

# Resource Guide for SDRC Families

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# Overview

SDRC is the single point of access to developmental services for families living in Waterloo Region. The agency offers a range of professional and support services to children and youth under the age of 18 years with an Intellectual Disability or an Autism Spectrum Disorder. SDRC is funded by the Ministry of Children, Community, and Social Services and there are no fees for the vast majority of services provided by the agency.

The SDRC team is comprised of qualified professionals in the areas of:

- ▶ Behaviour Consultation
- ▶ Speech/Language Consultation
- ▶ Children's Service Coordination
- ▶ ABA Therapy (fee-for-service)
- ▶ FASD Coordination
- ▶ Social Work Consultation
- ▶ Health Care Consultation
- ▶ Resource/Family Support Navigation
- ▶ Coordinated Service Planning

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# SDRC Services

# SDRC's Clinical Services

- ▶ All consultation services, clinics, groups, and workshops are being offered virtually (or by phone for consultations and clinics) at this time
- ▶ **Behaviour Consultation**
  - ▶ Behaviour consultants help parents/care providers to work through behavioural difficulties (e.g., physical aggression, anxiety, and emotional regulation)
    - ▶ **In-home mediator model** consultation provided for behaviour concerns that cause harm to self or others
    - ▶ **One hour Behaviour Clinics** provided to support behaviour concerns such as verbal outbursts, noncompliance, attention seeking, toilet training
  - ▶ A parent coaching model supports the use of positive interventions such as positive reinforcement and modelling
  - ▶ Consultants help people understand why unwanted behaviour occurs
  - ▶ Offer suggestions about ways to change the situation in which the behaviour occurs
  - ▶ Explore with parents and care providers other ways to address behaviour (e.g., doctor visit to get checkup/medication review, changing routines or home environment)

# SDRC's Clinical Services

## ▶ Autism Behaviour Consultation

- ▶ Offered to youth with an Autism Spectrum Disorder between the ages of 14 and 21 years
- ▶ The goal of behaviour consultation is to help individuals and/or their caregivers work through behavioural difficulties
- ▶ The consultant will coach the caregiver to support the individual through the use of positive interventions
- ▶ **Groups:**
  - ▶ Autism Social Skills Group: 6-week social skills group for children/youth with an Autism Spectrum Disorder between **11 and 17 years old**
  - ▶ Autism Monthly Social Group: Monthly social group for youth **14-17** with an Autism Spectrum Disorder and no Intellectual Disability. Individuals must be independent

## SDRC's Clinical Services

### ► **Counselling Services**

- Our counselling services are provided to help people cope with the struggles related to having a diagnosis of an intellectual disability and/or autism
- SDRC offers counselling to young people and adults with an intellectual disability and/or autism as well as caregivers and siblings of individuals with intellectual disabilities and/or autism. This can be in the form of groups, one-to-one sessions, or meetings with multiple family members
- **Groups include:**
  - Mothers' Group - runs one day per week for eight weeks. Mothers have a chance to meet with other mothers who may be experiencing similar challenges
  - Mothers' Monthly Group - Once mothers have completed the weekly group they may choose to move on to the monthly group for continued support
  - Fathers' Group - This group meets once a month from September to June. Fathers have a chance to meet with other fathers and share their experiences and challenges of raising a child with a disability
  - Autism Siblings' Group – Cofacilitated with the Autism Behaviour Consultant; siblings (11-14 years) meet once a week for six weeks to discuss issues relating to having a sibling with a disability

# SDRC's Clinical Services

## ► Speech-Language Pathology Services

- To facilitate functional communication for client using the mediator model with caregiver or parent
- Limited to children aged 6 and up
- Support provided through **Speech Clinics** or **In-home consultation** (for more intense needs)
- Speech Pathologist helps identify communication and speech/language difficulties and then provides recommendations to help overcome these difficulties
- Consultation could include recommendations for the following areas:
  - Communication skills
  - Receptive Language (Comprehension)
  - Social Language/conversational skills
  - Feeding/Swallowing Assessment
  - Augmentative Communication
  - Apps for communication and learning
  - Visual cues for comprehension and or communication
- **Ask A Speech Pathologist consultation (group format)** (for Foundational Family Services clients under 6 years of age)
  - Join a virtual meeting for an opportunity to ask SDRC's Speech Pathologist questions about your child's language development and communication skills

