



# Langley Family Guide

Information & Resources for people with  
support needs and their families

*Last updated: December 2022*

We gratefully acknowledge that our work takes place  
on the traditional and unceded territories of the q'w'a:ńł'ən' (Kwantlen),  
q'icəy' (Katzie), Máthxwi (Matsqui) and Semyome (Semiahmoo) First Nations.

# ABOUT THIS GUIDE

Moving to a new province and a new city can be very emotional and overwhelming. This is especially true for people with support needs and their families as specialized programs, services and funding options vary greatly from province to province and even from city to city.

This guide has been developed by [Inclusion Langley Society \(ILS\)](#) to offer important information, tools, and resources on where to start and what to expect when your family settles in Langley.

Please note that even though every reasonable effort has been made to ensure the information presented in this guide is current and accurate, you must seek additional information from relevant BC government ministries & crown corporations and local community organizations when applying for support. This guide does not replace their advice and guidance.

For more information about this guide, please contact:

**Lydia Kang, Family Support Advisor at Inclusion Langley Society**  
Phone: 604-862-6807 | Email: [familysupport@inclusionlangley.com](mailto:familysupport@inclusionlangley.com)

## Table of Contents

<a href="#">About this guide</a>	2
<a href="#">About Inclusion Langley Society</a>	2
<a href="#">About specialized supports &amp; services</a>	3
<a href="#">Application process at a glance</a>	3
<a href="#">Government supports</a>	4
<a href="#">Langley community organizations</a>	4
<a href="#">Where to go for help in Langley</a>	5
<a href="#">Checklist for moving to Langley</a>	6
<a href="#">Checklist for children birth-6</a>	7
<a href="#">Checklist for children &amp; youth 7-18</a>	8
<a href="#">Checklist for adults 19+</a>	9
<a href="#">Five tips for transition planning</a>	9
<a href="#">Useful acronyms</a>	10
<a href="#">Useful glossary of terms</a>	11

# ABOUT INCLUSION LANGLEY SOCIETY (ILS)

In 1959, a group of dedicated parents founded what is now called Inclusion Langley Society (ILS). In 2017, ILS merged with the Langley Children's Society.

Today, as one of the largest non-profit community organizations in Langley, ILS provides services and supports that improve quality of life for children with developmental or support needs and adults with intellectual disabilities or autism spectrum disorder.

With a wide range of services and supports we offer, we are able to match each person with the service best suited to enhance their daily lives. Please visit our website at [www.inclusionlangley.com](http://www.inclusionlangley.com) to view the full range of services and supports available.

## Services for Children

- Aboriginal Infant Development Program
- Aboriginal Supported Child Development Program
- Afterschool Program
- Early Years
- Infant Development Program
- Respite Services
- Supported Child Development Program

## Services for Youth

- Afterschool Program
- Respite Services
- Youth Services
- YouthWorks

## Services for Adults

- Community Inclusion Services
- Employment Services
- Home Share
- In-Home Personal Supports
- Outreach Services
- Respite Services
- Staffed Residential Services
- Supported Living Services

## Support for Families

“  
*Our Vision:  
Inspiring a community  
where we all belong*  
”

# ABOUT SPECIALIZED SUPPORTS & SERVICES

When a person has support needs in BC, there are various specialized supports and services available to them and their families. They are funded by BC government ministries and crown corporations and offered by community organizations. Please note that, in most cases, a person must meet certain eligibility criteria in order to receive the support and each support has a different referral/application process and a wait time.

## What is Eligibility?

Eligibility is specific criteria that people must meet to receive service.

To determine the eligibility, you will be asked to provide diagnostic assessment documentation from certified and licensed medical doctors, psychologists, or other health professionals who have specific training, expertise and experience.

## What is Psycho-Educational Assessment?

Psycho-Educational Assessment is the most of common diagnostic assessment documentation. This assessment, completed by a qualified psychologist privately or through the Langley School District (SD 35), is a comprehensive evaluation that provides insight into the person's unique strengths & challenges.

## Diagnostic and Statistical Manual (DSM) IV or V

This is the book used by the diagnostician as guidance for a formal diagnosis.

CYSN will accept/use the DSM IV or V criteria for eligibility confirmation. For CLBC, an assessor's checklist will be needed if Psycho-Educational Assessment references it.

# APPLICATION PROCESS AT A GLANCE

The below is an overview of the process you would need to take to apply for support and service. Please note that this process is intended to be generic. Please seek additional information from relevant BC government ministries, crown corporations and community organizations when you apply.

## 01 STEP

### Learn how to apply.

Determine the eligibility criteria, referral/application process & documentation requirements.

#### PLEASE NOTE:

- Assessments completed outside of BC must be confirmed by a qualified BC specialist before you can apply for support.

## 02 STEP

### Complete the application process.

In some cases, a referral may be required or you may need to complete an application form.

#### PLEASE NOTE:

- A referral or application form may be completed online.
- You may need help from a specialist, like a doctor, to complete an application form.

## 03 STEP

### Wait for a decision.

You will be notified with the decision after your application is reviewed.

#### PLEASE NOTE:

- Request the notice of determination letter and keep it safe & available for future reference.
- You can appeal if your application was denied.

