 10 York St. Sudbury, ON P3B 2T8	
<b>Jarrett Resource Centre</b> – In its various enterprises, provides on the job training and employment opportunities for the individuals. (705) 675-1287 1125 Webbwood Dr. Sudbury, ON P3C 3B6	
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<p><b>Sudbury Developmental Services continued</b>  <b>Jarrett Value Centre</b> – Three locations offering training and employment opportunities. Recycles community donations in a processing and retail setting.                  (705) 525-5100 760 Notre Dame Ave. Sudbury, ON P3A 2T4</p>
<p><b>Transitional Age Youth Program</b> – Provides supports, integration and transition to our community youths exiting the school system. Job skills, training, introduction to community resources and employment preparation are the focus of this program                  (705) 675-1287 1125 Webbwood Dr. Sudbury, ON P3C 3B6                  (705) 525-5100 760 Notre Dame Ave. Sudbury, ON P3A 2T4</p>
<p><b>Therapeutic Gardening Program</b> – Set up specifically to address the need for a supervised activity setting as an adaptable and instrumental program to help people of all ages and mental/physical functioning to improve and grow. Horticulture therapy develops the social, educational, psychological and physical adjustment of persons to nurture their body, mind and spirits.                  Adele Samson (705) 673-2072 10 York St. Sudbury, ON P3B 2T8                  ***(<i>Access to programs through YWCA Sudbury Service Coordination –(705) 673-4754</i>)</p>

### Canadian Hearing Society

TTY(705) 522-1090/Voice (705) 522-1020 1233 Paris St. Sudbury, ON P3E 3B6	<a href="http://www.canadianhearingsociety.com">www.canadianhearingsociety.com</a>
The Canadian Hearing Society provides services that enhance the independence of deaf, deafened and hard of hearing people, and encourage prevention of hearing loss	

### CNIB

(705) 675-2468 303 York St. Sudbury, ON P3E 2A5	<a href="http://www.cnib.ca">www.cnib.ca</a>
<p><b>Early Intervention Specialists</b></p> <ul style="list-style-type: none"> <li>• Work directly with the child to determine their individual abilities and to ascertain effective teaching techniques.</li> <li>• Work closely with families, caregivers and professionals to provide information about the visual diagnosis, its impact on development, and appropriate teaching strategies.</li> </ul> <p><b>Low Vision Specialists</b></p> <ul style="list-style-type: none"> <li>• Assist family to understand visual diagnosis and to interpret medical terminology.</li> <li>• Complete functional vision assessments</li> <li>• Assist in maximizing use of residual vision, using everything from magnifiers and lighting to contrast in colors and textures</li> </ul> <p><b>Orientation and Mobility Specialists</b></p> <ul style="list-style-type: none"> <li>• Assist in teaching of skills that lead to independent travel indoors and outdoors, including safe travel techniques, use of a cane, protective techniques and trailing.</li> <li>• Assess and identify hazards in the environment and recommend modifications.</li> </ul>	

<p><b>CNIB continued</b></p> <p><b>Independent Living Skills Specialists</b></p> <ul style="list-style-type: none"> <li>• Provide support and techniques regarding daily living activities necessary for independence as an adult.</li> <li>• Assist in providing activities to stimulate tactile awareness for early literacy and pre-braille skills.</li> <li>• Collaborate with EIS to establish developmentally appropriate expectations and teaching methods.</li> </ul> <p><b>Additional CNIB Services available</b></p> <p><u>Technology</u>: Assessment Centres and Consumer Products including specialized hardware, software and training of specialized equipment</p> <p><u>Library</u>: for anyone who is unable to read using print - talking books, Braille, electronic information</p> <p><u>Employment</u>: services available to assist with pre-employment, job search, job accommodation and maintenance</p> <p><u>Special Activities/Programs</u>: SCORE (teen intensive rehabilitation program), mentorship programs, College and University preparation program, Children’s Discovery Portal, Lake Joseph Holiday Centre</p> <p>CNIB is a nationwide, community-based, registered charity committed to research, public education and vision health for all Canadians. CNIB provides the services and support necessary for people to enjoy a good quality of life while living with vision loss.</p>
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**Learning Disabilities Association of Sudbury**