# SDRC's Clinical Services

## ► Health Care Consulting

- Consultation provided on health issues related to the client's diagnosis including:
  - new medical diagnosis
  - a change in health due to aging and long-term planning
  - medication regime for physical or mental health issues
  - nutrition, healthy eating, weight loss or weight gain
  - how to manage a Palliative Care situation
  - how to provide sexual health and safety education at home

## ► Fetal Alcohol Spectrum Disorder (FASD) Coordination

- The FASD Coordinator will work with children, youth and families living with FASD up until the age of 18 or 21 and still attending school. A formal FASD diagnosis is not required
- Will work with caregivers, families, schools and community to better understand the needs of children and youth with FASD
- \*Client does not need to be eligible for SDRC Services to be connected to FASD services
- For more information about FASD or to make a referral to the FASD Coordination program, please visit <https://www.plexusfasd.ca>



# Additional SDRC Services

## ► Foundational Family Services

- SDRC offers Foundational Family Services as part of the Ontario Autism Program (OAP). These services are available to families who are registered with the OAP
- Through the OAP, these services are to be offered in a variety of ways including:
  - Family and peer mentoring
  - Caregiver workshops and coaching sessions
  - Brief targeted consultations
  - Transition supports
  - Family resource and clinic days
- Here at SDRC we have enhanced our current services to include the Foundational Family Services mentioned above. This includes:
  - Parent and sibling support groups
  - Workshops on a variety of topics
  - Transition to adulthood support
  - Time to meet with a Resource Consultant to discuss issues or concerns, etc.

# Additional SDRC Services

## ► Resource Support

- Short term support offered through phone or email
- Once families have moved through the Intake process at SDRC, they have ongoing access to Resource Support (until their child reaches 18 years of age)
- Examples of how we respond include:
  - Answering general questions regarding services and supports
  - Helping assess strengths and needs to determine most helpful information and resources
  - Assisting with supportive problem solving
  - Providing information about a variety of supports and services (developmental services, community services, funding options, leisure/recreation, etc.)
  - Facilitating referrals to other organizations/services
  - Helping identify barriers to accessing services and supports
  - Providing short-term emotional support
  - Liaising with other service providers

# Additional SDRC Services

- ▶ **Service Coordination (children, youth and adult)**
  - ▶ Service Coordinators assist individuals and their families to strengthen their capacity to manage the challenges of caring for themselves/their child and enhance their knowledge and connections to community resources
  - ▶ It is a voluntary working relationship
- ▶ Service Coordinators facilitate involvement with the service system and assist in developing a network of supports that will foster greater quality of life for the individual and their family
  - ▶ Service Coordinators can help with:
    - ▶ applying for services
    - ▶ overcoming barriers to accessing supports
    - ▶ assessing strengths and needs
    - ▶ coordinating community resources
    - ▶ developing service plans
    - ▶ developing cooperative working relationships with other service providers
    - ▶ assisting with supportive problem solving

# Additional SDRC Services

## ▶ Service Coordination Clinics

- ▶ Clinics offer an opportunity for parents to consult with a Service Coordinator about a question or concern
  - ▶ A clinic is 1.5 hours in length
  - ▶ Parents may choose to book a follow up clinic about the same or different concern
  - ▶ Clinics will be held over the phone or virtually
- ▶ Parents will meet privately with the Service Coordinator to receive support, information and assistance to develop strategies to work on/resolve their specific concern

# SDRC's Groups, Workshops and Clinics

- ▶ **Workshops include:**
  - ▶ Parenting Tips
  - ▶ Helping Children Navigate the Social World
  - ▶ Autism and Social Communication Skills
  - ▶ Apps for Communication and Learning
  - ▶ Anxiety and Autism Spectrum Disorder
  - ▶ Discussing Puberty and Sexuality with your child
- ▶ **Behaviour Clinics and Speech & Language Clinics:**
  - ▶ Identify one or two goals and consultation/resources will be provided to address those goals
  - ▶ Appointments are 1 hour
  - ▶ Ask A SLP virtual meeting for an opportunity to ask SDRC's Speech Pathologist questions about your child's language development and communication skills
- ▶ **Financial Clinics:**
  - ▶ Offer a detailed overview of the financial support programs listed in this guide
- ▶ **ACSD Application Clinics:**
  - ▶ Call SDRC 519-741-1121 to book a clinic appointment for assistance in filling out an ACSD application form
- ▶ **Autism Behaviour Consultation Groups:**
  - ▶ Social Skills (ages 11-17)
  - ▶ Monthly Drop-In (ages 14-17)
- ▶ **Counselling Groups:**
  - ▶ Mothers' Group
  - ▶ Fathers' Group
  - ▶ Autism Siblings' Group

