

Attendees: Jessica Hanson, Kim Hesketh, Lexi Tokhi, Amina Aumeer, Karen Dillon, Melina Cucci, Stefanie Cuda, Alanna Sheinberg

Guests: Tania Drury, Jordanna Meeker, Gal Tokhi, and CTN Families

Regrets: Lori Brown

Item	Lead	Outcome	Action
Welcome	Karen	<ul style="list-style-type: none"> Karen welcomed the group. 	
Introduction	Karen	<ul style="list-style-type: none"> Karen outlined the agenda and CTN land acknowledgement with the group. Karen reviewed the meeting conduct and shared housekeeping rules with everyone. 	
Overview of the FEF Empowering Transitions: Stories for Adulthood Success	Jessica	<ul style="list-style-type: none"> Jessica provided an overview of the discussion topic, "Empowering Transitions: Stories for Adulthood Success." <u>The session included:</u> A welcome to service planning coordinators from Empower Simcoe to discuss the significance of transitioning to adulthood. A panel presentation featuring two CTN Alumni and a CTN parent sharing their personal experiences. 	
Key considerations for Transition to Adulthood	Jordanna / Tania	<ul style="list-style-type: none"> Jordanna and Tania provided an overview of key considerations for the transition to adulthood. Jordanna outlined how to support a smoother transition which includes early planning and preparation, accessing transition coordinators and case managers and completing a tool called the "early transition protocol" which keeps youth on track for a smoother transition. Tania highlighted key factors to consider during the planning years: <u>Residential supports:</u> Deciding where the youth will live in adulthood. <u>Caregiver respite:</u> Planning for how the youth will spend their day while giving caregivers a break. <u>Professional and specialized services:</u> Transitioning from pediatrician to family physician around age 18. <u>Community participation:</u> Involving youth in community activities. 	

		<ul style="list-style-type: none"> • <u>Volunteering or employment:</u> • Discussed the ODSP employment supports program well as a readiness program through local community living for building employment skills. • <u>Passport program and person- directed planning:</u> will begin when the youth turn 18, and they can register through the DSO. An assessment (Supports Intensity Scale) will be conducted before the youth turns 18 to determine their individual needs. <p><u>Age specific planning:</u></p> <p><u>Age 14-16:</u></p> <ul style="list-style-type: none"> • She discussed the need for a psychological assessment to apply to the DSO at age 16 to determine youth eligibility. If a recent assessment is unavailable or cannot be obtained, the DSO will provide one. • Apply for a Social Insurance Number (SIN) at 14. • Start transition planning. • Apply for Ontario photo card at 16. <p><u>Age 17-19:</u></p> <ul style="list-style-type: none"> • Apply for ODSP. • Open a joint bank account and explore adult health supports. • Apply for GST/HST on income tax. • Complete the Supports Intensity Scale (SIS) with DSO. <p><u>Age 20-21:</u></p> <ul style="list-style-type: none"> • Contact DSO when youth finish school if not pursuing higher education. • Finalize transition planning and access available support tools. 	
Wordle Activity	All	<ul style="list-style-type: none"> • The group participated in a wordle activity to identify key topics families want to discuss and concerns they have about the transition to adulthood. 	
Panel presentation with two CTN Alumni and a CTN parent	Lexi/ Amina/ Gal	<ul style="list-style-type: none"> • Jessica introduced the panel presentation members and provided an overview of the panel structure. <p><u>First section: Self- exploration and boundaries</u></p> <ul style="list-style-type: none"> • Lexi shared her experience on how she navigated setting boundaries with family while still fostering their support. 	

- **She highlighted the following key points:**
- Balancing independence with family support takes time; turning 18 doesn't mean complete independence.
- Youth in transition should utilize resources, including family, friends, and medical support.
- Independence doesn't mean avoiding support; it's important to recognize when youth need help.
- Open discussions are essential, especially if the youth is interested in higher education (university or college).

Second section: life navigation

- Amina shared her experiences of advocating for herself in post-secondary education and workplaces.
- She discussed her journey of finding a place to live and her involvement in understanding and advocating for ODSP services.
- After turning 18, she sought independent living programs, connected with March of Dimes Canada, and has successfully lived independently.
- Amina noted that advocating for financial services can be more challenging.
- She highlighted the support she received from CTN in high school, which helped her complete post-secondary and OSAP applications.
- She emphasized the importance of using email for advocacy and documenting any communication for future reference.
- For those who struggle with typing, Amina recommended using voice dictation tools and finding support systems to help with writing and utilizing the tool effectively.
- She also recommended seeking volunteer opportunities by reaching out to organizations in the community.

Third section: Healthcare and Appointments

- Lexi shared tips that supported her transition into adult healthcare.
- She highlighted the importance of having a complex care document, which contains all medical information, to help with self-advocacy and involvement in doctor's appointments.

- Recommends starting the referral process before the age of 18 for a smoother transition and to discuss clinic and doctor options with specialists.
- She recommended researching physician specialties and focusing on those who specialize in the youth's diagnosis.
- She emphasized giving youth the opportunity to advocate for themselves.
- **Gal's Tips from a Parent's Perspective:**
- Gal shared her experience navigating adult healthcare, noting the challenges and potential for burnout, but emphasized the importance of continued advocacy.
- She highlighted the usefulness of the Ontario Health at Home service.
- She recommended understanding personal boundaries and seeking help from others, including connecting with other parents facing similar challenges. Jessica mentioned that CTN has a private Facebook page, which is a valuable tool for connecting with other families at CTN.

Fourth section: Social Connection and Finding Community

- Amina shared her experience building a supportive community and connecting with other young adults, recommending reaching out to people you know.
- She discussed how participating in advocacy efforts helped her meet others.
- She recommended using Google streets to assess the accessibility of places before going out into the community.
- Lexi emphasized the importance of utilizing CTN programs if a youth wants to go out in the community with friends.
- Lexi is also part of CTN youth group focused on the F-words.
- She recommended getting an access card and Presto card, which allows support persons to get in free at places like movies and concerts.
- Gal gave her perspective on what supports helped foster parent support and well-being.
- She highlighted that CTN played a key role in providing support.

		<ul style="list-style-type: none"> Gal recommended encouraging youth to advocate for themselves. She emphasized the importance of being open with youth from a young age and avoiding treating them differently due to their disability. She mentioned she is connected with the York Simcoe Family Network, which offers significant respite for parents. <p><u>Relationships:</u></p> <ul style="list-style-type: none"> Lexi and Gal shared their insights and advice on discussing romantic relationships with youth. They emphasized recognizing that youth may have an interest in relationships. It's important to start conversations early and approach them with openness. They emphasised communicating honestly. 	
F-Words Overview	Amina/ Lexi	<ul style="list-style-type: none"> Jessica introduced the F-words for child development, explaining that CTN uses them to support families and understand what is meaningful for an individual's development and well-being. The F-words include function, family, fitness, friends, fun, and future. Amina and Lexi shared an overview of their F-words profile. 	
<p>Next Meeting: May 29, 2025, 6:30pm – 8:30pm</p>			