

# Autism Spectrum Disorder (ASD) Resources - Toronto

Revised October, 2022

*Please note that due to COVID-19 many services are being offered virtually*

## **ASD Specific Services**

### **Ontario Autism Program (OAP)**

Telephone: 1-833-425-2445 E-mail: [info@AccessOAP.ca](mailto:info@AccessOAP.ca)

Website: [www.ontario.ca/page/ontario-autism-program](http://www.ontario.ca/page/ontario-autism-program)

Eligible for children and youth (up to 18 years old) who have been diagnosed with autism spectrum disorder (ASD) by a qualified professional living in Ontario.

- **AccessOAP:**

Telephone: 1-833-425-2445 E-mail: [info@AccessOAP.ca](mailto:info@AccessOAP.ca)

Website: [www.accessoap.ca](http://www.accessoap.ca)

Program Service Coordinators can help families learn about the OAP and support families to connect to services in the community (service navigation).

- **Foundational Family Services:**

Free caregiver workshops, individual caregiver coaching and support groups for caregivers and siblings.

**Surrey Place** [www.surreyplace.ca/directory/autism-services/foundational-family-services](http://www.surreyplace.ca/directory/autism-services/foundational-family-services)

**Lumenus Community Services** [www.lumenus.ca/foundational-family-services](http://www.lumenus.ca/foundational-family-services)

**Strides Toronto** [www.stridestoronto.ca/programs/autism-foundational-family-services](http://www.stridestoronto.ca/programs/autism-foundational-family-services)

**Kerry's Place** [www.kerrysplace.org/foundational-family-services](http://www.kerrysplace.org/foundational-family-services)

- **Core Clinical Services Funding:**

Website: [www.ontario.ca/page/ontario-autism-program-core-clinical-services](http://www.ontario.ca/page/ontario-autism-program-core-clinical-services)

Funding for "core clinical services" based on a child's individual needs. Funding may be used for applied behaviour analysis (ABA), speech-language pathology, occupational therapy and/or mental health services. A Care Coordinator from AccessOAP will complete a "determination of needs" process to determine annual funding allocation.

- **Caregiver-Mediated Early Years Program:**

Website: [www.ontario.ca/page/ontario-autism-program-caregiver-mediated-early-years-programs](http://www.ontario.ca/page/ontario-autism-program-caregiver-mediated-early-years-programs)

Support families with children ages 1 to 4 years old. The programs help children and caregivers to learn new skills and meet individualized goals.

- **Entry to School Program:**

Website: [www.ontario.ca/page/ontario-autism-program-entry-school-program](http://www.ontario.ca/page/ontario-autism-program-entry-school-program)

For children starting Kindergarten or Grade 1 for the first time. Group-based, skill-building program, focused on helping children develop school-readiness skills.

- **Urgent Response Service:**

Website: [www.ontario.ca/page/ontario-autism-program-urgent-response-services](http://www.ontario.ca/page/ontario-autism-program-urgent-response-services)

Short-term service for children or youth who are currently experiencing an urgent need. Service is intended to prevent a crisis or reduce the risk of harm to self, others or property.

**Holland Bloorview Kids Rehabilitation Hospital**

150 Kilgour Road, Toronto ON Canada M4G 1R8

T 416 425 6220 T 800 363 2440 F 416 425 6591 [www.hollandbloorview.ca](http://www.hollandbloorview.ca)

A teaching hospital fully affiliated with the University of Toronto

**Holland Bloorview**  
Kids Rehabilitation Hospital

**Autism Ontario**

Telephone: 1-800-472-7789 ext. 340 Website: [www.autismontario.com/chapters/toronto](http://www.autismontario.com/chapters/toronto)  
 Education workshops, community events and support groups. Series of workshops about the OAP.

