

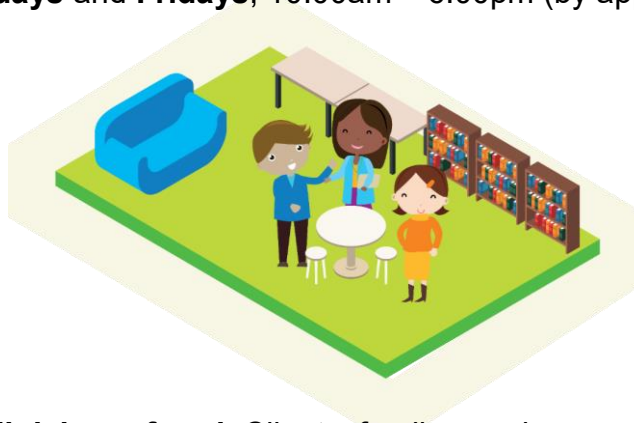
New!

# OnTrack: Transitions Navigation Clinic

Are you looking for support to **navigate resources** for the **transition-to-adulthood**?

**Please consider the new OnTrack: Transitions Navigation Clinic!**

- Who:** Any Holland Bloorview client **16 years** or older and their **family**
- What:** **Partner** with a healthcare student who is trained in resource navigation and the transition-to-adulthood. **Identify priorities, search for resources, take action, and plan next steps.** Practice **skills** that can help you in **future resource finding** and **adult healthcare interactions.**
- Where:** Virtual (Zoom Healthcare)
- When:** **Wednesdays** and **Fridays**, 10:00am – 6:00pm (by appointment)



- How?** **Self or clinician referral.** Clients, family members or clinicians can contact [ontracktransition@hollandbloorview.ca](mailto:ontracktransition@hollandbloorview.ca) or **416-425-6220** ext. **3135.**  
[Include the client's full name, date of birth, phone number and best time to contact you. A team members will call to offer an appointment.]

**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 [hollandbloorview.ca](http://hollandbloorview.ca)

A teaching hospital fully affiliated with the University of Toronto.

Version 03/11/2020

Brought to you by the Transitions Strategy & Teaching and Learning

# OnTrack: Transitions Navigation Clinic

## Frequently Asked Questions (FAQs)

### Who is this service for?

*The OnTrack: Transitions Navigation Clinic is for any Holland Bloorview client 16 years of age or older and their family. If the young person has finished high school and still has transition-to-adulthood resource needs, please reach out to our clinic with your questions.*

### Do I have to live in Toronto?

No! Thanks to virtual appointments, we are open to any Holland Bloorview client or family in Ontario.

### I am a youth or family member... how do I sign up?

Contact [ontracktransition@hollandbloorview.ca](mailto:ontracktransition@hollandbloorview.ca) or 416-425-6220 ext. 3135. Include the client's name, birthday, phone number, and the best time to reach you. We will call to offer an appointment.

### I am a Holland Bloorview physician or clinician... how do I make a referral?

Please email or call our team at the address or phone number listed above. With consent, include the client's name, birthday, and contact information. We will follow-up with the client and/or family directly.

### What if I am already part of other transitions programs at Holland Bloorview? E.g. I already go to LIFE Span Clinic or have a Life Skills Coach.

You are still welcome! *OnTrack: Transitions Navigation* is complimentary and is not meant to replace or duplicate existing Holland Bloorview services. We do not provide medical care or therapy.

### What might happen during appointments?

You will be invited to partner with a skilled healthcare student to:

- Share your hopes, values, strengths, and current experiences of your transition-to-adulthood.
- Identify the types of resources that would be most helpful for *your unique journey*.
- Search for and contact possible resources. Develop action plans.
- Practice skills that can help you in future resource finding and adult healthcare interactions e.g. identifying your strengths and needs, making and keeping appointments, communicating with new agencies, advocacy, understanding your rights, organizing your daily routines as an adult.

We provide personalised service based on your transition-to-adulthood journey. We strive to create a warm, safe, non-judgemental atmosphere where you are welcome to express your hopes, experiences, questions, feelings and needs. Based on research and what past Holland Bloorview graduates have told us, we know that there is no 'one size fits all' approach. We are here to partner with you and your family as individuals.

### **What types of resources are available for adults with disabilities?**

Together, we can explore resources for personal care, wellness, living, respite, learning, socializing, recreation, being part of the community, or other areas. We openly navigate the realities of funding, potential costs and wait lists, and encourage creative solutions.

Some transitional resources may be through Holland Bloorview and others are with community agencies for adults. We also explore personal resources within you, your family, and community.

### **The flyer says that I will meet with a trained healthcare student. What does this mean?**

*The OnTrack: Transitions Navigation Clinic* is a new and innovative approach! We partner with universities to welcome high quality, upper level students in therapeutic reaction, occupational therapy, social work, and nursing. The clinic was actually designed by a group Holland Bloorview graduates, families, staff, and healthcare students! We also have ongoing learning opportunities for Holland Bloorview youth through co-op placements and Youth Mentorship.

All new students receive rigorous training and are supervised by Holland Bloorview staff, who remain available to join appointments. We gratefully welcome your feedback.

#### **General Inquiries and Referrals:**

[ontracktransition@hollandbloorview.ca](mailto:ontracktransition@hollandbloorview.ca) or 416-425-6220 ext. 3135

#### **Other Inquiries:**

Laura Thompson, OT Reg. (Ont.)  
Team Lead and Occupational Therapist  
Holland Bloorview Kids Rehabilitation Hospital  
416-425-6220 ext. 3686  
[lthompson@hollandbloorview.ca](mailto:lthompson@hollandbloorview.ca)