RESOURCE DIRECTORY FOR CHILDREN AND YOUTH WITH DOWN SYNDROME: DURHAM REGION

Introduction to the Resource Directory

This guide was designed to be a comprehensive list of the resources available for children who have Down Syndrome and their families. Your child’s individual needs will determine which resources will be beneficial. We advise you to use this guide as a tool in conjunction with your child’s health care provider in order to receive the most relevant services for your family.

After your child is born, it is important to meet with your health care provider and contact the relevant organizations listed under “Early Intervention Services”. These services can have lengthy waitlists at times.

Introduction to Health Care Team

**Physicians** – Physicians are health care professionals who diagnose and treat diseases and disorders. They are involved in the promotion and maintenance of health. Your child’s physicians will play an important role in managing your child’s medical and developmental concerns.

**Physiotherapists** – Physiotherapists are health care professionals who help their patients improve their mobility and physical abilities, as well as rehabilitate after an injury or illness. Physiotherapist interventions include physical exercises, specialized equipment, and patient education.

**Occupational Therapists** – Occupational therapists are health care professionals concerned with improving their patients’ ability to live, work, and play well. Occupational therapists can teach their patients new skills, evaluate and adapt environments, and modify tasks in order to help their patients achieve their individual goals.

**Speech Language Therapists** – Speech language pathologists are health care professionals who specialize in assessing and treating problems with communication and swallowing.

**Audiologists** – Audiologists are health care professionals who specialize in assessing, preventing, and treating hearing and balance disorders. Audiologists can prescribe a variety of assistive devices, and can counsel their patients on ways to improve communication.
Contact Log

It is helpful to keep a record of the communication you have with agencies and service providers concerning your child and their development. The following Contact Log can be a useful tool.

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Early Intervention Services
Grandview Children’s Centre
600 Townline Rd S, Oshawa, ON, L1H 7K6
1-800-304-6180
www.grandviewkids.ca
info@grandviewkids.ca
Eligibility Criteria: Children birth-18 years old, with special needs.
Region(s) Served: Durham
Referral: Requirements depend on program.
Services: Treatment Centre supporting children with special needs. Offering Occupational Therapy, Physiotherapy, Speech Language Therapy, Family Support, Therapeutic Recreation. Preschool Outreach Program (0-6 years old) offers therapeutic services (Occupational Therapy, Speech Language Therapy, Physiotherapy, Audiology) to children in child care programs.

Durham Infant and Child Development
Durham Region Health Department
1-800-841-2729
Eligibility Criteria: Children birth – 6 years old, with delayed development.
Region(s) Served: Must live in Durham
Referral: Parent/Caregiver, Physician, Other Professional (Physician will be required to provide medical information)
Services: Development consultations, Home visits, Developmental Assessments, Resource Library, Child care consultations, Service Coordination, Family Support and Education.

Surrey Place Centre
2 Surrey Place, Toronto, ON, M5S 2C2
(416) 925-5141
www.surreyplace.on.ca
Eligibility Criteria: Children 0-18 years old, with a developmental or intellectual disability
Region(s) Served: Toronto (*Some programs are open to children living in other regions)
Referral: Parent/Caregiver, Physician, Other Professionals
Services: The Early Childhood Program (0-6 years old) and the Children and Youth Program (6-18 years old) provide comprehensive services to children with developmental disabilities, including assessment and access to therapeutic interventions (Counselling, Occupational Therapy, Speech Language Therapy, Psychology, Behaviour Therapy). Also offered: Parent Education Workshops, Prenatal Parent Counselling Service.

LHIN– Central East
920 Champlain Ct, Whitby, ON, L1N 6K9
1-800-263-3877
www.healthcareathome.ca/centraleast/en

$ There is a fee associated with this service.
Eligibility Criteria: LHIN works with seniors, adults, children, and their families. There are no specific requirements with regards to age or diagnosis.

Referral: Parent/Caregiver, Physician, Other Professionals

Services: LHIN delivers home and community health care and connects people to other services in the community. The organization works with hospitals, community-based case coordinators, Long-Term Care Homes and Community Health Centres. They also work with health service provider organizations to deliver a range of in-home and in-school services (e.g. nursing, occupational therapy, physiotherapy, speech language pathology).

**Tri-Regional Infant Hearing Program**
York: 1-888-703-5437  
Durham: (905) 446-0278  
www.beyond-words.org

Eligibility Criteria: Infants (birth – 4 months old) who did not have their hearing screened as a newborn, Children (0-2 years old) who have a risk factor for a hearing impairment, Children (2-Kindergarten) with a permanent hearing loss.