**Geneva Centre for Autism**

Telephone: 416-322-7877 ext. 513 Website: [www.autism.net](http://www.autism.net)  
 Service navigation, caregiver support groups and education workshops. Fee-for-service skill building groups, respite programs, camps, behaviour consultation and ABA.

**Kerry's Place Autism Services**

Telephone: 416-537-2000 Website: [www.kerrysplace.org/support-and-services/toronto-region](http://www.kerrysplace.org/support-and-services/toronto-region)  
 Free caregiver education workshops and consultations. Some free services, including social groups and Partners in Autism Service. Fee-for-service behaviour consultation and ABA services.

**Caregiver Support and Resources****Holland Bloorview Kids Rehabilitation Hospital**

Telephone: 416-425-6220 Website: [www.hollandbloorview.ca](http://www.hollandbloorview.ca)  
 Free education workshops. Caregiver support groups and the Family Mentor Program are offered through the Family Resource Centre.

**Surrey Place – Wellness Program**

Telephone: 1-833-575-5437  
 Website: [www.surreyplace.ca/programs-services/wellness-services](http://www.surreyplace.ca/programs-services/wellness-services)  
 Free education workshops and family wellness programs to promote caregiver and family well-being.

**Woodgreen**

Telephone: 647-388-2034 Website: [www.woodgreen.org](http://www.woodgreen.org)  
 Free caregiver support groups and home visiting program called the "Parent Outreach Program".

**Extend-A-Family**

Telephone: 416-484-1317 Website: [www.extendafamily.ca](http://www.extendafamily.ca)  
 Free caregiver support groups.

**Autism Speaks - [www.autismspeaks.org](http://www.autismspeaks.org)**

Informational "tool kits" on topics such as ABA, sleep strategies, advocacy etc.

**Connectability – [www.connectability.ca](http://www.connectability.ca)**

Articles in different languages, educational videos and free downloadable visuals.

**Sibling Support****Young Carers Program**

Telephone: 416-364-1666 Website: [www.ycptoronto.com](http://www.ycptoronto.com)  
 Individual and group support available to siblings.

**Holland Bloorview Kids Rehabilitation Hospital**

Telephone: 416-425-6220 Website: [www.hollandbloorview.ca](http://www.hollandbloorview.ca)  
 Monthly sibling support group for children 7-18 years old.

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## **Respite (Caregiver Relief)**

### **Respiteservices.com**

Telephone: 416-322-6317 ext. 1 Website: [www.respiteservices.com](http://www.respiteservices.com)

Support to families to find respite workers, respite programs, recreation and specialized camps across Toronto. Assist families to complete provincial funding forms for ACSD and SSAH.

## **Preschool Services**

### **Surrey Place - Preschool Speech and Language Program**

Telephone: 1-833-575-5437

Website: [www.surreyplace.ca/services/preschool-speech-and-language-program](http://www.surreyplace.ca/services/preschool-speech-and-language-program)

Speech and language services for children up to school age in various locations across Toronto.

### **EarlyON Child and Family Centres**

Website: [www.ontario.ca/page/find-earlyon-child-and-family-centre](http://www.ontario.ca/page/find-earlyon-child-and-family-centre)

Free drop-in caregiver and child programs in various locations across Toronto for children up to 6 years old. Some centres offer a specialized program called "Let's Get Started" for children with delays in development (416-920-6543). Virtual programs and telephone support available through local centres.

### **Specialized Early Intervention Options:**

Individualized support to caregivers who have a child up to 6 years old with developmental support needs. This program is for children who are **not** enrolled in daycare or school.

#### ***Surrey Place – Infant and Child Development Program***

Telephone: 1-833-575-5437

Website: [www.surreyplace.ca/directory/infant-and-child-development-program](http://www.surreyplace.ca/directory/infant-and-child-development-program)

#### ***Holland Bloorview Kids Rehabilitation Hospital – Infant Development Program***

Telephone: 416-782-1105

Website: [www.hollandbloorview.ca/our-services/programs-services/early-learning-and-development/early-learning-and-development](http://www.hollandbloorview.ca/our-services/programs-services/early-learning-and-development/early-learning-and-development)

### **General Early Intervention Options:**

Individualized support to caregivers who have a child up to 6 years old from an early childhood specialist. Service available in multiple languages.

