

What other resources are available to me?



While you are waiting for your ministry-funded services to become available, you may also want to research other local community resources, programs and activities. Try connecting with your local recreation centre, private recreation providers, seniors' centres and non-profit organizations that offer a variety of programs and activities for adults with special needs and seniors. Many of these programs are geared to meet the interests and abilities of all participants.

Where to look for a program

Below are some ways to find a recreation program that may meet your needs:

- Look up activities happening at local municipal parks, community and non-profit organizations.
- Find adult continuing education classes and recreation guides.
- Talk to friends and family about what activities are available in your community.
- Search for information fairs and special events in your community.
- If you're a senior, contact your local senior centre.
- Call 211 Helpline Ontario or visit **211ontario.ca**.

Ask yourself these questions to see if the program is right for you.

- What kind of supports will I need to be successful?
- What are some of the activities I have done in the past and enjoyed?
- What have I always wanted to do?
- What are my recreation goals?

Before you sign up for the program, ask the program coordinator these questions to see if the program suits your needs.

- What is the program's philosophy?
- How does the program ensure the safety and security of its participants?

Tips

- Programs fill up quickly so start your search early!
- Attend the program orientation or request to meet the instructor.
- Prepare yourself for the start of the program (buy equipment, supplies, etc.).
- How am I going to get there? (look up transit routes, find shared rides)

DSO website

Don't forget to visit the **dsontario.ca** website for valuable resources including a walk-through the application process, downloadable materials, and access to free webcasts and podcasts.

Need more resources?

Here's a list of some provincial organizations that may be able to help you connect with more local resources.

211 Ontario

Helps you find information about programs and services in your community.

211ontario.ca

Autism Ontario

Helps you find information about autism and the day-to-day issues faced by individuals with autism, their families, and the professionals with whom they interact.

autismontario.com

Community Living Ontario

Helps you and your family to lead the way in advancing inclusion in your lives and community.

communitylivingontario.ca

ConnectABILITY.ca

Helps you find fee-for-service resources in your community.

connectability.ca

IF Library

Helps you learn how to find and use your individualized funding.

iflibrary.ca

Microboards Ontario

A Microboard is a group of committed family and friends who join with a person with a developmental disability to create a supportive not-for-profit corporation.

microboardsontario.com

MyCommunityHub

Allows you to register and pay for activities, classes, programs, workshops, respite and camps offered by developmental service agencies in Ontario. **mycommunityhub.ca**

Ontario Caregiver Organization

Provides free services and supports for caregivers across Ontario, including counselling, working groups, peer support, online support, and more.

ontariocaregiver.ca

Ontario March of Dimes Strategic Employment Solutions

Provides you with employment opportunities.

marchofdimes.ca

P4P Planning Network

Provides free resources designed to empower you, your family and caregiver(s).

planningnetwork.ca

respiteservices.com

Provides your caregiver(s) with a short break from caregiving so they can take some time off to recharge and reconnect.

respiteservices.com

Special Olympics Ontario

Helps you enrich your life through sport.

specialolympicsontario.com

thehealthline.ca

Helps you find local health and community services.

thehealthline.ca

Need more information?

Call or Text 2-1-1 Helpline (toll-free 1-877-330-3213), to find and connect with your area DSO. To find out more visit, **dsontario.ca**