

Updated!

OnTrack: Transitions Navigation Hub

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

- Who:** Holland Bloorview **clients 16 years** or older and their **families**
- What:** Select up to 2 priorities listed below. **Work with a trained healthcare student** for up to 3 sessions to **search for and connect with relevant resources**.
- Where:** Virtual or in-person
- When:** **Wednesdays** and **Fridays** by appointment
- How?** **Ask your Holland Bloorview healthcare provider for a referral.**
For staff: Meditech referral "SLE Transition Navigation"

Priority Areas for Practical Support



- Help with My Health Passport & Personalized Transition Plan (Launching soon!)
- Searching for adult primary care e.g. family doctor
- Working on self-advocacy skills
- Working on search skills for community programs
- Ontario Disability Support Program (ODSP) online application*
- Developmental Services Ontario (DSO) eligibility request*

Questions? Contact ontracktransition@hollandbloorview.ca or **416-425-6220 ext. 3135**

Note*: For ODSP and DSO applications, clients/ should sign up for the relevant Transition Pop-Up event first. They will automatically be booked for a follow-up appointment in the OnTrack Hub for 1:1 paperwork support after the group event.

Holland Bloorview Kids Rehabilitation Hospital

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A teaching hospital fully affiliated with the University of Toronto.

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In Partnership with the Transitions Strategy & Teaching and Learning

OnTrack: Transitions Navigation Hub

Frequently Asked Questions (FAQs)

Who is this service for?

Any Holland Bloorview client 16 years of age or older living in Ontario 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.

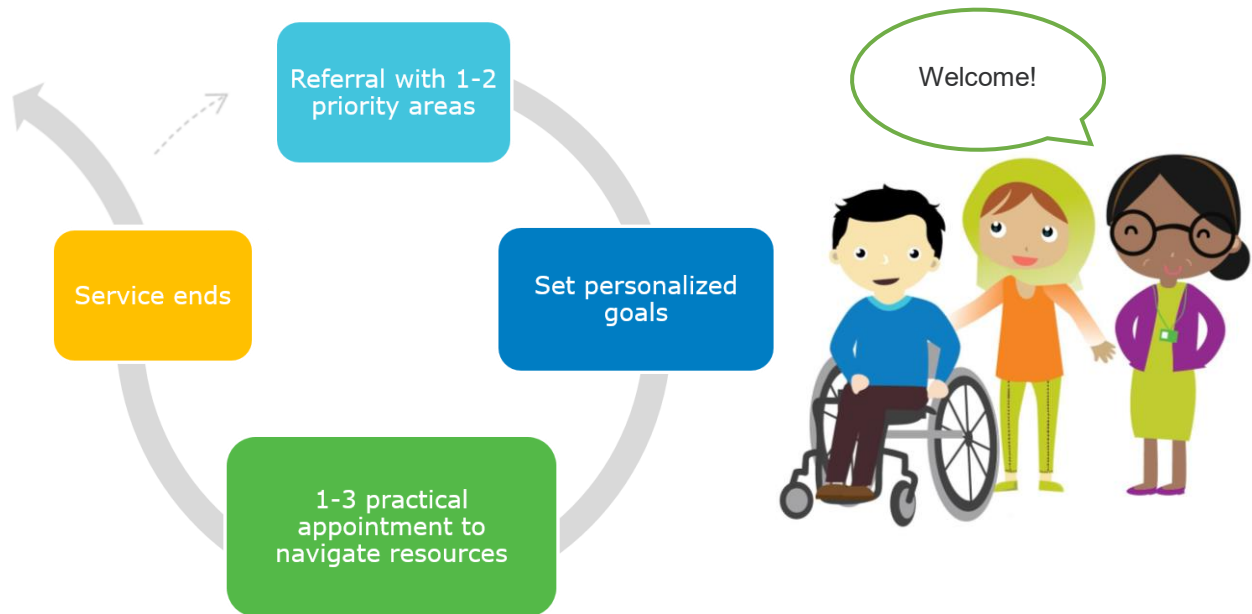
What types of goals might we work on together?

DIRECT REFERRAL FROM CURRENT HOLLAND BLOORVIEW TEAM	
Completing My Health Passport & Personalized Transition Plan	<ul style="list-style-type: none"> • Creating a personalized My Health Passport document https://wapps.sickkids.ca/myhealthpassport/ • Work on Personalized Transition Plan modules (Launching soon!) • Discussing scenarios or role play for future use of the tool(s) with new adult healthcare providers
Searching for adult primary care	<ul style="list-style-type: none"> • Searching together for local primary care providers, as guided by any applicable recommendations from your current healthcare team • Developing a personalized question list to ask potential providers
Working on self-advocacy skills	<ul style="list-style-type: none"> • Learning about self-advocacy, rights and responsibilities • Role play. Practice self-advocacy strategies using personalized scenarios for your participation in adult healthcare or adult life roles
Working on database search skills for community programs	<ul style="list-style-type: none"> • Learn about databases that can help you find programs, services and activities for adulthood e.g. Healthline.ca, eMentalHealth, MyCommunityHub, Connectability, Adult Community Resource Dir. • Develop a personalized strategy for narrowing down programs of interest based on your values, needs and preferences
AFTER TRANSITION POP-UP EVENTS	
ODSP online application paperwork	<ul style="list-style-type: none"> • 1:1 coaching when completing your online ODSP application • Coaching to obtain necessary documents for the application
DSO eligibility assessment request	<ul style="list-style-type: none"> • 1:1 coaching when calling DSO to request an eligibility assessment • Coaching to obtain necessary documents for the assessment

What if I have a transition-to-adulthood goal for an area not listed above?

Please see Holland Bloorview's Transitions to Adulthood website for other programs and resources <https://hollandbloorview.ca/services/programs-services/transitions-adulthood>.

What happens during appointments?



1. Personalized goal setting for resource navigation:



2. Meet with a trained, supervised **healthcare student** for 1-3 sessions. **Work together**, using a coaching approach, to **search for and connect with relevant resources** for your goals.



3. Service complete. Should you have further goals you can request another referral to the OnTrack: Transition Navigation Hub if applicable.

Who are the students and staff in the Hub?

The Hub uses a *student-led approach*. You will work with upper level healthcare students during your appointments. The students are thoroughly trained and supervised by the Hub's staff. Hub staff may include Therapeutic Recreation Specialists, Registered Nurses, Occupational Therapists, Social Workers or Life Skills Coaches. Hub staff will remain available to oversee and consult as needed.

How do I sign up?

Ask your Holland Bloorview healthcare provider for a referral. For staff: Use Meditech referral "SLE Transition Navigation".

For Inquiries:

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