#### ***Lumenus Community Services - Better Beginnings Now (All of Toronto)***

Telephone: 416-499-3377 x 4327

Website: [www.adventureplace.ca/services/community-based](http://www.adventureplace.ca/services/community-based)

#### ***Strides Toronto - Growing Healthy Together (Scarborough)***

Telephone: 416-321-5464 x 531 E-mail: [ghtparentinghelp@aislingdiscoveries.ca](mailto:ghtparentinghelp@aislingdiscoveries.ca)

Website: [www.stridestoronto.ca/programs/growing-healthy-together-parenting-program](http://www.stridestoronto.ca/programs/growing-healthy-together-parenting-program)

#### ***Macaulay Child Development Centre - Family Education and Support Program***

(Old City of York)

Telephone: 416-780-2726

Website: [www.macaulaycentre.org/services/community-programs/family-home-visiting](http://www.macaulaycentre.org/services/community-programs/family-home-visiting)

#### ***Sick Kids Centre for Community Mental Health - Family Support Network (North York)***

Telephone: 416-924-1164 ext. 8710 E-mail: [prevention.services@sickkidscmh.ca](mailto:prevention.services@sickkidscmh.ca)

Website: [www.sickkidscmh.ca/garry-hurvitz-cmh/prevention-and-early-intervention-services](http://www.sickkidscmh.ca/garry-hurvitz-cmh/prevention-and-early-intervention-services)

## **Childcare**

### **Toronto Children's Services**

Telephone: 416-338-8888 ext. 2 Website: [www.toronto.ca/licensed-child-care](http://www.toronto.ca/licensed-child-care)

E-mail: [kidslines@toronto.ca](mailto:kidslines@toronto.ca) Fax: 416-392-3347

The online childcare locator allows families to find a licensed childcare centre close to home. Once registered in a childcare centre, a resource consultant may be available to provide guidance to childcare staff on how to support a child's needs within the program. Speak with the childcare supervisor/director about accessing this service.

- **Child Care Fee Subsidy**

Financial assistance may be available to help families with the cost of childcare. The subsidy is based on family income. Complete the subsidy calculator online or call to determine eligibility. Once application for subsidy is complete fax or e-mail written confirmation of child's diagnosis to assist with application process.

## **School**

### **Special Education Program Placement and Recommendation Committee (SEPRC)**

A committee made up of school staff that meet with caregivers before Junior Kindergarten entry to determine whether or not an intensive support special education program (ISP) would be appropriate. Caregivers can request a SEPRC at time of Kindergarten registration.

### **School Support Team (SST)**

A committee made up of school staff and special education professionals. During the SST meeting, student strengths and needs are discussed and a plan to support the student is developed. A plan may include recommendation for an IEP and/or referrals to professionals for further assessment, consultation or intervention. Caregivers can request a SST at anytime during the school year.

### **Individualized Education Plan (IEP)**

A written plan that describes special education programs, services, accommodations or modifications for a student with specific learning needs. It is based on a student's profile of strengths and needs. IEP is developed in consultation with staff, caregivers and student, where appropriate. Caregivers can consult with the teacher to create an IEP.

### **Identification, Placement and Review Committee (IPRC)**

A committee made up of school staff and special education professionals. The committee determines the type of "exceptionality" for a student and suggests an appropriate program or setting for the student. This could include providing support in the regular class with extra resources or withdrawing the student to a special education class for part or all of the school day. IPRC meetings take place at least once a year. Caregivers can request an IPRC through the school's principal.