# Coordinated Service Planning



- ▶ Supports families who have children and youth (0-18, and 18-21 if they are in school) with multiple and/or complex needs
- ▶ A service planning coordinator will connect with other service providers supporting the family to develop a coordinated service plan based on the family's and children's goals, strengths and needs
- ▶ The goal is to improve service experience by having one main point of contact (service planning coordinator) that will connect with all of the family's service providers and reduce confusion
- ▶ \*Client does not need to be eligible for SDRC Services to have coordinated service planning

# Sunbeam's Brightside ABA Services

- ▶ Brightside ABA Services uses an Applied Behaviour Analysis (ABA)-based approach to their services, focusing on addressing the goals that children, youth and young adults have. This includes but is not limited to the following:
  - Reducing challenging behaviour
  - Communication
  - Emphasizing play and leisure
  - Readiness for school / work
  - Personal responsibility and management
  - Self-Regulation
  - Developing social/interpersonal skills
- ▶ Brightside ABA Services shows flexibility by offering appointments in-home, in the community, in their building, and based on client prefers for one-to-one verses group setting
  - \*Client does not need to be eligible for SDRC Services to access Brightside ABA Services
- ▶ <https://brightsideabaservices.com/>
- ▶ [brightside@sunbeamcommunity.ca](mailto:brightside@sunbeamcommunity.ca)

# Ontario Autism Program

## Ontario Autism Program (OAP)

- ▶ Complete an online registration form at <https://accessoap.ca/for-families-new-to-the-oap>
- ▶ Or call AccessOAP at 1-833-425-2445 to register your child
- ▶ For information regarding the OAP, visit AccessOAP at <https://accessoap.ca>
- ▶ You can also visit the OAP website at <https://www.ontario.ca/page/ontario-autism-program>



# Respite

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# Special Services at Home (SSAH) Respite

## ➤ Special Services at Home (SSAH)

- Helps families pay for special services in or outside the family home as long as the child is not receiving support from a residential program
- Must be under 18, resident of Ontario, and diagnosed with a physical and/or developmental disability
- Funding can be used for respite, camps, 1:1 support, etc.
- <https://www.ontario.ca/page/special-services-home> visit this website to submit an application or to obtain further details about the program
- Contact Extend-A-Family Waterloo Region if you would like assistance in applying for this funding. Call 519 741-0190 x. 228 or register online at [www.eafwr.on.ca](http://www.eafwr.on.ca)

# Children's Respite Services in Waterloo Region - SDRC

- ▶ Registries and wait times exist for most respite services due to high demand
- ▶ Each agency has defined ages for respite services
- ▶ Referrals to most respite programs are made through SDRC
- ▶ Fees vary by agency

# Children's Respite Services in Waterloo Region

- **Carizon (Caroline's Club)**
  - SDRC coordinates respite for children with an ASD diagnosis that is hosted and staffed by Carizon (program located in Baden)
- **KW Habilitation (The HabZone)**
  - Day respite program in Waterloo for children and youth 5-17 years, Tuesdays and Thursdays from 4 pm to 9 pm
- **Parents for Community Living**
  - Offered for children and youth 5-17 years, overnights on weekends, Friday to Sunday at a children's group home in Waterloo
- **Sunbeam Community & Developmental Services**
  - Primarily supports individuals who are **medically fragile/technologically dependant (MFTD)**. Respite is overnight and on weekends at Sunbeam (SCDS)
- **Sunbeam Kids Hub**
  - Overnight respite program for children and youth who are **medically fragile/technologically dependant (MFTD)**. Home is located in Cambridge

## More Information...Additional Services and Supports

The following pages have information about Financial Supports, Community Agencies/Resources and Recreation options.