<p>(705) 522-0100 Lockerby Composite School 1391 Ramsey View Court Sudbury, ON</p>	<p><a href="http://www.ldasudbury.ca">www.ldasudbury.ca</a></p>
<p>Services: One-on-one support to parents or guardians of students with LD to assist them in “navigating” the educational system and in developing advocacy skills.</p>	

**AccessAbility Services  
Ontario March of Dimes**

<p><a href="http://www.marchofdimes.ca/dimes/">www.marchofdimes.ca/dimes/</a></p>
<p>AccessAbility Services provides adults with physical disabilities greater independence through improved individual mobility and better community accessibility.</p>
<p><b>Recycled Rental Equipment Program:</b> provides short and long-term rentals utilizing high quality, previously owned equipment.</p>
<p><b>DesignAbility:</b> is a program that creates unique design solutions for adults with physical disabilities. In consultation with consumers, volunteers with technical expertise develop and adapt unique devices that are not commercially available.</p>
<p><b>Barrier-Free Design Consultation:</b> provides consultation, information and advocacy around barrier-free design issues. This service includes maintaining a registry of housing</p>

<b>Ontario March of Dimes continued</b> and landlords, and technical support to the Ontario Trillium Foundation Access Grant Program.
<b>Northern Medical Clinics:</b> provide residents of remote northern Ontario communities with access to volunteer medical specialists, who would otherwise not be available locally.
<b>Home and Vehicle Modification Program:</b> provides funding for renovations to home and vehicles for people with physical disabilities of all ages. Funding is provided by the Ontario Ministry of Community and Social Services.

### Meals on Wheels

(705) 525-4554 1127 Bancroft Dr. Sudbury, ON P3B 1R6	<a href="http://www.sudburymeals.org">www.sudburymeals.org</a>
Meals On Wheels offers a variety of high-quality, home-cooked meals to suit the needs of its diverse clientele. Our services include Daily Hot Meals, Home Meal Replacements (frozen meals), Wheels to Meals, Meals For Moms, and Daily Security Checks.	



# FUNDING

## ODSP Income Support

(705) 564-4515 199 Larch St. 5 <sup>th</sup> Floor Sudbury, ON P3E 5P9	<a href="http://www.mcass.gov.on.ca/mcass/english/pillars/social/programs/odsp.htm">www.mcass.gov.on.ca/mcass/english/pillars/social/programs/odsp.htm</a>
Income Support provides financial assistance and other benefits to eligible people with disabilities and their families. This includes accommodation and basic living expenses, as well as prescription drugs and basic dental care. Other supports and benefits are also available see website for more information *Applications should be started 6 months prior to the teen's 18 <sup>th</sup> birthday to ensure continuity of benefits as ACSD ends at 18.	

## Access 2 Entertainment

<a href="http://www.access2.ca">http://www.access2.ca</a>
The <b>Access 2 Entertainment</b> <sup>TM</sup> card provides free admission (or a significant discount) for support persons accompanying a person with a disability at member movie theatres across Canada. The person with the disability pays regular admission. This program was developed by an advisory group of nine national disability organizations, in conjunction with Cineplex Entertainment.

## Direct Funding Program Independent Living Sudbury Manitoulin

(705) 675-2121 66 Elm St., Suite 105 Sudbury, ON P3C 1R8	<a href="http://www.ilrcsudbury.ca">www.ilrcsudbury.ca</a>
The Direct Funding program enables adults with a physical disability to become employers of their own attendants. Attendants assist with routine activities of living such as dressing, grooming and bathing. As an employer, you would be fully responsible for managing your own employees within a budget that is developed on an individual basis.	