**Ministry of Education** - [www.ontario.ca/page/ministry-education](http://www.ontario.ca/page/ministry-education)

**Toronto District School Board** - [www.tdsb.on.ca](http://www.tdsb.on.ca)

**Toronto Catholic District School Board** - [www.tcdsb.org](http://www.tcdsb.org)

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## **Recreation Programs**

### **Toronto Parks and Recreation**

Telephone: 416-396-7378 Website: [www.toronto.ca/recreation](http://www.toronto.ca/recreation) (general information)  
[www.toronto.ca/funguide](http://www.toronto.ca/funguide) (to search for programs)

#### ***Program Information and Registration***

Seasonal recreational programs and camps. Find a program using the "Fun Guide". One can register online, by phone or in person. A Family Account Number is needed to register.

#### ***Welcome Policy***

Telephone: 416-338-8888 ext. 3 Website: [www.toronto.ca/free-lower-cost-recreation-options](http://www.toronto.ca/free-lower-cost-recreation-options)  
 Financial assistance may be available to assist with the cost of Parks and Recreation programs. Eligibility is based on family income. Application form is available online or call to request.

#### ***Adapted Programs and Inclusive Services***

Telephone: 416-395-6128  
 Adapted programs and/or additional assistance to an individual within a program to support participation and inclusion.

### **Holland Bloorview Kids Rehabilitation Hospital**

#### ***Music and Arts Programs***

Telephone: 416-425-6220 ext. 3317  
 Website: [www.hollandbloorview.ca/services/programs-services/music-and-arts](http://www.hollandbloorview.ca/services/programs-services/music-and-arts)  
 Music, visual and performing arts programs for children and youth.

#### ***Aquatic Swim Programs***

Telephone: 416-425-6220 ext. 3539 Website: [www.hollandbloorview.ca/swim](http://www.hollandbloorview.ca/swim)  
 Swimming programs for swimmers with a disability and their family.

#### ***Community Snoezelen Room and Snoezelen Pool***

Telephone: 1-800-855-0511 to get Bell Operator. At prompt give 416-422-7049  
 Website: [www.hollandbloorview.ca/snoezelen](http://www.hollandbloorview.ca/snoezelen)  
 Sensory room and a sensory pool with music, lighting effects and tactile sensations.

#### ***Robotics***

Telephone: 416-425-6220 ext. 3704 Website: [www.hollandbloorview.ca/robotics](http://www.hollandbloorview.ca/robotics)  
 Robotic LEGO program for children ages 6-14 years old.

#### ***Transitions, Recreation and Life Skills Services***

Telephone: 416-425-6220 ext. 6208  
 Website: [www.hollandbloorview.ca/services/programs-services/transitions-recreation-and-life-skills-community-services](http://www.hollandbloorview.ca/services/programs-services/transitions-recreation-and-life-skills-community-services)  
 Recreation and life skills programs that include individual coaching, skill building groups and workshops for children and youth with a disability over 7 years old.

### **Variety Village**

Telephone: 416-699-7167 Website: [www.varietylvillage.ca](http://www.varietylvillage.ca)  
 Recreation and life skills programs. Facility is located in Scarborough.

### **My Community Hub**

Website: [www.mycommunityhub.ca](http://www.mycommunityhub.ca)  
 Online registration for specialized programs, classes, respite and camps offered across Ontario for children, youth and adults.

*Please refer to Holland Bloorview Toronto Recreation Guide for a more extensive list of recreational programs.*  
[www.hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/online-family-resources-centre/toronto-5](http://www.hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/online-family-resources-centre/toronto-5)

## **Private Therapy Directories (Fee-For Service)**

### **OAP Provider List**

Website: [www.oaproviderlist.ca](http://www.oaproviderlist.ca)

Listing of ABA Providers, Speech-Language Pathologists, Occupational Therapists, Psychologists and Psychological Associates.

### **College of Audiologists and Speech-Language Pathologists of Ontario**

Telephone: 416- 975-5347 Website: [www.caslpo.com](http://www.caslpo.com)

Listing of Speech-Language Pathologists who are members of their regulatory college.

