

Planning Transitions to Adulthood

An Orientation to the Transition Planning Process for Youth with Disabilities

Overview

1. Understanding transition planning
2. What services are available?
3. Community Living disABILITY Services
4. Decision Making & The Adults Living with an Intellectual Disability Act
5. Getting Ready

Section 1

Understanding transition planning

What is Transition Planning?

- Planning life options for youth entering adulthood is known as transition planning
- When youth with disabilities turns 18, they:
 - Become legal adults
 - May no longer access children services*
 - May graduate from high school or continue attending until age 21
 - May need a range of supports to assist them in daily life
 - May need long-range planning for living arrangements and education/job training

*Note: Child and Family Services may support youth in care beyond age 18

What is Transition Planning?

The goal of transition planning is to:

- Help youth think about their goals and needs once they turn 18
- Learn about adult services for people with disabilities
- Involve appropriate adult programs that can help plan for the future
- Help develop a plan that will support young adults to reach their goals

Person-Centred Planning

- Person-centred planning is an approach to ensure appropriate adult services are provided at the youth's transition to adulthood
- Planning shifts from supporting the family to focusing on the youth and their needs into adulthood
- The planning process respects and supports the youth's right to understand all the choices available and to make their own decisions
- It is very common for young adults to continue to live in their parent's home for many years after reaching adulthood
- Families are a part of a person-centred plan

Parent/Legal Guardian's Role

- Parent and guardians are KEY in the transition planning process.
- They assist best by:
 1. Providing emotional support to help youth through their transition to adulthood
 2. Understanding how their role changes throughout and after the transition to adulthood
 3. Remembering their youth's goals and their hopes for them
 4. Being informed about the resources and programs available to fulfill the youth's goals and needs
 5. Shifting from family-centred to person-centred planning

The Transition Team

A transition team may include :

- The youth
- Parents or legal guardians
- Friends, family and neighbours who play an important role in the youth's life
- The school team (e.g. resource teacher)
- Case managers from children's services (e.g. CDS/Manitoba Possible/St.Amant, Child and Family Services, etc.)

The Transition Plan

- Formal planning should start the year youth turn 15
- Formal planning can occur while waiting to find out if the youth qualifies for adult services—or even if adult services aren't needed
- Plans should be **reviewed annually** and include detail on:
 - What are the youth's needs?
 - What needs to be done?
 - By whom?
 - By when?

Identifying Goals and Needs

- To plan for the transition to adulthood, youth and transition team members should think about the youth's:
 - Goals and dreams
 - Needs
 - Worries and concerns
- Parents/guardians and transition team members should consider how they will support the youth to achieve their goals and dreams, meet their needs and to address their worries and concerns

Education & Employment

- When will they graduate from high school?
- What are their education or job interests?
- What post-secondary education is available?
- What job or vocational training is available?

Employment/Day Program

- Will the young adult have a job?
- What kind of work will they do? Where would this be?
- What about volunteer work?
- What else could they do during the day if they aren't working?
- What daytime activities are available?

Income/Financial Assistance

- What opportunities are available to begin earning an income?
- What disability benefits are available?
- If the young adult is working, are they also eligible for disability benefits?

Health

- Who will be the young adult's doctor, dentist and specialists?
- What about?
 - Physiotherapy, occupational therapy, speech therapy, audiology
 - Mental health supports
 - Behavioural supports
 - Equipment/supplies

Community Living

- Where does the youth want to live as an adult?
 - At home with family?
 - With roommates?
 - Independently on their own?
 - If they will be leaving home, when will this happen?
 - Will they need supports to live out of home?

Leisure/Recreation

- What activities is the young adult currently doing or planning to do?
 - Fitness/sports
 - Hobbies
 - Clubs
 - Religious activities
 - Entertainment
 - Volunteer
- Who does the young adult spend time with or plan to spend time with?

Life Skills

- Will the young adult need help learning about:
 - Managing money (budget, pay bills, etc.)
 - Banking
 - Grocery shopping
 - Preparing meals
 - Managing a household (e.g. laundry, cleaning, etc.)
 - Using the phone
 - What to do in an emergency
 - Making health decisions

Transportation

- How will the young adult get around in the community?
 - Transit/taxi/ride share?
 - Their own vehicle?
 - Accessible transit?
 - Will the young adult need to be driven?

