

## Referral Criteria – Transitions, Recreation and Life Skills Community Services

Transitions, Recreation and Life Skills use recreational, skill building activities and real world experiences to improve the health and quality of life for children and youth with disabilities. Our services help youth work towards goals so they can learn how to do tasks themselves and get involved in home and community activities.

<p><b>What are Life Skills?</b></p> <p>Life skills prepare clients to manage daily life tasks in different areas, such as:</p> <ul style="list-style-type: none"> <li>• Self-management</li> <li>• Friendships and social skills</li> <li>• Community participation</li> <li>• Recreation or leisure activities</li> <li>• Employment readiness and volunteering</li> </ul>	<p><b>Who do we serve?</b></p> <p>Clients who:</p> <ul style="list-style-type: none"> <li>• Are 7-18 (21 if still in high school)</li> <li>• Have a disability</li> <li>• Are able to set goals</li> <li>• Want to work on life skills</li> <li>• Want to work on recreation goals</li> </ul>
<p><b>Who is on our team?</b></p> <ul style="list-style-type: none"> <li>• Therapeutic Recreation Specialists</li> <li>• Therapeutic Recreation Assistants</li> <li>• Occupational Therapists</li> <li>• Occupational Therapist Assistants</li> <li>• Life Skills Coaches</li> <li>• Youth Facilitators</li> <li>• Clinical Care Assistants</li> </ul>	<p><b>What services do we offer?</b></p> <ul style="list-style-type: none"> <li>• Individual goal setting</li> <li>• Working 1:1 with staff to learn and practice new skills</li> <li>• Skill building groups and workshops</li> <li>• Linking to community resources and programs</li> </ul>
<p><b>What types of goals do clients work on?</b></p> <ul style="list-style-type: none"> <li>• Learning about meal preparation and cooking</li> <li>• Learning how to use money</li> <li>• Getting involved in community recreation activities</li> <li>• Learning about friendship skills</li> <li>• Learning how to use public transportation (e.g. subway/buses, Wheel trans)</li> <li>• Preparing for getting a volunteer position or job</li> <li>• Preparing for living on your own</li> <li>• Accessing adapted recreation equipment</li> </ul> <p><b>Please note that this service does not provide 1:1 support for medical or behavioural needs. If 1:1 support is required while receiving service, it is the client/caregivers responsibility to make the necessary arrangements.</b></p>	

For more information, and to ensure this service is a good fit for you, please contact: 416-425-6220 ext 6208 or call ext. 6044 to self-refer and book a Transitions, Recreation & Life Skills appointment.