### **College Of Occupational Therapists of Ontario**

Telephone: 416-214-1177 Website: [www.coto.org](http://www.coto.org)

Listing of Occupational Therapists who are members of their regulatory college.

### **College of Psychologists of Ontario**

Telephone: 416-961-8817 Website: [www.cpo.on.ca](http://www.cpo.on.ca)

Listing of Psychologists who are members of their regulatory college.

## **Research**

### **Holland Bloorview Kids Rehabilitation Hospital - Autism Research Centre**

Telephone: 416-425-6220

Website: [www.hollandbloorview.ca/research-education/bloorview-research-institute/research-centres-labs/autism-research-centre](http://www.hollandbloorview.ca/research-education/bloorview-research-institute/research-centres-labs/autism-research-centre)

Research programs aimed at improving outcomes and quality of life for children and youth with ASD and their families.

### **Autism Treatment Network (ATN)**

Telephone: 416-925-5141 (Toronto ATN)

Website: [www.autismspeaks.ca/science-services-resources/science/autism-treatment-network](http://www.autismspeaks.ca/science-services-resources/science/autism-treatment-network)

Network of physicians, researchers and families across North America working to improve care for children and youth with ASD through research. This is a partnership between Holland Bloorview, Surrey Place and Sick Kids Hospital.

## **Legal Assistance**

### **Legal Program for Holland Bloorview Clients and Families**

Telephone: 416-425-6220 (Elizabeth Legge) Email: [elizabeth@probonoontario.org](mailto:elizabeth@probonoontario.org).

Website: [www.hollandbloorview.ca/our-services/family-workshops-resources/onsite-legal-program](http://www.hollandbloorview.ca/our-services/family-workshops-resources/onsite-legal-program)

Pro Bono Ontario offers a free onsite legal assistance program at Holland Bloorview for qualifying clients and families. The onsite lawyer can help with housing, education, immigration and employment law, among others.

## **Additional Funding**

### **Disability Tax Credit (DTC)**

Telephone: 1-800-959-8281 Website: [www.canada.ca](http://www.canada.ca)

Non-refundable tax credit that can reduce the amount of income tax one pays. Children that are eligible must have a severe and prolonged impairment in physical or mental functions. One may also qualify for the income based Child Disability Benefit if approved for the DTC. Application form must be completed with the assistance of a medical practitioner.

### **Registered Disability Savings Plan (RDSP)**

Telephone: 1-800-959-8281 Website: [www.canada.ca](http://www.canada.ca)

Long-term savings plan that helps Canadians with disabilities and their families save for the future. One **must be eligible for the DTC** to open an RDSP through a financial institution.

### **Special Services at Home (SSAH)**

Tel: 416-325-0500 Website: [www.ontario.ca](http://www.ontario.ca) Online: [www.app.grants.gov.on.ca/indiv/#/ssah](http://www.app.grants.gov.on.ca/indiv/#/ssah)

Annual funding for respite and/or programs that support the personal growth and development of eligible children under 18 years old. There are no income requirements.

- For assistance to complete the SSAH form contact **respiteservices.com**  
Telephone: 416-322-6317 ext. 1 Website: [www.respiteservices.com](http://www.respiteservices.com)
- **My Direct Plan** - Online tool to manage and submit your expenses. [www.mydirectplan.com](http://www.mydirectplan.com)

### **Assistance for Children with Severe Disabilities (ACSD)**

Tel: 416-325-0500 Website: [www.ontario.ca](http://www.ontario.ca) Online: [www.app.grants.gov.on.ca/indiv/#/acsd/apply](http://www.app.grants.gov.on.ca/indiv/#/acsd/apply)

Monthly funding to assist with additional costs associated with having a child with additional developmental or physical needs under 18 years old. Gross annual income must be below \$69,840. (approximately) to apply. Includes financial assistance for prescription drugs, dental and vision care.