## Assistive Devices Program

1-800-268-6021	<a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
The objective of the Assistive Devices Program (ADP) is to financially assist Ontario residents with long term physical disabilities to obtain basic, competitively priced, personalized assistive devices appropriate for the individual's needs and essential for independent living. Categories of Assistive Devices are Communication Devices, Diabetic Supplies, Enteral Feeding Equipment/Supplies, Hearing aids, Orthotic Devices, Ostomy Supplies, Pressure Modification Devices, Prosthetic Devices, Respiratory Supplies/Equipment, Visual Aids, Wheelchairs, Positioning and Ambulation Aids	

### **Ontario Federation for Cerebral Palsy**

416-244-9686 Toll Free 1-877-244-9686	<a href="http://www.ofcp.on.ca">www.ofcp.on.ca</a>
This is a new financial assistance program and is available to persons of all ages with cerebral palsy in the province of Ontario who hold a valid Ontario Health Card. For applications, guidelines and a complete list of categories of equipment funded, visit their website or call. Other services provided include advocacy and a family education program.	

### **Assistive Devices Program (Ontario March of Dimes)**

(866) 765-7237 215 Piccadilly Street, Unit 5 London, Ontario N6A 1S2	<a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a>
Assistive Devices Program (ADP) offers financial assistance for device repair and equipment purchase. Devices include wheelchairs, braces, mobility aids and communication aids for non-speaking adults	

### **Home and Vehicle Modification Program (Ontario March of Dimes)**

1-877-369-4867 700 Richmond St., Suite 310 London, ON N6A 5C7	<a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a>
Home and Vehicle Modification Program (HVMP) provides funding for home and vehicle modification that will enable children and adults with disabilities to continue living safely in their own homes, have safe access in their community and avoid loss of gainful employment.	

### **Service Clubs**

<i>Sudbury Public Library at 673-1155</i> <i>Leisure Guide:</i> <a href="http://www.mysudbury.ca/Portal/SportsandLeisure/LeisureGuide/">www.mysudbury.ca/Portal/SportsandLeisure/LeisureGuide/</a>
Service Clubs – Can provide funding for people who are not able to receive any funding or full funding from government programs. You can obtain an updated list of Service Clubs from the Greater Sudbury Public Library and the Greater Sudbury’s Leisure Guide.

### **Trillium Drug Company**

1-800-575-5386 416-642-3038 P.O. Box 337, Station D Etobicoke, ON M9A 4X3	<a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
The Trillium Drug Program (TDP) is intended for Ontario residents who have a valid Ontario Health Card and who have high prescription drug costs in relation to their net household income and do not have a drug plan through an employer, ODSP or OW.	

**Passport**  
**(Program for young adults who have left school)**

[http://www.mcass.gov.on.ca/en/mcass/publications/developmentalServices/passport\\_family/intro\\_family.aspx](http://www.mcass.gov.on.ca/en/mcass/publications/developmentalServices/passport_family/intro_family.aspx)

Passport provides opportunities for individuals who have a developmental disability and who have left school to find more ways to participate in their communities. Through Passport, participants can receive funding for activities that encourage their personal development and help them achieve their potential. The Regional Passport Program is administered by the Sudbury YWCA Service Coordination at 673-4754.

**Ontario Works**

(705) 675-2411  
199 Larch St. 9<sup>th</sup> Floor  
PO Box 3700, Stn "A"  
Sudbury, ON P3A 5W5

[www.mcass.gov.on.ca](http://www.mcass.gov.on.ca)

Income and employment assistance for people who are in temporary financial need.

**Disability Tax Credit**

<http://www.cra-arc.gc.ca/E/pbg/tf/t2201/README.html>

The Government of Canada manages eligibility for the Disability Tax Credit. The Disability Tax Credit (DTC) is limited to people who are blind or have a severe and prolonged mental or physical impairment, which causes them to be markedly restricted in their ability to perform a basic activity of daily living, all or almost all of the time, even with therapy and the use of devices and medication. *Application available on the website*

**Registered Disability Savings Plan**

<http://www.cra-arc.gc.ca/gncy/bdgt/2007/rdsp-eng.html>

The Registered Disability Savings Plan (RDSP) is now available to help people with disabilities and their families save for the future. To help you save, the Government will pay a matching Canada Disability Savings Grant of up to \$3,500 a year on your contributions. In general, RDSPs can be opened until the person who will receive the money (the beneficiary) turns 59.