You can also:

- ▶ Attend a SDRC Financial Workshop. Go to our website and register at <https://www.sdrc.ca/workshops-and-training/> and/or
- ▶ Contact your SDRC Resource Consultant for more information:

Resource Consultant/OAP – Lindsay Hickey;  
[l.hickey@sunbeamcommunity.ca](mailto:l.hickey@sunbeamcommunity.ca) (519-741-1121 ext. 2244)

Resource Consultant – Chris Regier;  
[c.regier@sunbeamcommunity.ca](mailto:c.regier@sunbeamcommunity.ca) (519-741-1121 ext. 2221)

# Financial Resources

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# Disability Tax Credit

- ▶ Eligibility determined through Canada Revenue Agency
- ▶ Provides greater tax equity by allowing some relief for disability costs
- ▶ Used to reduce the income tax you pay
- ▶ Being eligible for DTC means you can be eligible for a Registered Disability Savings Plan and the Child Disability Benefit
- ▶ <https://www.canada.ca/en/revenue-agency/services/forms-publications/forms/t2201.html>

# Child Disability Benefit

- ▶ Must be eligible for DTC and Canada Child Benefit
- ▶ Tax-free monthly payment to families who care for a child under 18 with a severe or prolonged impairment (physical or intellectual)
- ▶ Given automatically if already receiving the Canada Child Benefit
  
- ▶ <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>



# Registered Disability Savings Program (RDSP)

- ▶ Must be eligible for Disability Tax Credit to apply
- ▶ A savings plan to help parents save for the long-term financial security of a person who is eligible for DTC
- ▶ Based on family income
- ▶ Contact your bank or financial institution to setup an RDSP Plan once Disability Tax Credit approval has been received
- ▶ <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

# Assistance for Children with Severe Disabilities (ACSD)

- ▶ Provides financial support for low to moderate income families to cover some of the extra costs of caring for a child with a severe disability
- ▶ Must be under 18, living at home, have a severe disability, resident of Ontario
- ▶ Funding approvals are also based on gross family income, size of family, severity of disability
- ▶ Maximum monthly amount given is \$580, minimum monthly amount given is \$25
- ▶ <https://www.ontario.ca/page/assistance-children-severe-disabilities-program>
- ▶ **1-877-832-2818**
- ▶ SDRC offers ACSD Clinics to provide support to complete the application. Call us at 519 741-1121 to book an appointment

# Easter Seals – Incontinence Supplies Grant Program

- ▶ Grant is a contribution to the cost of incontinence supplies and may not cover all costs
- ▶ Must be between 3 and 18 years of age with a chronic disability that results in incontinence
- ▶ Receipts are to be kept
- ▶ <https://services.easterseals.org/incontinence-supplies-grant/>

# Disability Travel Card & Access 2 Card



## Easter Seals – Disability Travel Card

For individuals with a permanent disability who require the assistance of a support person when travelling with VIA Rail Canada, and Coach Canada partners

Individual with disability pays regular price, one support person can accompany them on travel for a reduced fee

Not valid with airlines

Never expires

<https://easterseals.ca/wp-content/uploads/2021/07/Disability-Travel-Card-Application-Form-EN.pdf>



## Easter Seals - Access 2 Card

Helps ensure that entertainment, cultural and recreational opportunities are more available and accessible to all

Family pays for child's entrance fee as usual; one support person gets in for free

The child can go with anyone over 18 and use the card

\$20 for a 3-year card, \$30 for a 5-year card

List of attractions found here:

[www.access2card.ca](http://www.access2card.ca)

<https://access2card.ca/apply-first-time>

# Grand River Transit (GRT) Support Person

- ▶ Program is designed for people who require assistance using transit
- ▶ Allows a customer's support person to travel for free on GRT's services
- ▶ Application is completed by a healthcare professional
- ▶ Does not expire as long as the individual meets the eligibility criteria
- ▶ Can apply at 5 years of age
  
- ▶ <https://www.grt.ca/en/rider-information/resources/Transit-Support-Person-application-fillable.pdf>

# Personal Attendant for Leisure (PAL) Card

- ▶ Allows people with disabilities to be accompanied by an attendant free of charge
- ▶ Available for Cambridge, Kitchener, Waterloo and township leisure activities
- ▶ Not accepted for ticketed events held at municipal facilities that are operated by external organizations, businesses
- ▶ Does not expire
- ▶ PAL Card partners develop their own criteria for accepting the PAL Card at their programs/facilities
- ▶ Can apply at 4 years of age
  
- ▶ <https://www.kitchener.ca/en/recreation-and-sports/personal-assistance-for-leisure-activities.aspx>
- ▶ <https://forms.cambridge.ca/Community-Services/PAL-Card>

# Community Financial Supports – Income Based

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# City/Township Recreation Program Fee Assistance

- ▶ Helps offset the cost of recreation activities
- ▶ Income geared
- ▶ Outreach worker at local community centre can assist to complete application – required each year

Cities have different names:

## **Cambridge – Activities for Less**

<https://www.cambridge.ca/en/parks-recreation-culture/Recreation-and-Programs.aspx>