## 04 STEP

### Schedule an intake meeting.

During the intake meeting, your intake worker will let you know what services & support you are eligible for and other useful information. Additional meetings can be set up as needed.

#### PLEASE NOTE:

- It is common to be placed on a waitlist.

## 05 STEP

### Access eligible support & service.

If eligible and available, you can access programs/services that meet your needs.

#### PLEASE NOTE:

- Consider developing a plan with your team and review/update the plan regularly to monitor the progress & success.

# GOVERNMENT SUPPORTS

## Advocacy Organizations

- [Human Rights Tribunal](#)
- [Office of the Advocate for Service Quality](#)
- [Office of the Ombudsperson](#)
- [Public Guardian and Trustee](#)
- [Representative for Children and Youth](#)

## BC Housing

[BC Housing](#) develops, manages & administers a range of subsidized housing options and programs. Explore [BC RAHA program](#) that provides financial help in the form of rebates to eligible low-income households to complete home adaptations for independent living.

## Canada Revenue Agency (CRA)

If you are a person with a disability or you support someone with a disability, you may be able to claim on your income tax and benefit return the deductions and tax credits like [Disability Tax Credit \(DTC\)](#), [Child Disability Benefit \(CDB\)](#) and others.

## Community Living BC (CLBC)

[Community Living BC \(CLBC\)](#) is a crown corporation that provides supports & services to adults with developmental disabilities, as well as adults with FASD & ASD who face significant challenges in daily life/significant limitations in adaptive functioning.

## MAEST

Through [Ministry of Advanced Education, Skills and Training \(MAEST\)](#), many public post-secondary institutions offer [Adult Special Education \(ASE\) programs](#) to students with cognitive disabilities or a combination of learning difficulties that may hinder academic success.

## MCFD CYSN & STADD

Directed by [Ministry of Children & Family Development \(MCFD\)](#), [Children & Youth with Support Needs \(CYSN\)](#) staff and [Services to Adults with Developmental Disabilities \(STADD\) navigators](#) provide a range of services for child and youth with support needs & their families.

## Ministry Of Education (MOE)

The [Ministry Of Education \(MOE\)](#) provides leadership and funding to the public K-12 education system in BC. Please note that an Individual Education Plan (IEP) must be prepared for each student with a designated category of support needs.

## Ministry Of Health (MOH)

The [Ministry Of Health \(MOH\)](#) supports the health authorities. The health authorities conduct eligibility assessments and provide health services to individuals who are transitioning to adult services through [CSIL](#) & [Health Services for Community Living \(HSCL\)](#) programs.

## MSDPR

The [Ministry of Social Development and Poverty Reduction \(MSDPR\)](#) provides support payments ([PWD](#)), employment programs, bus passes and health and dental benefits for persons with disabilities.

## WorkBC

[WorkBC](#) offers a wide range of training and employment services for all individuals. [WorkBC](#) can help people with disabilities who are eligible for support with job options and services designed to support and build their career.

# LANGLEY COMMUNITY ORGANIZATIONS

[Encompass Support Services Society](#)

[Fraser Valley Aboriginal Children & Family Services Society](#)

[Kwantlen Polytechnic University - Langley](#)

[Langley Special Olympics](#)

[Reach Child & Youth Development Society](#)

[FamilySmart](#)

[Inclusion BC](#)

[Langley Community Services Society](#)

[Lower Fraser Valley Aboriginal Society](#)

[The Centre for Child Development](#)

[Family Support Institute of BC](#)

[Inclusion Langley Society](#)

[Langley School District & Langley School District Foundation](#)

[Options Community Services](#)

[Township of Langley & City of Langley](#)

# WHERE TO GO FOR HELP IN LANGLEY

Please note that the text in **PURPLE** indicates children's only services (*birth to 19 years of age*).

## Assistive Technology & Equipment

- [Assistive Technology BC](#)
- [CAYA/SET-BC](#)
- [CMEDS Program](#) & [Red Cross Health Equipment Loan Program](#)
- [Neil Squire Society](#)
- [The Centre for Child Development \(TCDD\)](#)
- [WorkBC Assistive Technology Services](#)

## Education

- [Adult Special Education](#)
  - [Kwantlen Polytechnic University](#)
  - [Douglas College](#)
- [K-12: Ministry Of Education \(MOE\) & Langley School District \(SD 35\): Learning Support Services/Special Education Services including IEP Planning](#)

## Employment

- [CLBC Employment Support](#)
- [Inclusion Langley Society \(ILS\) Adult Employment Services](#)
- [ILS Youth Services](#)
- [ILS YouthWorks](#)
- [PWD/WorkBC](#)

## Family Services

- [Encompass Support Services Society \(Encompass\)](#)
- [FamilySmart](#)
- [Family Support Institute of BC](#)
- [ILS](#)
- [Foundry Langley](#)
- [Langley Community Services Society \(LCSS\)](#)
- [Options Community Services](#)
- [TCDD](#)