Decision Making

- At age 18, young adults have the authority to make life decisions, give consent for services and share personal and health information, unless they have been demonstrated as not capable.

This is a shift of decision-making authority from parents and legal guardians to the young adult.

- If the young adult needs help making decisions about important parts of their life, who will assist them?

Section 2

What services are available?

Services for Adults

Some programs and services for adults are provided by:

- Manitoba Government
 - Community Living disABILITY Services (more info in Section 3)
 - Employability Assistance for People with Disabilities
 - Manitoba Supports for Persons with Disabilities
- Regional Health Authorities
 - Community Mental Health Services
 - Home Care

Employability Assistance for People with Disabilities

- Employment-focused services to assist adults in preparing for, obtaining and maintaining employment
- Eligibility Criteria
 - Residents of Manitoba with an intellectual, psychiatric, learning or physical disability
 - 16 years of age or older
 - Legally entitled to work in Manitoba on a permanent basis and show a willingness to prepare for, obtain and maintain employment.
- For more information, visit the [Employability Assistance for People with Disabilities \(EAPD\) website](#).

Manitoba Supports for Persons with Disabilities

- MSPD is an income support program for persons with severe and prolonged disabilities separate from Employment and Income Assistance
- Eligibility Criteria:
 - Resident of Manitoba ages 18 and older
 - Have a severe and prolonged disability that challenges daily living, *AND*
 - Financially eligible for income assistance
- Supports Offered:
 - Income assistance for living expenses, housing and additional financial supports to help with the costs of living with a disability
 - Optional community navigation services available for individuals interested in additional non-financial supports
- For more information, visit the [Manitoba Supports for Persons with Disabilities \(MSPD\) website](#).

Community Mental Health Services

- Eligibility Criteria:
 - Manitoba residents 18 years or older diagnosed with a major psychiatric disorder (e.g. schizophrenia, major affective disorders, bipolar disorders, anxiety disorders)
 - Services for individuals with mental health concerns that compromise their capacity to participate in life activities such as family life, employment, education, community or social relations.
- Services Offered:
 - Assessment, crisis intervention, counseling, consultation, referral, case management, rehabilitation and education services in a variety of settings.

Community Mental Health Services

- Participation is voluntary and requires the informed consent of the individual for referral beginning at age 17.
- Applicants must contact the regional health authority where they reside to learn about the specific eligibility criteria and intake process.
 - [Winnipeg Regional Health Authority \(WRHA\)](#)
 - [Interlake-Eastern Regional Health Authority \(IERHA\)](#)
 - [Southern Health-Santé Sud](#)
 - [Prairie Mountain Health](#)
 - [Northern Health Region](#)

Home Care

- Eligibility Criteria:
 - Manitoba residents who require health services or assistance with activities of daily living to remain safely in their home and who requires more assistance than available from existing supports and community resources.
- Services Offered:
 - Nursing care, rehabilitation services (e.g. physiotherapy and/or occupational therapy) and personal care services (e.g. bathing assistance, meal preparation, and/or light housekeeping)
- For more information, visit the [Home Care Services in Manitoba webpage](#).

Things To Remember About Adult Services

Access to adult services is primarily based on:

- Eligibility
- Assessed Needs
- Available Resources
- Available Funding

Section 3

Community Living disABILITY Services (CLDS)

The Adults Living with an Intellectual Disability Act

- October 4, 1996, The Adults Living with an Intellectual Disability Act (ALIDA) came into force. This law promotes and protects the rights of adults living with an intellectual disability who need assistance to meet their basic needs.
- There are three key areas in the act:
 - Support Services
 - Protection and Emergency Intervention
 - Substitute Decision Making
- The Community Living disABILITY Services (CLDS) program provides services under this act.
- For more information on ALIDA, visit the [What is The Adults Living with an Intellectual Disability Act? webpage](#)

Community Living disABILITY Services

- Eligibility Criteria
 - 18 years of age or older
 - Resident of Manitoba with an established permanent residence off-reserve
 - Canadian citizen or legally entitled to permanently live and work in Canada
 - Have a significantly impaired intellectual functioning with impaired adaptive behaviour, existing prior to the age of 18 – as determined and documented in a written report by a qualified clinician
- For information on applying to CLDS, visit the [CLDS - Are you Eligible? webpage](#).