## **Kitchener – Leisure Access Fee Assistance**

<https://www.kitchener.ca/en/recreation-and-sports/leisure-access-fee-assistance.aspx>

## **Waterloo – Fee Assistance Leisure Access Program**

<https://www.waterloo.ca/en/things-to-do/assistance-programs.aspx>

## **Wilmot Township – Financial Assistance Program**

<https://www.wilmot.ca/en/things-to-do/Financial-Assistance-Program.aspx#>



# Community Partners Recreation Program Fee Assistance

- ▶ **Canadian Tire Jumpstart**
  - ▶ <https://jumpstart.canadiantire.ca/pages/individual-child-grants>
- ▶ **KidSport – Kitchener Waterloo Program, OR Ontario**
  - ▶ <https://www.kidsportcanada.ca/ontario/kitchener-waterloo/apply-for-assistance/>
- ▶ **YMCA's of Cambridge, Kitchener-Waterloo**
  - ▶ <https://feeassist.ca>

# Community Agencies/Resources

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# KidsAbility and Front Door Services

## ► KidsAbility

Children's Treatment Centre offering:

- Early Years Services (including, speech, occupational and physiotherapy)
- School Years Services (including sensory clinics, therapeutic recreation consults, etc.)
- Foundational Family Services
- Autism Services (fee-for-service programs)
- Call 519 886-8886
- <https://www.kidsability.ca>

## ► Front Door

- Children's Mental Health Service.
- Working with parents/caregivers, children and youth (up to their 18th birthday) who are struggling with life's challenges such as emotions, behaviours, relationships and mental health
- Call 519 749-2932
- <https://www.frontdoormentalhealth.com>

# Child and Parent Resource Institute (CPRI)

- ▶ **Inpatient Services**
  - ▶ Referrals made through either Front Door or SDRC (have to exhaust all community services first)
- ▶ **Outpatient Services**
  - ▶ Attachment Consultation & Education Service (ACES)
  - ▶ Interdisciplinary Autism Services
  - ▶ The Brake Shop (for youth with a diagnosed or suspected tic disorder, and/or disinhibition disorder including ADHD and OCD)
  - ▶ Dual Diagnosis Behaviour and Anxiety Services
  - ▶ Mood and Anxiety Clinic
  - ▶ Selective Mutism Program
  - ▶ Sexual Behaviours Team
  - ▶ General Clinical Services
- ▶ <https://www.ontario.ca/page/child-and-parent-resource-institute-cpri>

# Community Resources



## Autism Ontario

<https://www.autismontario.com>

Provides education, support,  
research and awareness

Local service navigator



## Waterloo Region Family Network <https://wrfn.info/>

Facilitates meaningful connections in  
all life stages for families

Peer-developed and peer-driven  
network

# Recreation Options

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# Rec/Leisure Program Guides

## ► KidsAbility

Provides information on the various inclusive or specialized recreation/leisure programs that are available in our community for children and youth of all ages

- For Summer Camp information, visit <https://www.kidsability.ca/camp-directory-summer>
- For Community Recreation Programs, visit <https://www.kidsability.ca/community-recreation-programs>
- To access a Therapeutic Recreation Consultation, visit <https://www.kidsability.ca/therapeutic-recreation-consult>

## ► City of Waterloo Programs and Activities

<https://www.waterloo.ca/en/things-to-do/recreation-and-leisure.aspx>

## ► City of Kitchener <https://www.kitchener.ca/en/things-to-do/active-kitchener.aspx#>

## ► City of Cambridge <https://www.cambridge.ca/en/parks-recreation-culture/Parks-Recreation-and-Culture.aspx>

# Inclusion Services and Support Program

- ▶ **Inclusion Services**
  - ▶ Kitchener and Waterloo and Cambridge offer programs and services to people of all ages and abilities
  - ▶ Provides inclusive opportunities that encourage residents' full participation – inclusion services prevents and removes barriers to participation
- ▶ **City of Cambridge** <https://www.cambridge.ca/en/learn-about/support-and-accommodations.aspx#>
- ▶ **City of Kitchener** <https://www.kitchener.ca/en/recreation-and-sports/accessibility-and-inclusion.aspx>
- ▶ **City of Waterloo** <https://www.waterloo.ca/en/things-to-do/assistance-programs.aspx#>
- ▶ **Inclusion Support Program for K-W Summer Camps**
  - ▶ 519 741-2200 x. 7229 for more information