## Financial/Legal

- [CRA \(DTC, CDB & other tax credits and deductions\)](#)
- [CYSN/CLBC Respite](#)
- [Fuel Tax Refund Program](#)
- [ILS \(Rep Agreements\)](#)
- [LCSS \(Poverty Law\)](#)
- [PWD – MSDPR \(18 or older\)](#)
- [RDSP](#)
- [Travel Assistance Program \(TAP BC\)](#)

## Health

- [Early Intervention Therapy Services](#)
- [Fair PharmaCare](#)
- Family Doctor & [Paediatrician](#)
- [Fraser Health Authority](#)
- [Health Supplements for PWD](#)
- Hospitals: [ARHCC/BCCH/LMH/SMH/VGH](#)
- [Langley Public Health Unit](#)
- [Nursing Support Services](#)
- [TCDD](#)

## Health/Mental Health

- [Child and Youth Mental Health Services \(CYMH\)](#)
- Counseling Services by [Options](#), [LCSS](#) & [Encompass](#)
- [Developmental Disability Mental Health Team \(DDMHT\)](#)
- [FamilySmart](#)
- [Foundry Langley – Mental Health Services \(ages 12-24\)](#)
- [Langley Youth and Family Services \(LYFS\)](#)

## Housing

- [BC Housing/BC RAHA Program](#)
- [CLBC Residential Supports](#)
- [ILS Adult Residential Supports funded by CLBC](#)
- [Parents](#)

## Indigenous Families

- [Aboriginal Infant Development Program](#)
- [Aboriginal Supported Child Development Program](#)
- [BC Aboriginal Network on Disability Society](#)
- [Fraser Valley Aboriginal Children & Family Services Society \(FVACFSS\)](#)
- [Jordan's Principle](#)
- [Lower Fraser Valley Aboriginal Society](#)

## Leisure, Culture & Spiritual

- Church, Camps, Clubs, Community Centres & Library
- [Langley Early Years Hubs](#)
- [Special Olympics BC/Healthy Athlete Program](#)
- [Township of Langley & City of Langley](#) programs

## Settlement and Integration Services

- [Immigrant Services Society of BC](#)
- [LCSS](#)
- [Options Community Services](#)
- [Settlement Workers In Schools \(SWIS\) - Langley School District \(SD 35\)](#)

## Social Groups & Community Inclusions

- [IDP Play Groups & Family Groups](#)
- [ILS Afterschool Program](#)
- [Langley Early Years Hubs](#)
- [Langley Youth Hub \(ages 12-24\)](#)
- Specialized Services & Programs funded by [MCFD/CYSN](#) & [CLBC](#)

# CHECKLIST FOR MOVING TO LANGLEY

The below is a checklist for people with support needs and their families when they are planning to move to Langley. Please use it as a guide for ideas to help you get started.

## BEFORE THE MOVE

START

Research what supports & services are available in Langley and who can help.

Keep important personal & medical documentation\* close & safe during the move.

Bring enough medications, supplies and well-fitted equipment to last for 3-6 months.

Get private health care insurance or arrange for coverage with your former medical plan during BC MSP wait period.

## FIRST 3 MONTHS AFTER THE MOVE

Send in copies of supporting documents to [CYSN](#) or [CLBC](#) office to speed up the application process if applicable.

Register your child in the [Langley School District](#) if applicable.

Get your BC identification & proof of residence in Langley.

Change your address with [CRA](#) to avoid delays or interruptions in benefit payments.

Apply for [BC Medical Services Plan \(MSP\) coverage](#) immediately after arriving in BC.



Find a family doctor & ask for referrals to specialists\*\*.

If your child is 19 or older, apply for [CLBC](#) or [CSIL program](#) if eligible. Consider [RA](#) if appropriate.

If your child is 17.5 or older, apply for [PWD](#) if eligible. Open a bank account in your child's name for deposits.

Begin developing a network of friends & supports for your child & your family. Involve your child in community activities like camps, sports & social activities.

## AFTER SETTLING IN LANGLEY

Consider joining or volunteering with the community organizations that support your child and your family.

If your child is 16 or older, start the process to confirm eligibility with [CLBC](#).

When your child receives the BC MSP number, apply for MCFD/CYSN funded children's programs like [At Home Program \(AHP\)](#) & [Autism Funding](#) if eligible.

Research professionals & programs/services that will help your child's development and success.

Consider attending family support groups and workshops.

If eligible & available, access funding, specialized services and supports.

Continue to build social networks and community connections. Find meaningful opportunities for your child to participate and contribute in their community!



FINISH

\* Examples are Birth Certificate, Proof of Status in Canada, Immunization Records, Psycho-Educational Assessment, IEP, Confirmation of ASD Diagnosis, Past Assessments & Reports and More.

\*\* Assessments completed outside of BC must be confirmed by a qualified BC specialist (paediatrician, psychiatrist or registered psychologist) before you can apply for support.