**Special Services at Home**

(705) 564-4515  
199 Larch St., Suite 501  
Sudbury, ON P3E 5P9

[www.children.gov.on.ca](http://www.children.gov.on.ca)

The Special Services at Home (SSAH) program helps children with developmental or physical disabilities and adults with a developmental disability to live at home with their families by providing funding on a time-limited basis to address individual needs. With this funding, families can purchase supports and services which they could not normally provide themselves and are not available elsewhere in the community.

## HEALTH

### **Sudbury Community Care Assess Centre (CCAC)**

(705) 522-3461 1760 Regent St. S. Sudbury, ON P3E 3Z8	<a href="http://www.ms.ccac-ont.ca">www.ms.ccac-ont.ca</a>
CCAC is the access point to home health services, school health services and information about/referral to community support services. Based on an assessment, a Case Manager determines which services a person is eligible to receive. The services offered in home are Nursing, Personal Support / Homemaking, Caregiver Respite, Physiotherapy, Occupational Therapy, Speech Therapy, Dietetics, and Social Work.	

### **Brain Injury Association Sudbury and District (BIASD)**

(705) 670-0200 576 A Haig St. Sudbury, ON P3C 5P8	<a href="http://www.obia.on.ca">www.obia.on.ca</a>
Programs include: support and awareness, information linkage, public education, newsletter, fundraising, and games day/drop in.	

### **Acquired Brain Injury Outpatient Brain Injury Rehabilitation Services**

(705) 523-7098 41 Ramsey Lake Rd, Laurentian Hospital Sudbury, ON P3E 5J1	<a href="http://www.hrsrh.on.ca">www.hrsrh.on.ca</a>
OBIRS is an outpatient program that provides post-acute rehabilitation services to brain injury survivors. The client participates in one or more therapeutic groups each week. Individual therapy may also be part of the treatment plan, with combined therapeutic interventions comprising a maximum of 20 attendance hours per week. The focus of the therapeutic groups includes life skills training, prevocational training, adjustment counselling, and cognitive retraining.	

### **Adult Augmentative Communication Program**

(705) 523-7100 * 3549 or 3550 41 Ramsey Lake Road, Laurentian Hospital, First Floor Sudbury, ON P3E 5J1	<a href="http://www.hrsrh.on.ca">www.hrsrh.on.ca</a>
The Assistive Communication Clinic (ACC) is an accredited Assistive Devices Program (ADP) clinic (expanded level) for augmentative and alternative communication. ACC provides assessment, consultation, intervention, and training to assist adult clients in developing functional communication (face-to-face and written communication).	

### **Sudbury and District Health Unit**

(705) 522-5182 1300 Paris St Sudbury, ON P3E 3A3	<a href="http://www.sdhu.com/">http://www.sdhu.com/</a>
Public health nursing: healthy adolescent program, disease control, healthy adult, sexual health, genetic counselling, vaccinations and smoking cessation program.	

### **HRSRH Outpatient Addictions and Gambling Services**

(705) 523-4988 127 Cedar Street Sudbury, ON P3E 1B1	
We offer a wide range of programs designed to provide help to those aged 0-99 who are affected by substance use and/or gambling problems.	

### **Telehealth Ontario**

1-866-797-0000
Health advice over the phone

### **Doctor Search**

<a href="http://www.cpso.on.ca/Doctor_Search/dr_srch_hm.htm">www.cpso.on.ca/Doctor_Search/dr_srch_hm.htm</a>
Information on how to find a family doctor

## LEGAL SERVICES

### Sudbury Legal Aid Office

(705) 673-1887 Rainbow Centre, 40 Elm Street, Unit 271 Sudbury, ON P3C 1S8	<a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a>
Legal Aid is available to low income individuals and disadvantaged communities for a variety of legal problems, including criminal matters, family disputes, immigration and refugee hearings and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments.	