Region(s) Served: York, Durham, Peterborough, Haliburton, Kawartha, Northumberland
Referral: Parent/Caregiver, Physician

**Durham Preschool Speech and Language Program**
1-800-304-6180  
http://grandviewkids.ca/programs/speech-language-pathology

Eligibility Criteria: Children birth – Dec. 15th of the year they enter Junior Kindergarten, with speech or language concerns.

Region(s) Served: Durham
Referral: Parent/Caregiver
Services: Parent Orientation, Speech and Language Assessment, Parent Education, Home Programming, Individual/Group Speech and Language Therapy,

**Tri-Regional Blind-Low Vision Program**
Central Intake: 1-888-703-KIDS  
www.beyond-words.org

Eligibility Criteria: Children (birth- Grade 1) who are blind or have low vision

Region(s) Served: York, Durham, Peterborough, Haliburton, Kawartha, Northumberland
Referral: Parent/Caregiver, Physician, Other Professional. Report from Ophthalmologist is required.
Services: Family Support Services, Child Care Consultations, Family Education

**CNIB**
Oshawa Office: 1 Mary St N, Unit D, Oshawa, ON, L1G 7W8  
(905) 436-7732  
www.cnib.ca

Eligibility Criteria: Diagnosed eye condition and visual acuity of less than 20/70 In both eyes following correction.

Region(s) Served: All
Referral: Requires an Ophthalmologist/Optometrist referral. Services: Low vision services (vision assessment, education, strategies), Independent Living Services (life skills, education), Assistive Technology Services (assessment, recommendations, and instructions), Parent education and workshops, access to accessible literature, Summer camp program at Lake Joseph Centre.

**Education/Child Care**

**Ontario Ministry of Education – Special Education**

http://edu.gov.on.ca/eng/parents/speced.html

Planning Entry to School - http://edu.gov.on.ca/eng/parents/planningentry.html

The Individual Education Plan - www.edu.gov.on.ca/eng/general/elemsec/speced/individu.html

Services: Information on Special Education in Ontario schools.

**Durham Public School Board**

400 Taunton Rd E, Whitby, ON, L1R 2K6
(905) 666-5500
www.ddsba.ca

Special Education: www.ddsba.ca/Programs/SpecialEducation/Pages/default.aspx

Region(s) Served: Durham
Referral: Parent/Caregiver
Services: Durham public elementary schools. Offering support for children with special needs.

**Morneau Shepell**

52 Victoria St, Aurora, ON, L4G 1R2
(905) 751-0970
aurora.familyrelations@blue-balloon.com

10 Disera Drive, Suite 240, Thornhill, ON, L4J 0A7
(905) 751-0970 or 1-866-653-2397

www.childrensupportsolutions.com

Eligibility Criteria: N/A
Region(s) Served: Toronto, York, Peel, Durham

Services: For over 15 years, Morneau Shepell’s Children’s Support Solutions has worked in collaboration with parents, schools and caregivers to identify and help children and teens with special needs. Their experienced and talented therapists and educators offer screening, assessment, intervention and support services to help children reach their potential and celebrate their difference. They use an interprofessional approach to supporting clients and their families with services including Psychology, Neuropsychology, Special Education, Psychoeducation, Speech-Language Pathology, Physiotherapy, Occupational Therapy, Guidance Counselling, and Preschool/JK/SK, Social Group, and Camp programs.
Respite Services
The Durham Association for Family Respite Services
850 King St W, Unit 20, Oshawa, ON, L1J 8N5
(905) 436-2500
www.dafrs.com
info@dafrs.com
Eligibility Criteria: Diagnosis of developmental disability
Region(s) Served: Durham
Referral: Parent/Caregiver
Services: Respite registry connecting families with respite workers.

Community Living Durham North
60 Vanedward Dr, Unit 2, Port Perry, ON, L9L 1G3
(905) 985-8511
www.communitylivingdurhamnorth.ca
Eligibility Criteria: Children/youth, with an intellectual disability.
Region(s) Served: Durham
Referral: Parent/Caregiver

Community Living Oshawa/Clarington
39 Wellington Ave E, Oshawa, ON, L1H 3Y1
(905) 576-3011
www.communitylivingoc.ca
Eligibility Criteria: Children birth – 18 years old, with a developmental disability
Region(s) Served: Must live in Durham Region
Referral: Parent/Caregiver
Services: Residential Community Homes, Respite Services, Summer Camps for children and teens.