# CHECKLIST FOR CHILDREN BIRTH-6

- Birth Certificate:** Obtain your child's birth certificate and keep it safe & available.
- Social Insurance Number (SIN):** Apply for your child's SIN which may be needed to receive government benefits & services.
- The Canada Child Benefit (CCB):** Apply for the Canada Child Benefit (CCB).
- Immunization/Vaccination Records:** Keep current vaccination records for your child.
- Specialized Programs/Services:** Complete the application process if needed.
  - Infant Development Program (IDP):** IDP is a family-centred, home visiting program for children, *birth to 3 years of age*, experiencing or at risk for a developmental delay.
  - Supported Child Development Program (SCD):** SCD works collaboratively with families, childcare providers & other community professionals to ensure that children (*birth to 19 years of age*) with support needs can be included fully in the childcare settings of their families' choice.
  - Aboriginal Infant Development Program (AIDP) & Aboriginal Supported Child Development Program (ASCD):** AIDP & ASCD are family-centred, home and childcare based programs for Indigenous children (*birth to 19 years of age*) who have a diagnosis, developmental delay or who are at risk for delay. They provide culturally sensitive service through home visits, childcare consultation and family support.
- Early Years Family Navigators | Birth - 6 years of age:** Connect with Langley Early Years Family Navigators for information and support.
- Child Care Resource & Referral (CCRR) Program:** Contact the Langley CCRR office (604) 533-4425 for free consultation, support, help with affordable child care benefit applications & referrals.
- Social Groups/Playgroups:** Involve your child in social activities. Participate in various social/play groups offered by ILS and other community organizations in Langley.
- Diagnosis:** If your child demonstrates signs that they have developmental or support needs, ask your doctor for a referral for an assessment. An assessment will allow you to better understand your child's needs. It is common there is waitlist for the assessment.
- Things to do while waiting for a diagnosis:**
  - Gather specific information about your child for the assessment.
  - Connect with local child development experts for support. If eligible, access Early Childhood Intervention Program.
- Things to do after the confirmed diagnosis:**
  - Learn about funding eligibility, availability and options and apply.
  - Speak with your MCFD/CYSN social worker and apply for specialized programs/ services if eligible.
  - Learn about your child's needs and how to support them to develop their capabilities and enjoy success.
  - Disability Tax Credit (DTC):** Apply for DTC if eligible. Being eligible for the DTC can open the door to other programs such as [RDSP](#) & [CDB](#). Please note:
    - Your child's DTC eligibility may expire and need to re-apply. CRA will send you notifications if you need to reapply.
    - When you are approved for your child's DTC & CDB, you will be able to claim the disability amount & receive CDB retroactively up to 10 years by making an adjustment request for your tax returns.
  - Registered Disability Savings Plan (RDSP):** Open [RDSP](#) if eligible.
  - Registered Education Savings Plan (RESP):** Open RESP if it is a good fit for your child.
  - Social Network:** Begin developing a network of friends and supports for your family.
  - Self-Care for a Family:** Don't forget to find ways to rest & renew from daily demand.
  - Financial Planning:** Begin financial planning early to assist your child in the future.
  - ALL ABOUT ME Binder:** Start a binder to gather and organize your child's documentation & information (assessments & medical reports, correspondences) in one place, making it readily available for meetings, appointments, filling out forms, etc. Please call ILS at 604-534-8611 to learn how to start your child's ALL ABOUT ME binder.
  - Preschool | around ages 3-4:** If appropriate, research preschools and education options and enroll your child by the deadline.
  - Kindergarten:** Research schools and register your child with the kindergarten. During the registration process, inform the school staff that your child has support needs.
  - Preparing for School:** Plan a transition meeting with your school and invite your child's home based team to the meeting.
    - Familiarize yourself with IEP.
    - Review & update your child's ALL ABOUT ME binder with the latest reports & documentations.
    - Make a list of questions to ask.
  - Transition School Meeting:**
    - Be prepared to ask/answer questions.
    - Consider inviting someone you trust to help take notes and give you support.
  - Get Involved:** Consider participating in your school's PAC and/or attend family support groups & workshops in your community.

## 5 TIPS THAT MAY BE HELPFUL FOR YOUR FAMILY

1

**Make self-care a family priority:** Take a break from caregiving responsibilities when possible using DTC/CDB benefits and/or respite benefits (if available). The more rested and restored you are, the more patient and proactive you can be as a parent!

2

**Create a vision for your child:** Develop a vision & set realistic goals as early as possible based on your child's strengths, interests and preferences. As your child grows and changes, review & update the vision & goals as needed.

3

**Build strong support networks:** Develop, expand and nurture a network of friends & supports for your family. The value of networking and sharing stories and experiences can help everyone.

4

**Get organized:** Start ALL ABOUT ME binder & keep all of your child's reports & information in the binder for future reference. Always ask for written reports of important information about your child & update the binder as needed.

5

**Get involved:** Consider joining & volunteering at community organizations that are involved with your child. Attend workshops or family groups so that you are ready to advocate for the needs of your child and your family.

# CHECKLIST FOR CHILDREN & YOUTH 7-18

## AGES 7-12

- Vision for the Future:** Begin asking your child what they want to be when they grow up & develop a vision for the future.
- Community Connections:** Support your child to involve in community activities with other children, through camps, sports & activities outside of school.
- School/IEP:** Start, review and update Individualized Education Plan (IEP) regularly.
- Self-Description:** Teach your child how to describe their uniqueness & support needs.
- ALL ABOUT ME Binder:** Keep track of records and update the binder as your child grows. Contact ILS for more information.
- Financial Planning:** Explore long term financial supports like will & estate planning, trust funds, RDSP and RESP.
- Legal Identification:** Ensure your child has valid ID such as birth certificate and SIN.
- ILS Family Support Advisor:** Contact ILS Family Support Advisor for information and support.