### Sudbury Community Legal Clinic

(705) 674-3200 Rainbow Centre, 40 Elm Street, Unit 272 Sudbury, ON P3C 1S8	<a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a>
Legal aid promotes access to justice throughout Ontario for low-income individuals by means of providing consistently high quality legal aid services in a cost-effective and efficient manner. Lawyers and community legal workers give advice and handle cases. They deal with problems around the Tenant Protection Act, Ontario Works (OW), Ontario Disability Support Program (ODSP), Employment Insurance (EI), and Canadian Pension Plan (CPP).	

### Ministry of the Attorney General

1-800-518-7901 McMurtry-Scott Building 720 Bay St., 11 <sup>th</sup> Floor Toronto, ON M5G 2K1	<a href="http://www.attorneygeneral.jus.gov.on.ca">www.attorneygeneral.jus.gov.on.ca</a>
Information on Power of Attorney – Power of Attorney is the person you want to make decisions for you when you are no longer able to make decisions for yourself. Power of attorney for property – for financial decisions and legal decisions. Power of attorney for personal care – for personal care decisions such as where you live, what you eat, what treatments you need etc, <i>Forms are available on the website</i>	

### Ombudsman

1-800-263-1830 Bell Trinity Square 483 Bay Street, 10 <sup>th</sup> Floor, South Tower Toronto, ON M5G 2C9	<a href="http://www.ombudsman.on.ca">www.ombudsman.on.ca</a>
If you have a complaint about Provincial Government Services then share your complaints with the Ombudsman. The Ombudsman investigates complaints about services provided by the Government of Ontario and its organizations. They also conduct systemic investigations on important issues about government services, which can affect large numbers of people	

## COUNSELLING

### Centre de counselling de Sudbury/Sudbury Counselling Centre

(705) 524-9629 260 Cedar St. Sudbury, ON P3B 1M7	<a href="http://communities.mysudbury.ca/Sites/Sudbury%20Family%20Service/default.aspx">http://communities.mysudbury.ca/Sites/Sudbury%20Family%20Service/default.aspx</a>
<b>General Counselling Program</b> Assists individuals, couples, and families to deal more effectively with a broad range of intrapersonal, interpersonal or social problems.	
<b>Violence Against Women Intervention Program</b> Offers counselling for women and children who have experienced or have been exposed to abuse in the home and for the men who are abusive.	
<b>Employee Assistance Program</b> Offers counselling and other organizational health services to employees of organizations that have retained our services.	
<b>Back on Track Program</b> A remedial measures program for convicted impaired drivers.	
<b>Child Witness Program</b> The Child Witness Program offers services and support to child victims and witnesses under 18 years of age who are required to provide testimony in court, as well as for their parents or guardians.	

### Employment Assistance Program (EAP)

Counselling professionals who can help resolve personal and work-related problems before they affect your health, family, or ability to work. Contact your employer to see if you have an EAP program.
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### Crisis Intervention Program

(705) 675-4760 700 Paris St. St. Joseph's Hospital Sudbury, ON P3E 3B5	<a href="http://www.hrsrh.on.ca">www.hrsrh.on.ca</a>
The Crisis Intervention Program runs 24 hours/day, 7 days/week, is a short term counselling service directed towards those who are unable to manage effectively as a result of personal problems. The program offers services to those who are in crisis.	

### Developmental Clinical Services

(705) 688-1120 680 Kirkwood Dr. Sudbury, ON P3E 1X3	
Developmental Clinical Services provides a range of clinical services which promote the quality of life and maximise function of individuals with a global developmental delay/disability (GDD) and/or a pervasive developmental disorder (PDD or autism). They provide psychosocial and educational services, support and research development. ***( <i>Access to program through YWCA Sudbury Service Coordination – (705) 673-4754</i> )	

### **Community Mental Health and Addictions Services**

(705) 523-4988 127 Cedar Street Sudbury, ON P3E 1B1
The Centralized Intake and Referral Coordination Program provides a central point of entry for individuals, family members and service providers who are looking for supports, information, and services for adults with mental health concerns. This service is also available to youth presenting with eating disorders and symptoms of first episode psychosis.