Precious Minds Support Services
21980 Highway 12, Sunderland, ON, L0C 1H0
(905) 982-0882
www.preciousminds.com
admin@preciousminds.com
Eligibility Criteria: Age 5-18 years old, best suited for individuals with developmental disabilities
Region(s) Served: Durham, York
$ Referral: Parent/Caregiver
Services: Camp, “Break Away” Saturday respite program, Parent Support, Sibling Support Group, Parent Workshops, Family Recreational Events

Family and Caregiver Support
Canadian Down Syndrome Society
2003 14th St NW, Suite 103, Calgary, AB, T2M 3N4
1-800-883-5608
www.cdss.ca
Services: Educates the public about Down Syndrome, delivers New Parent Packages to families of a child with Down Syndrome (containing information, resources)

**Down Syndrome Association of Ontario**
300 Earl Grey Drive, Suite 304, Ottawa, ON, K2T 1C1
(905) 439-6644
www.dsa.ca
Services: Educates the public about Down Syndrome, Advocacy work, Holds a yearly conference for individuals with Down Syndrome, their families, and supporters.

**Durham Down Syndrome Association**
PO Box 231, Whitby, ON, L1N 5S1
(289) 275-3201
www.ddsca.ca
mastermail@ddsca.ca
Eligibility Criteria: N/A
Region(s) Served: Durham
Referral: Parent/Caregiver

**Down Syndrome Education USA**
www.dseusa.org
hello@dseusa.org
Services: Provides information about education for individuals with Down Syndrome

**Down’s Syndrome Association**
www.downs-syndrome.org.uk
info@downs-syndrome.org.uk
Services: Provides information about Down Syndrome, Family/Caregiver Support

**Boston Children’s Hospital, Down Syndrome Program – Patient Resources**
www.childrenshospital.org/centers-and-services/programs/a_-e/down-syndrome-program/patient-resources
hello@dseusa.org
Services: Provides information about Down Syndrome, Educational Resources

**Massachusetts Down Syndrome Congress**
(781) 221-0024
www.mdsc.org
mdsc@mdsc.org
Services: Provides information about Down Syndrome, Advocacy Work, Family/Caregiver Support

**Ability Online**
www.abilityonline.org
information@abilityonline.org
Region(s) Served: N/A
Services: Monitored online community offering support and community to individuals with a disability and their families.

**Canadian Association for Community Living**  
Kinsmen Building, York University, 4700 Keele St, Toronto, ON, M3J 1P3  
(416) 661-9611  
www.cacl.ca  
inform@cacl.ca  
Services: Advocating for inclusion of individuals with intellectual disabilities. Law Reform. Conferences and Workshops for Families on supporting individuals with an intellectual disability. Raising awareness in the community.

**Ontario Shores Centre – Outpatient Women’s Consultation Service**  
700 Gordon St, Whitby, ON, L1N 5S9  
1-800-341-6323  
www.ontarioshores.ca  
Eligibility Criteria: Women 18-65 years old, with mental health concerns while pregnant, postpartum or perimenopausal  
Region(s) Served: Durham  
Referral: Referral from physician or healthcare professional required  
Services: Assessment, Consultation, Behavioural Support

**Planned Lifetime Advocacy Network**  
www.plan.ca  
Eligibility Criteria: Families of individuals with disabilities.  
Referral: Parent/Caregiver  
Services: Information and support for families on future and financial planning.

**Recreational and Summer Programs**  
**Camp Kennebec**  
1422 Cox Rd, Arden, ON, K0H 1B0  
(613) 335-2114  
www.campkennebec.com  
info@campkennebec.com  
Eligibility Criteria: 6+ years old  
Region(s) Served: N/A  
Referral: Parent/Caregiver  
Services: Residential summer camp for children and young adults with special needs.

**Community Living Durham North**  
60 Vanedward Dr, Unit 2, Port Perry, ON, L9L 1G3  
(905) 985-8511  
www.communitylivingdurhamnorth.ca  
Eligibility Criteria: Children/youth, with an intellectual disability.  
Region(s) Served: Durham
Referral: Parent/Caregiver

**Community Living Oshawa/Clarington**
39 Wellington Ave E, Oshawa, ON, L1H 3Y1
(905) 576-3011
www.communitylivingoc.ca
Eligibility Criteria: Children birth – 18 years old, with a developmental disability
Region(s) Served: Must live in Durham Region
Referral: Parent/Caregiver
Services: Summer Camps for children and teens. Also offered: Residential Community Homes, Respite Services.

**Durham Rowing**
The Boat House, 8 Old Rail Lane, Port Perry, ON
www.durhamrowing.com
Eligibility Criteria: Young adults, with a physical or intellectual disability.
Region(s) Served: Durham
$ Referral: Parent/Caregiver
Services: Adaptive rowing program.