## AGES 13-15

- Transition Planning:** Pull together a transition team and start transition planning.
- Documentation:** Determine what assessments are needed to effectively transition into adult services. Complete or update Psycho-Educational Assessment privately or through Langley School District (SD 35).
- School/IEP:** Add transition goals in the IEP and review & update them regularly.
- Community Connections:** Continue to build social networks for your youth.
- Self-Advocacy:** Teach your youth to speak up for themselves & make decisions.
- Life Skills:** Teach your youth life skills, such as money management & shopping skills.
- Employment Opportunities:** Begin to talk about work/volunteer opportunities based on your youth's interests & strengths.

## AGE 16

- Transition Planning:** Begin the planning.
  - Support your youth to play an active role in transition planning & develop their own vision/path/plan for life after high school.
  - Complete required assessments such as Psycho-Educational Assessment.
  - Review/update IEP transition goals regularly with the school team.
  - Support your youth to start exploring employment opportunities.

- Talk to/inform/support your youth about Sexual and/or emotional health issues.
- Encourage your youth to explore hobbies and social & recreation opportunities based on their interests and preferences.
- Start the transition binder & collect important transition documents & info (letters, assessments, reports, checklists).
- Attend transition workshops and network with others who recently experienced or are currently in transition planning.
- School:** Ask your school team for a referral to ILS Youth Services if appropriate.
- CLBC:** Start transition planning with CLBC. Confirm eligibility with CLBC.
- Transportation:** Introduce your youth to the option for driving and/or the public transit system & [HandyDART](#) service. Apply for [Fuel Tax Refund](#) for Persons with Disabilities if eligible (refund up to \$500/year).
- Legal Identification:** Apply for government-issued ID if your youth doesn't have one yet. For a picture ID, consider a [BCID](#).
- Money Management Skills:** Open a bank account in your youth's name. Encourage them to practice budgeting & banking skills.
- Self-Advocacy:** Support your youth to build & explore Self-Advocacy opportunities to clearly communicate their needs and wants.
- RDSP & Income Taxes:** If your youth has a [RDSP](#), file income taxes at ages 16 and 17 to maximize government contributions.

## AGE 17

- Transition Planning:** Review steps under age 16 & continue transition planning.
  - Plan regular transition meetings and review & update transition goals & plan regularly. Add new member(s) to your youth's transition team as needed.
  - Develop a plan & set goals for the life after high school with your youth.
  - Support your youth to develop a personal portfolio/resume. Explore [ILS Youth Services and YouthWorks Employment program](#) if appropriate.
- School:** Plan for high school graduation or extension. Consider Youth Service Diversion Program for your youth if eligible.
- DTC:** Confirm DTC expiry date & add your youth's name and SIN to their DTC.
- Self-Advocacy:** Support your youth to build and explore Self-Advocacy opportunities.
- Bank Account:** Open a bank account in the youth's name if you haven't already done so. Please note 60 day bank statement is needed for PWD deposits.

- PWD:** At 17.5, apply for PWD. Use a simplified PWD application process if eligible.
- Adult Services/Support:** Learn about the adult services and how to access them.
  - Research and apply adult funded supports and services.
  - Learn about the changes in adult health care services like changing from paediatrician to family doctor.
  - Confirm 1st appointments for all adult specialist(s).

## AGE 18

- Transition Planning:** Review steps under age 16 & 17 and continue transition planning.
  - Hold regular transition meetings to review & update transition plan & IEP.
  - Apply for continuing care support (if applicable) or CSIL program for respite and home support through Ministry of Health.
- CLBC:** Meet with a CLBC facilitator & develop a Person-Centred Plan. Discuss the eligible & available services like HSCL, housing support, community inclusion, employment support, and respite care. Ask for a referral to [ILS adult services](#) if appropriate.
- Self-Advocacy:** Encourage your youth to strengthen their independence & their ability to advocate on their own behalf.
- Community Connections:** Continue to build social networks through volunteering, working, and leisure & recreation activities.
- BC Services Card:** Renew and replace your youth's BC Services Card with a new Photo BC Services Card before your youth turns 19 years of age.
- School:** Request additional year of high school if eligible. Talk to the school team about Youth Service Diversion Program for your youth if eligible.
- Post-Secondary Programs:** Apply for post-secondary education or [Adult Special Education \(ASE\)](#) programs. Learn about educational grants, bursaries & scholarships.
- PWD:** PWD medical & financial benefits begin on your youth's 18th birthday. Please note that [At Home Program \(AHP\)](#) medical coverage ends on the last day of the month of a youth's 18th birthday.
- Income Taxes:** File an income tax return.
- Adult Health Care Services:** Visit adult specialist(s) once/year and ensure your family doctor received all transition documents.
- Legal Agreement:** Discuss about legal guardian and signing of consents with your youth. Consider preparing a [Representation Agreement \(RA\)](#) if appropriate.

