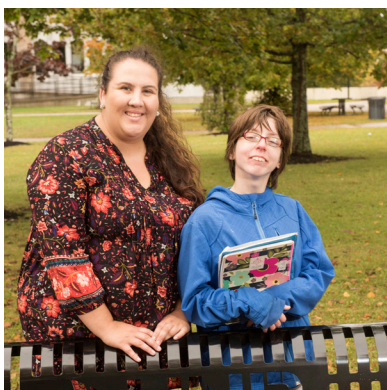


Transition Guide

A GUIDE FOR TRANSITION PLANNING
FOR YOUTH WITH A DISABILITY



Acknowledgments

ABILITY NB would like to recognize the members of the Transition NB Advisory Team, who worked diligently and provided valuable input into the construction of this guide. Their knowledge, expertise and dedication to this project is truly appreciated.

Mélanie Belliveau, Transition Advisor, Canadian National Institute for the Blind

Nathalie D'Amours, Program Consultant, Department of Post-secondary Education, Training and Labour

Danny Carson, Transition Facilitator, New Brunswick Association for Community Living

Sabrina de Jong, School to Community Transition Consultant, Atlantic Provinces Special Education Authority

Cheryl Edwards, Employment Coordinator, Canadian Mental Health Association of New Brunswick

Stephanie Melanson, Learning Specialist – Research and Innovation Lead, Autism Learning Partnership

Haley Flaro, Executive Director, Ability NB

Nicholas Hussey, Youth Representative

Krista MacMillan, Occupational Therapist, Adult Team Stan Cassidy Centre for Rehabilitation

Isabelle Maillet, Learning Specialist, Educational Support Services Department of Education and Early Childhood Development

Susan Maxwell, Learning Specialist, Department of Education and Early Childhood Development

Jeremy Murray, Youth Representative

Kara Reid, Occupational Therapist, Paediatric Team Stan Cassidy Centre for Rehabilitation

ABILITY NB thanks all of the youth who participated in the focus groups held to determine applicable content for this guide, as well as all the youth, parents and service providers who participated in the information gathering surveys conducted for this document.

ABILITY NB would also like to thank the Department of Post-secondary Education, Training and Labour for their financial contribution to this project.



Contents

Introduction	7
SECTION 1: Building my Transition Team	9
SECTION 2: Your Checklist	12
SECTION 3: High School Decision Making	19
SECTION 4: Learning after High School	28
SECTION 5: Getting a Job	39
SECTION 6: My Health	54
SECTION 7: Assistive Technology and Adaptive Equipment	63
SECTION 8: Living on My Own	68
SECTION 9: Social Connection	77
SECTION 10: Housing	82
SECTION 11: Transportation	91
SECTION 12: My Money	98
SECTION 13: Active Living	111
SECTION 14: Self Advocacy	116
Conclusion	124
Resources	126



Student with support worker at the New Brunswick Community College



Students hanging out at High School

SUMMARY

- This guide is to help you create a plan as you transition from high school.
- Transition means moving from one stage to another.

Introduction

Your transition guide. What to expect?

HIGH SCHOOL WILL END, BUT WHAT ARE THE POSSIBILITIES? WHAT DECISIONS NEED to be made? Continuing education and finding employment after high school can be tough, especially if you are living with a disability. Ability NB created this guide to help you and your support team navigate through the transition process to create a designed plan specifically for you. This plan will play a key role in helping you determine your future and achieve your goals.

Transition can be summed up in one word: *change*. It is simply moving from one stage to another; moving from high school to the adult world. This transition process is as diverse as the people experiencing it. Proper planning and exploration leading up to transition will make the process seem less intimidating and less stressful, and instead, help you view your future with excitement and confidence.

This guide offers information on transition planning, contains a checklist of recommended tasks individuals should complete in the transition process and offers resources that may be helpful to you. It is designed to be relevant, resourceful and easy to use. And it is yours; take notes on it, jot down ideas and use it to its full potential. You can read it from beginning to end, or pick it up in the section you find most applicable to you.