### **Victim Services (VCAR)**

(705) 522-6970 190 Brady St. Sudbury, ON P3E 1C7	<a href="http://www.police.sudbury.on.ca">www.police.sudbury.on.ca</a>
Provide information/referrals, and if required short-term emotional support to victims of crime within the City of Greater Sudbury. Further, services are available to any victim or witness who would benefit from additional intervention including, but not limited to incidents of property crime, victims of violence and victims of circumstance.	



# TRANSPORTATION

## Handi Transit

(705) 670-2300	<a href="http://www.greatersudbury.ca/cms/index.cfm?app=div_transit&amp;lang=en&amp;currID=260">http://www.greatersudbury.ca/cms/index.cfm?app=div_transit&amp;lang=en&amp;currID=260</a>
The aim of Handi-Transit service is to provide transportation for persons who have physical disabilities and are unable to use the regular transit system. Applicants must submit a form to the City of Greater Sudbury which provides information to assist in determining the applicant's eligibility. A portion of the form must be filled out and signed by a physician (Application is available from the website). Must book Handi Transit two business days in advance	

## Sudbury Transit

(705) 675-3333	<a href="http://www.city.greatersudbury.on.ca">www.city.greatersudbury.on.ca</a>
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## Northern Health Travel Grant Program

(705) 675-4010 199 Larch St. Suite 801 Sudbury, ON P3E 5R1	<a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
Travel grants are funded by the Ministry of Health and Long-Term Care to help defray the transportation costs for eligible residents of Northern Ontario who must travel long distances within Ontario to receive medically needed insured specialty services that are not available locally.	

## RECREATION and LEISURE

### City of Greater Sudbury Leisure Services

(705) 671-2489 PO Box 5000, Stn. A 200 Brady St. 1 Floor Sudbury, ON P3A 5P3	<a href="http://www.greatersudbury.ca">www.greatersudbury.ca</a>
The Leisure Services Department plays an important role in building and promoting a healthy community that provides opportunities for people to access physical recreation and leisure activities and that supports volunteers and community development.	

### YMCA Sudbury

(705) 673-9136 140 Durham St. Sudbury, ON P3E 3M7	<a href="http://www.sudbury.ymca.ca">www.sudbury.ymca.ca</a>
YMCA Sudbury offers health, fitness and recreation programs for people of all ages, abilities, and backgrounds. <b>Assisted Membership Program</b> – helps create opportunities to all individuals regardless of age, race, sex, ability, creed, or economic circumstances. The Assisted Membership Program is a sliding fee scale that is designed to fit each individual's financial situation. <b>“Fitness through Fun”</b> – a new program for teens and adults (over the age of 16) with developmental and/or physical disabilities that is currently running on Saturdays from 4:30 – 6:00 in the gym and in the pool. To register, or to find out more about it contact Roman at <a href="mailto:www.osink@cyberbeach.net">www.osink@cyberbeach.net</a> or Donna at 673-9136 ext 2134. There is no cost.	

### Special Olympics Ontario

855-1219 Area coordinator: Lynne Houle Email: <a href="mailto:lynne.houle@sympatico.ca">lynne.houle@sympatico.ca</a>	<a href="http://www.osoinc.com">www.osoinc.com</a>
The Special Olympics program provides athletes with an intellectual disability the opportunity to experience and succeed in sport. Special Olympics athletes train and compete at community and regional events. All ages are available to participate in Special Olympics, but a child must be at least 9 years old to participate in competitions, and be identified by an agency or professional as having one of the following conditions: intellectual disabilities, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that require or have required specially designed instruction.	