# CHECKLIST FOR ADULTS 19+

- Celebrate** beginning of new adult life.
- Representation Agreement (RA):** If needed, have RA in place at 19. RA lets the person stay in control of who will help them when they are making important life decisions. RA has two types. RA7 & RA9. RA7 includes authority for routine finances.
- Adult Supports & Services:** Access adult supports & services if eligible and available.
  - If eligible, [CSIL program](#) for respite and home support begins at 19.
  - If eligible and available, [CLBC](#) supports begin at 19.
  - [At Home Program \(AHP\)](#) respite & other CYSN children's programs end on the last day of the month of a youth's 19th birthday.
- Adult Health Care Needs & Supports:** Establish a system to monitor/address/flag health care needs.
  - Visit the family doctor regularly, at least twice/year.
  - Visit adult specialist(s) once/year.
- Ongoing Planning:** Continue to develop a life plan with meaningful goals. Consider things like living arrangements, community programs, employment & education opportunities, and recreation & social activities.
- Support Team:** Review and adjust the support team & the support plan as the person's needs or interests change.
- Community Connections:** Continue to build, & nurture social networks. Pursue hobbies and opportunities for leisure and recreation.
- Employment & Volunteer Opportunities:** Continue to explore and secure employment & volunteer opportunities in the community.
- Self-Advocacy:** Explore Self-Advocacy opportunities. Research and connect with organizations that specialize in these areas like [Inclusion BC](#).
- Post-Secondary Programs:** Begin post-secondary programs if interested or eligible. Access [RESP](#) funds if applicable.
- RESP:** If post secondary will not be considered, learn about options to transfer funds into other savings vehicles like [RDSP](#).
- Housing:** Research housing options.
- Financial Planning:** Review and explore available savings options & tax credits.
- Income Taxes:** File income taxes.
- ILS Adult Programs including Community Inclusion Services for Seniors:** Explore various ILS adult services as the person ages to build and maintain meaningful relationships.

## Benefit Changes

**18** PWD medical and financial benefits begin on the youth's 18th birthday.

On the month of a youth's 18th birthday, [CCB](#) & [CDB](#) benefits end.

On the last day of the month of a youth's 18th birthday, [At Home Program \(AHP\)](#) medical coverage ends.

---

**19** If eligible, [CSIL program](#) for respite and home support begins at 19.

If eligible & available, [CLBC](#) supports begin at 19.

[At Home Program \(AHP\)](#) respite and other CYSN children's programs end on the last day of the month of a youth's 19th birthday.

## FIVE TIPS FOR TRANSITION PLANNING

**Start Early & Be Flexible!**

**Develop Self-Advocacy Skills!**

**Expand Support Networks!**

**Seek, Secure & Keep Employment!**

**Practice Money Management Skills!**

Begin the transition planning process early & be flexible to allow time to plan, revisit & revise the plan and access the supports & services needed in the future.

Prepare your youth to be flexible can lead to success as plans will change no matter how carefully they are developed.

Ensure your youth has ample opportunities to learn and practice Self-Advocacy & Self-Determination skills in different settings.

Transition is a great time to explore how they will talk about their support needs & ask for any support or accommodation they will need.

Support your youth to develop helpful social & community support networks through various social, recreational, work, or volunteer opportunities.

Social relationships & community connections can build a bridge to new friendships, and a wide range of natural community supports.

Encourage your youth to explore employment opportunities in their community.

They will more likely to find future paid employment if they demonstrates interests, abilities, initiative, and dedication to work through community & volunteer activities.

Support your youth to develop money management skills such as saving, spending, gift giving, and budgeting.

As your youth transition to independent living & adult responsibilities, their experience with spending & saving will allow them to participate more fully in their own quality-of-life decisions.

# USEFUL ACRONYMS

## A

**AAC:** Alternative Augmentative Communication  
**ABA:** Applied Behaviour Analysis  
**ABI:** Acquired Brain Injury  
**ADD:** Attention Deficit Disorder  
**ADHD:** Attention Deficit Hyperactivity Disorder  
**AFU:** [Autism Funding Unit](#)  
**AHP:** [At Home Program](#)  
**AIDP:** Aboriginal Infant Development Program  
**ASCD:** Aboriginal Supported Child Development program  
**ARHCC:** [Abbotsford Regional Hospital and Cancer Centre](#)  
**ASD:** Autism Spectrum Disorder  
**ASE:** [Adult Special Education](#)

## B

**BC:** Behaviour Consultant  
**BCAAFC:** [BC Association of Aboriginal Friendship Centres](#)  
**BCAAN:** [BC Autism Assessment Network](#)  
**BCANDS:** [BC Aboriginal Network on Disability Society](#)  
**BCCH:** [BC Children's Hospital](#)  
**BCPAC:** BC Parent Advisory Council  
**BC RAHA:** [BC Rebate for Accessible Home Adaptations \(BC Housing\)](#)  
**BCTF:** BC Teachers' Federation  
**BI:** Behaviour Interventionist  
**BSP:** Behavior Support Plan