- For assistance to complete the ACSD form contact **respiteservices.com**  
Telephone: 416-322-6317 ext. 1 Website: [www.respiteservices.com](http://www.respiteservices.com)

### **Easter Seals Ontario - Incontinence Supplies Grant**

Telephone: 416-510-5074 Website: [www.easterseals.org](http://www.easterseals.org)

Annual grant to assist with the cost of incontinence supplies (e.g. diapers, pull-ups). Children over 3 years old with a disability, who use these supplies during the day may be eligible. Application form must be completed with the assistance of a medical practitioner.

### **Access2 Card**

Telephone: 416-932-8382 Website: [www.access2card.ca](http://www.access2card.ca)

Free or discounted admission for a support person, accompanying an individual with a disability at select movie theatres and attractions across Canada. Application form must be completed with the assistance of a health care professional.

### **TTC Support Person Assistance Card**

Telephone: 416-393-3030 Website: [www.ttc.ca](http://www.ttc.ca)

Allows fare exemption for a support person accompanying a person with a disability on Toronto public transit. Application form must be completed with the assistance of a health care professional.

### **Holland Bloorview Family Support Fund**

Telephone: 416-425-6220 ext. 6303 Website: [www.hollandbloorview.ca](http://www.hollandbloorview.ca)

Financial support to clients of Holland Bloorview during a time of transition or stress. May support funding for equipment, recreation, respite etc. Decisions are based on family need.

*For more information on financial planning including online resources, free workshops and webinars, refer to the Special Needs Planning Group [www.specialneedsplanning.ca](http://www.specialneedsplanning.ca) and Partners for Planning [www.planningnetwork.ca](http://www.planningnetwork.ca)*

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## **Dual Diagnosis Resources - Toronto**

### **Services for Individuals with Intellectual Disability**

#### **Surrey Place**

Telephone: 1-833-575-5437 Website: [www.surreyplace.ca](http://www.surreyplace.ca)

Services for children and adults with intellectual disabilities and their families such as service coordination, behaviour consultation, early intervention, speech and language consultation etc.

#### **Community Living Toronto**

Phone: 647-426-3220 Website: [www.cltoronto.ca](http://www.cltoronto.ca)

Services for children and adults with intellectual disabilities and their families such as parent and sibling support, behaviour consultation, home management, and respite.

#### **Developmental Services Ontario (DSO) – Toronto Region**

Telephone: 1-855-372-3858

Website: [www.dsotoronto.ca](http://www.dsotoronto.ca)

Assistance to adults with intellectual disabilities and their families to apply for government funded services in their communities. Registration process can begin at 16 years old.

### **Services for Individuals with a Learning Disability**

#### **Child Development Institute - Integra Program**

Telephone: 416-486-8055 Website: [www.childdevelop.ca](http://www.childdevelop.ca)

Services for children with a learning disability between the ages of 8 and 18 and their families. Services can include individual and family counselling, friendship groups, education workshops, and summer camps.

#### **Learning Disabilities Association of Toronto District**

Telephone: 416-229-1680 Website: [www.ldatd.on.ca](http://www.ldatd.on.ca)

Programs for children and adults with a learning disability and their families. Services can include social skills groups, tutoring, and education workshops.

### **Mental Health Services**

#### **What's Up Walk-in Clinic**

Website: [www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)

Mental health counselling at various locations across Toronto for children, youth, young adults and their families. Support children and youth dealing with stress, anxiety, depression, loss, transitions etc. Will assist with referrals to longer term services when needed.

*\*Please note that the information provided in this list is not intended as a recommendation or endorsement of services by Holland Bloorview Kids Rehabilitation Hospital. Resources listed have different eligibility requirements and wait times.\**

*This list was compiled by Holland Bloorview Social Workers in the Communication, Learning and Behaviour Program.*

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