Supports Intensity Scale

- What is it?

Once eligibility for CLDS is determined, an assessment tool called the Supports Intensity Scale (SIS) is used to measure the type, frequency and intensity of support a person needs to fully participate in community life.

- What to expect

CLDS will arrange an interview with the youth, family members, friends, service providers and others who know the youth well. The interviewer will describe a number of life activities and ask the group to rate the amount of support the youth would need to successfully participate in each of the activities.

Supports Intensity Scale

- CLDS staff will review the SIS results with the individual and key members of the support team (family, support network, agency staff, etc.) and provide a copy of the assessment.
- The SIS ensures people have access to funding at a level linked to their support needs.
- For more information on the SIS, visit the [Supports Intensity Scale Fact Sheet \(PDF\)](#).

Community Living disABILITY Services

- What types of support services might be available?
 - [Supports to People Living at Home with Family](#)
 - [Day Services](#)
 - [Residential Services](#)
 - [Clinical Services](#)
 - [Crisis Intervention](#)
 - [Community Nurse Consultant Service](#)
 - [Community Living Psychiatry Services](#)
- For more information, visit the [Community Living disABILITY Services website](#)

Section 4

Decision Making & The Adults Living with an Intellectual Disability Act

Decision Making & The Adults Living with an Intellectual Disability Act

There are five guiding principles The Act sets out when it comes to decision making and adults living with an intellectual disability:

1. Adults living with an intellectual disability are presumed to have the capacity to make decisions affecting themselves, unless demonstrated otherwise.
2. Adults living with an intellectual disability are encouraged to make their own decisions, with support if needed.

Decision Making & The Adults Living with an Intellectual Disability Act (Part 2)

3. The support network should be encouraged to assist adults in making decisions to enhance their independence and self-determination.
4. Assistance with decision making should respect privacy and dignity.
5. Substitute decision making should be invoked only as a **last resort** when an adult living with an intellectual disability needs decisions to be made and is unable to make these decisions by themselves or with the involvement of members of their support network.

Supported Decision Making vs. Substitute Decision Making

- **Supported Decision Making**

When an adult living with an intellectual disability makes their own decisions, with support and advice from family and friends, if desired.

- **Substitute Decision Making**

When an adult living with an intellectual disability needs decisions to be made and is unable to make them, alone or with the help of their support network, then a Substitute Decision Maker (SDM) may be appointed through the [Office of the Commissioner for Adults Living with an Intellectual Disability](#).

An SDM can be appointed for the management of the adult living with an intellectual disability's personal care, their property, or both their personal care and property.

Are Adults Living with an Intellectual Disability Required to Have a Substitute Decision Maker?

No. This is an option of last resort where supported decision making is not working.

- If an adult living with an intellectual disability makes their own decisions or with the involvement of their support network, then substitute decision maker appointment is not required.
- It is not necessary to have a substitute decision maker in place by the time youth turn 18, unless there are serious concerns about their ability to make decisions.

Section 5

Getting Ready (Recommended steps and timeline)

Age 15

- **Establish** a transition team
- **Discuss** goals and needs with the youth and transition team
- **Gather** information about options for adult programs and services
- **Develop** a plan for the youth's transition to adulthood
- **Obtain** documentation on diagnosis, if required for adult services
- **Complete** referrals to adult services

Age 15: Documentation

- Obtain documentation/assessment report confirming the youth's diagnosis, if applying for adult disability services.
- Families work closely with their CDS case manager to ensure the documentation/assessment has the necessary information to determine eligibility to adult disability services.

Connect with your CDS case manager with the Department of Families, St. Amant or Manitoba Possible to learn more.

