

Ottawa Autism Roadmap – Services and Supports Listing

◆DISCLAIMER: THIS INFORMATION IS A GENERAL GUIDE CREATED BY PARENTS. YOUR EXPERIENCE MAY DIFFER SLIGHTLY DEPENDING ON YOUR CIRCUMSTANCES◆

Set up your therapies.

Government Funded Therapy

1. [CHEO – offering the new Ontario Autism Program](#) – service based on “need” until the age of 18.

Single point of contact:
Call: 613-249-9355

More information on this program can be found on the [Ministry of Children and Youth Services Website](#).

2. CHEO Ottawa Children’s Treatment Centre (OCTC)

- Speech Therapy
- Occupational Therapy
- Physiotherapy
- Dietician
- Infant Development Consultant
- Behavioural Consultant
- Social Worker (drop-in and on call service available call 613-737-0871 Ext 2290)
- Respite & Summer camp
- Call: 613-737-0871, ext. 4425
- Email: intake@octc.ca

Privately Funded Intensive Therapy – parents pay

There are huge lists of private therapists in the [Ottawa Compiled Directory](#). As well, there are several private companies (some examples listed below):

- A) [Emerging Minds](#)
- B) [Spectrum Intervention](#)
- C) [ASPEN ABA Services](#)
- D) [Terrace Autism Therapy](#)

Please note that private service providers are not yet regulated!

Monitor the waitlists.

We advise organizing all your paperwork into a binder and following up regularly with the agencies to see where your child is on the waitlist.

Keep a written record of your phone calls and the information obtained along with date, time and the person you spoke with. Ask as many questions as you need to. For example:

1. How long is the wait list?
2. What services can I expect from you?
3. Do you have suggestions on what to do while waiting?

Waitlists to monitor:

1. [CHEO – the new Ontario Autism Program](#)
Call 613-249-9355

2. CHEO Ottawa Children’s Treatment Centre (OCTC)

- Speech Therapy
- Occupational Therapy
- Physiotherapy
- Dietician
- Call: 613-737-0871, ext. 4425
- Email: intake@octc.ca

Please [click here](#) for ideas on how to organize all your child’s paperwork, forms, and appointments.

Establish your support network

Belonging to the following local organizations and groups is **highly recommended** so that you hear about all the latest news and events concerning Autism in Ottawa, Ontario and Canada.

1. [Walking in my Shoes \(WIMS\)](#) – Parent Support group. Request to be added to their mailing list even if you cannot attend the meetings.
2. [Children at Risk](#) - \$35 per year. Summer camp, family fun nights, respite.
3. [Autism Ontario, Ottawa Chapter](#) (info, support groups & more!) - \$50 per year.
4. [Ottawa Autism Support Yahoo group](#) – heavily used, lots of helpful parents and information.
5. [Respite Services](#) – make a match with a special needs worker and get some much needed respite.
6. Submit your name to [QuickStart Autism’s Refresh Restart Program](#) for a night of respite.
7. [Autism Parent Support Facebook Group](#) – search for “Autism Parent Support Ottawa (Canada)”
8. [Families Matter Coop](#)
9. [Parents’ Lifelines of Eastern ON](#)
10. [One More Thing Facebook Group](#)

Get support at daycare or Nursery School

Andrew Fleck Services:

Children’s Inclusion Support Services:
Provides a “Resource Advisor” or “Program Assistant” to children age 6 months to 10 years with special needs in licensed daycare or Nursery School. Talk to your daycare or Nursery School OR call Susan Spence to check for your eligibility.

613-736-1913 ext. 231
sspence@afchildcare.on.ca

They also offer various types of [training](#), a newsletter, an excellent resource library and parents have access to everything.

Address:
700 Industrial Avenue, Suite 600
Ottawa, Ontario
K1G 0Y9

Bells Corners Cooperative Nursery School

This Nursery School has a program called “[Step by Step](#)” especially for children age 3-5 with autism. Contact them for more information at 613-828-6011.

Contact Service Coordination

Service Coordination:

A provincial government agency. After diagnosis they can help with the following:

1. [Children’s Case Management](#): SC can assist you with filling out your application for [Special Services at Home \(SSAH\)](#). SSAH is a program that helps families who are caring for a child with a developmental or physical disability. It is funded and managed by the Ministry of Community and Social Services.

2. SC can letting you know about various sources of [funding and grants](#).

3. SC can provide Information about [playgroups, seminars and camps](#) in the community. It is a good idea to keep in touch with your Case Worker at Service Coordination to make sure you are not missing out on something new for your child or family.

4. SC can also provide information about [respite](#).

Call 613-748-1788 **after you receive your diagnosis** and ask for a Case Worker. You will go to their offices on Montreal Road for an initial meeting & to complete forms.

Keeping in regular contact with your Case Worker will ensure you are finding out about the latest services. Plan to touch base once per month.

Investigate Funding

1. [Autism Ontario](#) – offers funding for March Break and Summer Camps, usually via a lottery system. Parents are notified by email.

2. [Easter Seals](#) – offers an incontinence grant and other funding programs such as the [Access2 card](#).

3. [Presidents Choice](#)

4. [Max Keeping Foundation](#)

5. [Jennifer Ashleigh Foundation](#)

6. [Three To Be Foundation](#) – PAL assist for respite.

7. [Assistance for Children with Severe Disabilities \(ACSD\)](#) - provides financial support for low- to moderate-income families to cover some of the extra costs of caring for a child who has a severe disability.

8. Investigate tax credits you may be eligible for such as:
- Medical expenses
- Fitness programs
- Arts programs

9. Check to see if you are eligible for the [Child Disability Benefit](#).

10. [Assistive Devices Program](#) – Ontario Government

You can find information about funding from:

1. Your social worker at [OCTC](#). Call 613-737-0871 Ext. 2290 for the On-Call Social Worker. There is a drop-in Social Worker available on Wednesdays from 9-3, 2nd floor Max Keeping wing.

2. Your Case Worker at [Service Coordination](#)

Fill out forms

1. [Canada Revenue Agency Disability Tax Credit form – T2021](#). – must be completed by a doctor. **Tip: Ask your doctor to be as descriptive as possible.** It takes about 8 weeks to process. (retroactive to birth)

2. [Ottawa Autism Registry with the Ottawa Police](#). This is an amazing service for families in Ottawa. This service was used to successfully locate a little boy in Kanata who left his home. **Register your child now!**

3. [Special Services at Home \(SSAH\)](#). SSAH is a program that helps families who are caring for a child with a developmental or physical disability. It is funded and managed by the Ministry of Community and Social Services.

The most important advice:

Do lots of research, talk to other parents, and trust your instincts!