## Community Living Greater Sudbury Recreation Program

(705) 671-7181 303 York St., Unit 241 Sudbury, ON P3E 2A5	<a href="http://www.valleyeasttoday.ca/CLGS/index.htm">www.valleyeasttoday.ca/CLGS/index.htm</a>
Goal is to increase social and interaction skills, increase community access and awareness, foster good sportsmanship and increase self-esteem <b>Weekly Programs</b> – Bowling, Swimming, Drop in Centre, Sports and Fitness <b>Annual Special Events</b> – Monthly dances, Christmas Party, Jug curling tournament, Family Twosome Tournament, bowling banquet, sleigh ride, camping <b>Special Olympic Events</b> <i>***(Access to programs through YWCA Sudbury Service Coordination - (705) 673-4754)</i>	

## Access 2 Entertainment

<a href="http://www.access2.ca">www.access2.ca</a>
The Access 2 entertainment TM card provides persons with a disability to receive either free admission or a significant discount for their support person at movie theatres across Canada (Rainbow Cinemas, Famous Players). This program is administrated by Easter Seals Canada. For more information and the application, visit their website. The card is valid for a period of 5 years.

## Sudbury Therapeutic Riding Program

(705) 560-7877 1899 Gravel Dr. Hanmer, ON P3P 1R7
Maintains standard of horseback riding as a therapeutic physical, psychological, and sport activity for all ages. The program runs from April to November depending on the weather. Certain restrictions apply. <i>Pick up application at the Children's Treatment Centre or call the number above</i>

## Recreation and Integration Services (Ontario March of Dimes)

<a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a>
Ontario March of Dimes enhances the quality of life for people with physical disabilities through recreation, activities, friendship opportunities and social integration.
<b>Befriending program:</b> Matches volunteers with adults who have a physical disability to share common interests and activities.
<b>Summer and Winter Holiday Programs:</b> Provide adults 19 and older with physical disabilities, the opportunity to enjoy leisure and recreation activities.
<b>Out Trips:</b> One day events and excursions, providing opportunities for people with disabilities to socialize in community settings.

## GENERAL INFORMATION

<b>Down Syndrome Association of Sudbury (DSAS)</b> (705) 673-8303 P.O. Box 2855, Stn A - Sudbury, ON - P3A 5J3	<a href="http://www.cdss.ca">www.cdss.ca</a>
<b>Ontario Federation for Cerebral Palsy</b>	<a href="http://www.ofcp.on.ca">www.ofcp.on.ca</a>
<b>Ontario Autism</b>	<a href="http://www.autismontario.com">www.autismontario.com</a>
<b>Spina Bifida and Hydrocephalus Association of Ontario</b>	<a href="http://www.sbhao.on.ca">www.sbhao.on.ca</a>
<b>Muscular Dystrophy</b>	<a href="http://www.mdac.ca">www.mdac.ca</a>
<b>Canadian Cystic Fibrosis Foundation</b>	<a href="http://www.ccff.ca">www.ccff.ca</a>

## MORE INFORMATION

### D.O.O.R. 2 Adulthood

<a href="http://www.door2adulthood.ca">www.door2adulthood.ca</a>
Disability Ontario Online Resource (D.O.O.R.) – The goal of D.O.O.R. 2 Adulthood is to improve the process of transition to adulthood for youth with disabilities and their families in Ontario by providing information about services and resources related to transition and the opportunity to network and share ideas.

### Persons with Disabilities Online

<a href="http://www.pwd-online.ca">www.pwd-online.ca</a>
Access to services and information for persons with disabilities, family members, caregivers and all Canadians.

<b>My Sudbury</b>	<a href="http://www.mysudbury.ca">www.mysudbury.ca</a>
<b>City of Greater Sudbury</b>	<a href="http://www.greatersudbury.ca">www.greatersudbury.ca</a>
<b>Ontario March of Dimes</b>	<a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a>
<b>Ministry of Health and Long Term Care</b>	<a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
<b>Ministry of Community and Social Services</b>	<a href="http://www.mcss.gov.on.ca">www.mcss.gov.on.ca</a>
<b>Government of Ontario</b>	<a href="http://www.gov.on.ca">www.gov.on.ca</a>
<b>Canada 411 Phone Directory</b>	<a href="http://www.canada411.ca">www.canada411.ca</a>