**Grandview Kids – Therapeutic Recreation**
Registration Hotline: 1-800-304-6180 ext 2247
http://grandviewkids.ca/programs/therapeutic-recreation
Eligibility Criteria: Children/youth 4-19 years old, with special needs
Region(s) Served: Must live in Durham
$ Referral: Parent/Caregiver
Services: Recreational Programs, Swimming Lessons, Summer Camps

**Inspirational Steps**
10 Meadowglen Dr, Unit 5, Whitby, ON
(905) 556-0226
www.inspirationalsteps.wordpress.com
Eligibility Criteria: Children preschool age and older, with special needs.
Region(s) Served: Durham
$ Referral: Parent/Caregiver
Services: Dance studio offering special needs dance classes.

**Morneau Shepell**
52 Victoria St, Aurora, ON, L4G 1R2
(905) 751-0970
aurora.familyrelations@blue-balloon.com

10 Disera Drive, Suite 240, Thornhill, ON, L4J 0A7
www.childrensupportsolutions.com
Eligibility Criteria: N/A
Region(s) Served: Toronto, York, Peel, Durham

Referral: Parent/Caregiver, Physician, Other
Services: For over 15 years, Morneau Shepell’s Children’s Support Solutions has worked in collaboration with parents, schools and caregivers to identify and help children and teens with special needs. Their experienced and talented therapists and educators offer screening, assessment, intervention and support services to help children reach their potential and celebrate their difference. They use an inter-professional approach to supporting clients and their families with services including Psychology, Neuropsychology, Special Education, Psychoeducation, Speech-Language Pathology, Physiotherapy, Occupational Therapy, Guidance Counselling, and Preschool/JK/SK, Social Group, and Camp programs.

Reach for the Rainbow
20 Torlake Cres, Toronto, ON, M8Z 1B3
(416) 503-0088
www.reachfortherainbow.ca
info@reachfortherainbow.ca
Eligibility Criteria: 6+ years old, with a developmental or physical disability
Region(s) Served: Ontario

Referral: Parent/Caregiver
Services: Provides a support worker to attend a summer camp or recreational program with an eligible child.

Recreational Respite
PO Box 716, Thornbury, ON, N0H 2P0
1-877-855-7070
www.recrespite.com
Eligibility Criteria: Children/youth 5+ years old, with special needs
Region(s) Served: Greater Toronto Area, Durham, Halton, Peel, Simcoe, York

Referral: Parent/Caregiver, Physician
Services: Individual and group recreational programs.

Shadow Lake Centre (Community Living Toronto)
15041 9th Line, Stouffville, ON, L4A 7X3
(905) 640-6432
www.shadowlakecentre.ca
shadowlake.office@cltoronto.ca
Eligibility Criteria: Children/youth 7+ years old, with an intellectual disability.
Region(s) Served: All, preference given to Toronto residents before early registration deadline.

Referral: Parent/Caregiver
Services: Summer residential camping program.
Special Olympics Ontario – Greater Durham
1-888-333-5515 ext 256
www.greaterdurham.specialolympicsontario.ca
greaterdurham.info@specialolympicsontario.ca
Eligibility Criteria: Children/youth 2+ years old, with an intellectual disability.
Region(s) Served: Durham
$ Referral: Parent/Caregiver
Services: Recreational and competitive programs for 18 different sports.

YMCA – Y Knot Abilities Program
Oshawa Site: 99 Mary St, Oshawa, ON, L1G 8C1
(905) 438-9622
www.ymcagta.org
Eligibility Criteria: Children with a physical disability.
Region(s) Served: Durham
$ Referral: Parent/Caregiver
Services: Swimming program for children with disabilities and their siblings.

Financial Support
Special Services at Home – Government of Ontario
http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/specialservices/index.aspx
Eligibility Criteria: Child with developmental or physical disability, must live in Ontario, must live at home.
Region(s) Served: Ontario
Referral: Parent, requires documentation of a medical assessment
Description: Funding can be used for therapeutic services in/outside the home, respite, etc.

Assistance for Children with Severe Disabilities – Government of Ontario
http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/disabilities/index.aspx
Eligibility Criteria: Child under 18 years old, lives at home, has severe disability
Region(s) Served: Ontario
Referral: Parent
Description: Parents can receive $25-$440/month of financial support. Amount is relative to family income and disability severity.

