



# **COMMUNITY LIVING UPPER OTTAWA VALLEY**

## ***Foundations*** ***- Youth Transition -***



***An Innovative, transitional support service  
available to youth from 18 to 28 who are no longer in school  
and live in Renfrew County and have an intellectual disability.***

# COMMUNITY LIVING UPPER OTTAWA VALLEY

Our “Foundations” support has been developed to help you become prepared for the next step in life after school. We assist each person to prepare his/her own individualized program, with full respect for his/her goals, wishes, dreams and desires. We help you to develop partnerships with others in the community - partnerships that will grow and assist you in becoming more independent, confident and successful in adulthood. Some of the things that we can help you do are:

## *Community Options*

- ◆ find meaningful ways to be a part of your community.
- ◆ connect with other agencies / services that can support your needs.
- ◆ learn about new options in the community, become involved, maybe even develop your own self directed option.

## *Life Skills Training*

- ◆ learn more about taking care of yourself and where you live.
- ◆ learn how to manage your money and pay your bills.
- ◆ gain hands-on experience in the place where it counts; the community.
- ◆ become independent, learn about your adult responsibilities, be an adult

## *Employment/Volunteerism*

- ◆ update your resume.
- ◆ have a paying job or contribute to the community in other ways.
- ◆ identify and receive the training you need to experience real work for real pay.

## *Educational/Vocational*

- ◆ get help to find out about post-secondary education options.
- ◆ attend a college program or course- ( day or night ).
- ◆ participate in a correspondence course, apprenticeship or adult training opportunity.
- ◆ find suitable and supportive living arrangements on or near a campus.
- ◆ apply for OSAP and other educational funding sources.

## *Relationship Building*

- ◆ re-connect with or maintain contact with school and childhood friends.
- ◆ join a community age appropriate activity group where you can make new friends.
- ◆ learn to be a supportive adult friend and enjoy the benefits of having supportive, respectful friends and acquaintances.
- ◆ attend community activities with people you enjoy.

## *Recreation/Leisure*

- ◆ plan and arrange a vacation of your choice.
- ◆ develop a hobby, join a club or sports team.
- ◆ experience opportunities to practice your religious beliefs.

## *Planning for the Future*

- ◆ gather your family and friends and plan for your adult life
- ◆ enjoy the feeling of success and accomplishment that comes with identifying and starting steps to reach your dreams, desires and goals.
- ◆ focus on receiving help to becoming an independent adult. Living away from home, finding a job, attending post-secondary school or joining a preferred group.
- ◆ help your family with long-term estate planning and preparing for other transitions later on in life.

## *Respite/Relief*

- ◆ receive funding assistance to purchase respite of your choice.
- ◆ enjoy experiencing and experimenting with what it is like to live outside your family home.
- ◆ learn new skills, meet new people and at the same time you and your family can enjoy and take a break.
- ◆ take a break in your home, someone else's home, respite apartment or even at a campsite during the summer.

Community Living Upper Ottawa Valley

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