## C

**CAN:** [Canucks Autism Network](#)  
**CAYA:** [Communication Assistance for Young Adults](#)  
**CCB:** [Canada Child Benefit](#)  
**CCRR:** [Child Care Resource & Referral](#)  
**CDB:** [Child Disability Benefit](#)  
**CLBC:** [Community Living BC](#)  
**CMEDS:** [Children's Medical Equipment Distribution Service](#)  
**CP:** Cerebral Palsy  
**CRA:** [Canada Revenue Agency](#)  
**CSIL:** [Choice in Supports for Independent Living](#)  
**CT:** Classroom Teacher  
**CTC:** Child Tax Credit  
**CYSN:** [Children & Youth with Support Needs](#)

## D

**DD:** Developmental Disability  
**DDMHT:** [Developmental Disability Mental Health Team](#)  
**DSM IV or V:** Diagnostic & Statistical Manual  
**DTC:** [Disability Tax Credit](#)

## E

**EA:** Educational Assistant  
**ECE:** Early Childhood Education  
**ER:** Emergency Room

## F

**FAS/FASD:** Fetal Alcohol Spectrum Disorder

## G

**GDD:** Global Development Delay  
**GSA:** [Guide to Support Allocation \(CLBC\)](#)

## H

**HI:** Hearing Impaired | **HOH:** Hard of Hearing  
**HSCL:** [Health Services for Community Living](#)

## I

**IBC:** [Inclusion BC](#)  
**ICU:** Intensive Care Unit  
**ID:** Intellectual Disability  
**IDP:** Infant Development Program  
**IEP:** Individual Education Plan  
**IF:** [Individualized Funding \(CLBC\)](#)  
**ILS:** [Inclusion Langley Society](#)  
**ISP:** Individual Supports Plan

## L

**LCSS:** [Langley Community Services Society](#)  
**LD:** Learning Disability  
**LMH:** [Langley Memorial Hospital](#)

## M

**MAEST:** [Ministry of Advanced Education, Skills and Training](#)  
**MCFD:** [Ministry of Children and Family Development](#)  
**MID, MR, DD, MPID:** All refer to an intellectual disability or cognitive delay  
**MOE:** [Ministry Of Education](#)  
**MOH:** [Ministry Of Health](#)  
**MSDPR:** [Ministry for Social Development and Poverty Reduction](#)  
**MSP:** [Medical Service Plan](#)  
**MySS:** [My Self Serve](#)

## N

**NSS:** [Nursing Support Services](#)  
**NT:** Neurotypical/Neurologically Typical

## O

**OASQ:** [Office of the Advocate for Service Quality](#)  
**OCD:** Obsessive Compulsive Disorder  
**ODD:** Oppositional Defiance Disorder  
**OT:** Occupational Therapist/Therapy

## P

**PAC:** Parent Advisory Council  
**PBS:** Positive Behaviour Supports  
**PCP:** Person-Centred Planning  
**PDD-NOS:** Pervasive Developmental Disorder – Not Otherwise Specified  
**PGT:** [Public Guardian and Trustee](#)  
**PHSA:** [Provincial Health Services Authority](#)  
**PLAN:** [Planned Lifetime Advocacy Network](#)  
**PSI:** [Personalized Supports Initiative \(CLBC\)](#)  
**PST:** Priority for Service Tool  
**PT:** Physical Therapist/Physical Therapy  
**PTSD:** Post Traumatic Stress Disorder  
**PWD:** [Persons With Disabilities benefits](#)

## Q

**QoL:** Quality of Life framework

## R

**RA:** [Representation Agreement](#)  
**RASP:** [Registry of Autism Service Providers](#)  
**RCY:** [Representative for Children and Youth](#)  
**RDSP:** [Registered Disability Savings Plan](#)  
**RESP:** [Registered Education Savings Plan](#)  
**RT:** Resource Teacher

## S

**SCD:** Supported Child Development program  
**SD 35:** [Langley School District](#)  
**SEA:** Special Education Assistant  
**SET-BC:** [Special Education Technology BC](#)  
**SIN:** [Social Insurance Number](#)  
**SLP:** Speech & Language Pathologist  
**SMH:** [Surrey Memorial Hospital](#)  
**SNA:** Special Needs Agreement  
**SPD:** Sensory Processing Disorder  
**STADD:** [Services To Adults with Development Disabilities](#)  
**SW:** Social Worker  
**SWIS:** [Settlement Workers In Schools](#)

## T

**TA:** Teacher Assistant  
**TAP:** [Travel Assistance Program](#)  
**TBI:** Traumatic Brain Injury  
**TCCD:** [The Centre for Child Development](#)

## U

**UDL:** Universal Design for Learning  
**UID:** Unspecified Intellectual Disability

## V

**VCA:** Voluntary Care Agreement  
**VGH:** [Vancouver General Hospital](#)

# USEFUL GLOSSARY OF TERMS

## A

**Adult Special Education (ASE):** Programs offered by various BC colleges & universities to students with permanent disabilities or a combination of learning difficulties that hinder scholastic success.