Age 15: Referrals and Application

- Complete necessary referrals and applications
 - Community Living disABILITY Services – [CLDS](#)
 - Employability Assistance for People with Disabilities – [EAPD](#)
 - Community Mental Health Services
 - [Winnipeg Regional Health Authority \(WRHA\)](#)
 - [Interlake-Eastern Regional Health Authority \(IERHA\)](#)
 - [Southern Health-Santé Sud](#)
 - [Prairie Mountain Health](#)
 - [Northern Health Region](#)
- Who can provide me with application forms?
 - Your CDS case manager (Dept. of Families, St.Amant, Manitoba Possible)
 - Your child's school team

Age 16

- **Apply** for identification documents
- **Open** a bank account
- **Confirm with** school if the youth will continue attending into adulthood
- **Confirm** who will be your child's medical professionals into adulthood (e.g. family doctor, dentist, specialists, therapy providers, etc.)

Age 16

- **Apply** for identification documents

- Birth certificate
- Social Insurance Number (SIN)
- Manitoba ID Card (if not obtaining a Manitoba Driver's Licence)
- Status or Métis Card (if applicable)
- Permanent Residency Card or Citizenship Certificate

- **Reminder** that getting some documents can take time.

It is recommended to start gathering information well ahead of a youth's 18th birthday

How to Apply for Identity Documents

- Manitoba Birth Certificate
[Online Certificate Application | Manitoba Vital Statistics](#)
- Social Insurance Number (SIN)
[Social Insurance Number – Service Canada](#)
- First Nation Status Card
[Application forms for Indian status and status cards – Indigenous Services Canada](#)
- Métis Citizenship
[Citizenship Application Form – Manitoba Métis Federation](#)
- Permanent Residency Card and Citizenship Certificate
[Immigration, Refugees and Citizenship Canada](#)

Before Age 18

- If youth have applied for adult programs and services, confirm that:
 - Eligibility has been determined
 - They are on the waitlist, if eligible
 - A case worker has been assigned, if applicable

At Age 18

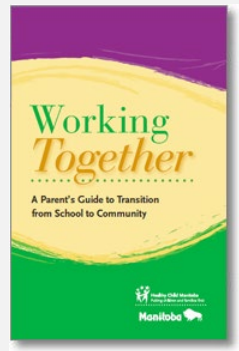
- Apply for Manitoba Supports for Persons with Disabilities or Employment and Income Assistance (if required)
 - [Manitoba Supports for Persons with Disabilities](#)
 - [Employment and Income Assistance](#)

Web-Based Resources

- [Information For Manitobans With Disabilities](#)
- [Community Living disABILITY Services](#)
- [Employability Assistance for People with Disabilities](#)
- [Connecting with Employment & Income Assistance \(EIA\) and/or Manitoba Supports for Persons with Disabilities \(MSPD\) \(PDF\)](#)

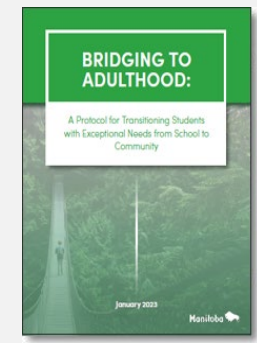
[Working Together](#)

A Parent's Guide to Transition
from School to Community



[Bridging to Adulthood:](#)

A Protocol for Transitioning
Students with Exceptional
Needs from School to
Community



Transition Planning: Reminders

- An 18th birthday is a milestone celebration
- Changes accompany adulthood and planning is needed to ensure necessary supports are available in advance of this transition
- Children's disABILITY Services case managers and other transition team members can answer questions and help with transition planning.

Include youth in early conversations at age 15

Engage the transition team to develop and implement a transition plan

Gather important documents and diagnosis to apply for adult services in advance

Regularly review plan and progress

Adult services are based on eligibility, assessed needs, services and funding available

Questions?

- Please contact your CDS case manager with your questions about transition to adulthood planning for youth with disabilities.
 - [Department of Families \(CDS\)](#)
 - [Manitoba Possible](#)
 - [St.Amant](#)