

Bridging to Adulthood Tips: Baking & Budgeting Resources for Adults with Disabilities

The following resources may be of interest for youth and young adults with disabilities who are interested in learning about banking and budgeting.

1. Accessing and using the bank

- Accessibility features at banks in Ontario may include:
 - Option to use online and/or telephone banking
 - Video relay services
 - Ramp entrances and wheelchair-height counters
 - Automatic Teller Machines (ATMs) at wheelchair-height, with large character keypads, braille, high contrast screens, and headphone jacks for audio enabled services
 - Free ASL interpretation
 - Assistance with note taking and message writing
 - Ability to use a communication assistant or support person as an interpreter
 - Providing written material (e.g. cheques, bank statements) in alternate formats (e-text, large print, braille, or audio).
- Children, youth and beneficiaries of Registered Disabilities Savings Plans may be eligible for **free bank accounts and banking**. Speak with your bank for more details.
- [Tips for accessing financial services](#) and [sample vocabulary](#) for adults who use augmentative and alternative communication (AAC) and/or have physical disabilities from Communication Disabilities Access Canada (ADAC)
- [Magnus Cards](#) is a free app to help individuals learn daily living and life skills through visual support and step-by-step instructions. There are modules about online banking, using a bank machine, speaking with a bank teller, paying bills, using a debit machine and other topics.

2. Learning about money and personal finances

Life Skills Programs:

- [Holland Bloorview](#) offers 1:1 and group [Life Skills Programs](#) for youth with disabilities up to age 18 or 21 if still in high school. Some programs may address money management skills.
- Other [Children's Treatment Centres](#) in Ontario may offer recreational, life skills or transitions programs for youth up to age 18 or age 21 if still in high school. Contact your local Children's Treatment Centre to explore if any programs work on money management skills.
- [Budget Builders](#) is an online program through CHEO's Foundational Family Services for teens 13+ who are registered through the Ontario Autism Program.

Self-Directed Resources

- [ABC Money Matters](#) has a range of resources, videos and online courses about money management, including for people with learning support needs.
- [Banking Safety Tips](#) are available from [Connectability.ca](#)
- [Budget Planner](#) is an online, interactive budgeting worksheet from the Financial Consumer Agency of Canada.
- [Managing Your Money](#) and [Teaching Children about Money](#) are webpages with online tips and tools for money management from the Financial Consumer Agency of Canada.
- [Money and Budgeting](#) through [connectability.ca](#) offers online games, videos, templates and tips about a range of money management topics.
- [Personal Banking Workshop](#) is available online from [www.connectABILITY.ca](#)
- [Toronto Public Library](#) offers Personal Finance Programs, including workshops for students.

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

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