



# SERVICES & SUPPORTS

## FOR YOUNG ADULTS WITH MEDICAL COMPLEXITY AND THEIR FAMILIES

**Community Care Access Centres (CCACs):** CCACs are local agencies that provide information about home services and home care. This can include case management and at-home nursing support services.

**Website:** <http://healthcareathome.ca/>

**Phone:** 310-CCAC (2222)

**Community Networks of Specialized Care (CNSC):** CNSC are mandated to support people who have developmental disabilities and mental health needs and/or challenging behaviours (i.e. dual diagnosis).

**Website:** <http://www.community-networks.ca/>

**Developmental Services Ontario and/or Independent Living Centres (IL Centres):** If your child has a developmental disability, they may qualify for DSO. If they have a physical disability with no developmental disability, they may qualify for attendant services – even with medical complexity they may be eligible for housing via DSO or IL if appropriate options exist locally and the young person can direct their own care.

**Website:** <http://www.ilcanada.ca/>

**Health Care Connect:** Many young people with complex medical conditions have a pediatrician for primary care and will need to connect with a family physician as they age out of their pediatrician's practice. It is advisable to look for a family physician who is connected to a family health team or Community Health Centre as these teams offer other professionals such as social worker, dietitians and other supports. Health Care Connect is a program that can assist you in finding a family physician.

**Website:** <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

**Phone (toll free):** 1-800-445-1822 (Monday to Friday, 9am to 5pm.)

**March of Dimes Home and Vehicle Modification Program:** This program provides funding for basic home and/or vehicle modifications.

**Website:** [www.marchofdimes.ca](http://www.marchofdimes.ca)

**Ontario Disability Support Program (ODSP):** For individuals who have a disability and are deemed eligible, ODSP offers financial assistance with essential living expenses and benefits (including prescription drugs, dental services and vision care). ODSP also funds equipment like hospital beds, pressure relief mattresses, lifts, wheelchairs (the percent not covered by the Assistive Devices Program), and commodes. You can speak to your CCAC case manager and/or ODSP worker to learn more about what is covered.

**Website:** [www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp](http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp)

**Find your office:** <http://www.officelocator.mcsc.gov.on.ca>



# SERVICES & SUPPORTS

## FOR YOUNG ADULTS WITH MEDICAL COMPLEXITY AND THEIR FAMILIES (cont'd)

**Respite Services:** There are limited options for youth with medical complexity for respite either in home or out of home. It is advisable to research options for adults locally and provincially well in advance of a person's 18th birthday in order to learn what options are available. Staff at local "respite services" offices are experts in locally available options funded by the Ministry of Community and Social Services and the Ministry of Children and Youth Services.

**Website:** [www.respiteservices.com](http://www.respiteservices.com)