Child Disability Benefit – Canada Revenue Agency
www.cra-arc.gc.ca/bnfts/dsblty-eng.html
Eligibility Criteria: Child under 18 years old, with a severe and prolonged impairment in physical or mental function
Referral: Parent, requires Form T2201 signed by a medical practitioner
Description: Tax-free benefit up to $270/month for families.
**Assistive Devices Program – Government of Ontario**


Eligibility Criteria: Physical disability, valid Ontario Health card, must live in Ontario, must live at home
Region(s) Served: Ontario
Referral: Must be referred by the health practitioner who assessed the need for an assistive device
Description: Funding for assistive devices.

**Incontinence Supplies Grant Program – Easter Seals**

www.easterseals.org/services/incontinence-supplies-grant

Eligibility Criteria: Child 3-18 years old with chronic physical or developmental disability resulting in irreversible incontinence and requiring incontinence supplies (diapers, catheters, etc). Valid Ontario health card required.
Region(s) Served: Ontario
Referral: Parent, part of application must be filled out by child’s physician.
Description: Funding to cover the costs of incontinence supplies.

**Jennifer Ashleigh Children’s Charity**

(905) 852-1799 ext 32
www.jenash.org

Eligibility Criteria: Child under 21 years old, with physical disability or developmental disorder. Family must have extraordinary costs related to the disability. Child and parent must be residents of Ontario. Household income of $60,000 or less.
Region(s) Served: Ontario
Referral: Parent, requires documentation of a medical assessment.
Description: Funding can be used for household costs, medical treatments, respite, therapeutic services.

**For The Love of A Child**

PO Box 78039, Oshawa, ON, L1H 7K5
(905) 725 -7411
www.fortheloveofachild.com
fortheloveofachild@durham.net

Eligibility Criteria: Children with special needs
Referral: Parent/Caregiver, requires documentation of diagnosis from a physician
Description: Financial assistance for assistive devices, equipment, recreation, camps, education.

**Registered Disability Savings Plan (RDSP) – Government of Canada**


Eligibility Criteria: Child named as the beneficiary must be eligible for the disability tax credit, must have a valid SIN number and be a Canadian resident.
Description: Savings plan to help parents save for the future financial security of a dependent eligible for the disability tax credit. Anyone can contribute to the RDSP.

**Private Professional Services**

**College of Physiotherapists of Ontario**

375 University Ave, Suite 901, Toronto, ON, M5G 2J5
1-800-583-5885
www.collegept.org
info@collegept.org
Directory of registered Physiotherapists in Ontario.

College of Occupational Therapists of Ontario
20 Bay Street, Suite 900, Toronto, ON, M5J 2N8
1-800-890-6570
www.coto.org
info@coto.org
Directory of registered Occupational Therapists in Ontario.

College of Psychologists of Ontario
110 Eglinton Ave W, Suite 500, Toronto, ON, M4R 1A3
1-800-489-8388
www.cpo.on.ca
cpo@cpo.on.ca
Directory of registered Psychologists in Ontario

College of Audiologists and Speech-Language Pathologists
3080 Yonge St, Suite 5060, Box 71, Toronto, ON, M4N 3N1
1-800-993-9459
www.caslpo.com
caslpo@caslpo.com
Directory of registered Audiologists and Speech-Language Pathologists in Ontario.

The Hanen Centre
1075 Bay St, Suite 515, Toronto, ON, M5S 2B1
1-877-426-3655
www.hanen.org
info@hanen.org
Eligibility Criteria: Parent/caregiver of child (0-5 years old) with a language delay
Region(s) Served: Various locations. Search program directory online for current locations.
Referral: Parent/Caregiver
Services: Group and individual training sessions with parents, “It Takes Two to Talk” program for parents of children with language delays, DVD resources also available for purchase online.

Morneau Shepell
52 Victoria St, Aurora, ON, L4G 1R2
(905) 751-0970
aurora.familyrelations@blue-balloon.com
10 Disera Drive, Suite 240, Thornhill, ON, L4J 0A7
(905) 751-0970 or 1-866-653-2397
Eligibility Criteria: N/A
Region(s) Served: Toronto, York, Peel, Durham

Referral: Parent/Caregiver, Physician, Other

Services: For over 15 years, Morneau Shepell’s Children’s Support Solutions has worked in collaboration with parents, schools and caregivers to identify and help children and teens with special needs. Their experienced and talented therapists and educators offer screening, assessment, intervention and support services to help children reach their potential and celebrate their difference. They use an interprofessional approach to supporting clients and their families with services including Psychology, Neuropsychology, Special Education, Psychoeducation, Speech-Language Pathology, Physiotherapy, Occupational Therapy, Guidance Counselling, and Preschool/JK/SK, Social Group, and Camp programs.