**At Home Program (AHP):** A program designed to support children and teens with a severe disability or complex health care needs. To be eligible, a child must be assessed as dependent in at least 3 of the 4 activities of daily living (eating, dressing, toileting and washing). A child may be eligible for both respite benefits and medical benefits, or a choice of one benefit.

**Autism Funding Unit (AFU):** A program designed to help pay for eligible services or supports that promote skill development for children living with autism. Under age 6 program provides families with access up to \$22,000/year and the ages 6-18 program provides families with access up to \$6,000/year.

## B

**BCAAN & non-BCAAN: BC Autism Assessment Network** | The 'non' means the assessment was done privately; otherwise, the assessment was completed by one of the provincial assessment centres.

**BCID:** A reliable piece of government photo ID for a person 12 or older.

**BCeID:** An ID that lets you securely access your government services online with a single ID and password.

## C

**Communication Assistance for Youth and Adults (CAYA):** A province-wide service program that supports adults (*aged 19 years or older*) who require an augmentative/alternative communication (AAC) system due to a severe communication needs. (See SET-BC)

**Choice in Supports for Independent Living (CSIL):** A Ministry Of Health (MOH) program for adults with physical dependency needs and not eligible for CLBC.

**Child Disability Benefit (CDB):** A tax-free monthly payment made to families who care for a child under age 18 with a severe prolonged impairment in physical or mental functions. To be eligible, a parent must be eligible for CCB & their child must be eligible for DTC.

## D

**Diagnostic & Statistical Manual (DSM) IV or V:** DSM IV or V is the book used by the diagnostician as guidance for a formal diagnosis.

**Disability Tax Credit (DTC):** A non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. Being eligible for the DTC can open the door to other programs like RDSP, CDB & others.

## G

**Guide to Support Allocation (GSA) tool:** A tool used by CLBC to determine an individuals' current disability-related needs.

## H

**HandyDART:** TransLink's door-to-door, shared-ride service for people who are unable to navigate conventional public transit without assistance.

**Health Services for Community Living (HSCL):** Fraser Health Authority branch (MOH) responsible for providing nursing, rehabilitative consultation, nutritional and dental support to adults who require the supports. Usually, CLBC will make this referral.

## I

**Individual Education Plan (IEP):** An educational plan, developed with parents, by the child's education planning team.

**Individualized Funding (IF):** A CLBC payment method that an individual or family member can direct and pay for supports and/or services to meet their disability-related needs identified in their ISP.

**Individual Supports Plan (ISP):** A document that includes information about an individual's goals and support requirements, and the funding and services identified to meet them.

## M

**My Self Serve (MySS):** A website that provides online access to income and disability assistance for BC residents. To register, you need a Basic BCeID.

## P

**Personalized Supports Initiative (PSI):** Adults who are not eligible for CLBC's developmental disability services under the existing criteria and have significant challenges with day-to-day living (adaptive functioning) and a confirmed diagnosis of FASD or ASD may apply for the Personalized Supports Initiative to receive services and supports from CLBC.

**Person-Centred Planning (PCP):** Person-Centred Planning empowers people to take control of their own future. It puts the person in charge of defining the direction for their lives, which ultimately leads to a fulfilling life of being included in community.

**Persons with Disabilities Benefits (PWD):** The income provided through MSDPR for individuals who are unable to work. PWD also provides health and dental benefits. For youth receiving services from MCFD At Home Program (AHP) and/or CLBC may be able to use a simplified PWD application process.

**Priority for Service Tool (PST):** A needs-based assessment tool to provide guidance regarding the priority response level and allocation of services.

**Psycho-Educational Assessment:** A comprehensive evaluation completed by a qualified psychologist that provides insight into a person's unique strengths & challenges. This assessment may help with PWD application and to confirm eligibility for CLBC.

## R

**Registered Disability Savings Plan (RDSP):** A long-term savings plan to help Canadians with disabilities and their families save for the future. With an RDSP, you may be eligible for up to \$90,000 in government grants and bonds to help with your long-term savings.

**Representation Agreement (RA):** Key legal document in BC for personal planning/advance care planning for an adult (*19 years or older*). It is a legally enforceable document.

## Q

**Quality of Life (QoL) Framework:** A structured framework with eight domains that provide an independence, social participation, and well-being.

## S

**Self-Advocate:** A term commonly used to describe the individuals with support needs. This is a term developed by the Self-Advocacy movement to describe themselves as people who are able to ask for what they need and want, speak-up for their rights, and make choices and decisions that affect their life.

**Special Education Technology BC (SET-BC):** A provincial outreach program funded by the Ministry Of Education (MOE) that provides assistive technologies for students with complex needs. If an individual is transitioning to adult services, a referral should be made through the school to CAYA for continued support.

## U

**Universal Design for Learning (UDL):** A framework of instructional approaches that recognizes and accommodates varied learning styles. It provides learning activities that expand students' opportunities to acquire and demonstrate learning, and enhance social participation and inclusion.



For more information, please contact:

**Lydia Kang**

Family Support Advisor

Phone: 604-862-6807

Email: [familysupport@inclusionlangley.com](mailto:familysupport@inclusionlangley.com)

[www.inclusionlangley.com](http://www.inclusionlangley.com)