SO THIS IS IT... LET THE PLANNING BEGIN! ■



Student with transition team outside the New Brunswick Community College



SUMMARY

- There will be challenges that come with transition. Your Transition Team will help you overcome them.
- You are in charge of who is part of your transition team.
- Every person on your transition team has a role. Make sure everyone understands their job.
- Clear, open communication with everyone on your Transition Team is important.

Section 1

Building my Transition Team

Your supports. Your success.

IT IS VITAL TO UNDERSTAND THAT THE process of transitioning into post-secondary education and employment comes with challenges. Facing these challenges alone can lead to feelings of isolation, discouragement, and ultimately being less productive. The best way to alleviate barriers in the transition process is to align yourself with the right people: YOUR TRANSITION TEAM.

Your Team

Your transition team should be created by **YOU**. Anyone who is a part of your team should be reliable, offer positive and possible solutions and be willing to support you to achieve your education and employment goals. It is ideal to create a team with both professional partners and your natural support network. People in your natural support network may include parents and other family members, friends, neighbours and community contacts. Professional partners may include teachers, guidance counsellors, health care professionals and disability organizations.

Each member of your transition team needs to clearly understand the role and responsibilities they will have in helping you achieve your goals. It is beneficial to elect one person to lead the group to ensure everyone stays on topic and motivated and everyone

operates efficiently. Assign tasks to your team that suit their expertise. For example, your neighbour would likely not be able determine adaptive equipment that will be useful in a new job, but having an occupational therapist give recommendations would be a valuable asset to your plan.

Communication is essential between you and all members of your transition team. Again: **COMMUNICATION IS ESSENTIAL**. To ensure there is effective and clear interaction with your team, establish which modes of communication will work best for all members; e-mail, telephone, social media groups, web based chat and in-person meetings. Regular, in-person meetings with everyone on your transition team offer the best opportunity for new ideas to be generated, keep everyone on the same page, and determine clear next steps to be taken. ■



Student with transition team at university



TRANSITION TIP

Are you eighteen? Check out the Disability Support program before your 19th birthday.

see p.17

Section 2

Your Checklist

Keeping track of it all.

THERE ARE SO MANY THINGS TO DO and decisions to make when you are in high school. This checklist is here to help you keep on track and make sure important tasks don't get left behind. The following checklist explores steps you can take to work towards completing your post-secondary education and obtaining your dream job, long before either of those two things are a reality.

HIGH SCHOOL TO AFTER GRADUATION CHECKLISTS

The steps you take towards gaining employment will help you build up your resume, prepare for interviews and learn new skills. The steps you take in your education will allow you to put your best foot forward and ensure you have all the proper supports in place as you continue your learning. There are also tasks you can complete during high school and beyond that will not only support your employment and education, but help you in all aspects in your adult life. ■

✓ GRADE 9

EMPLOYMENT

- Look for opportunities to volunteer in your community.

EDUCATION

- Explore having a psychoeducational assessment completed with your guidance counsellor if you have a learning or developmental disability. This may help find the right technology and supports you need to be successful in school.
- Connect with an occupational therapist to assess you for any assistive technology that may be beneficial.

PLANNING

- Reach out to disability organizations that offer transition planning services to determine if you qualify for support.

✓ GRADE 10

EMPLOYMENT

- Create an up-to-date and professional resume.
- Look for opportunities to volunteer in your community.
- Secure part-time employment including summer employment.
- Participate in mock interviews and interviews to perfect your skills.

EDUCATION

- Determine what classes will be required in your post-secondary education program. Make choices in your high school course selection to meet those requirements.
- Explore what your Personal Learning Plan, with either modifications or accommodations, means to you and your future education goals.
- If interested in becoming an apprentice, look into the New Brunswick Teen Apprenticeship Program.

PLANNING

- Complete a Planning Alternative Tomorrows with Hope (PATH) to help you chart out your final two years of high school.
- If you are still not sure what you want to do after high school, work with your guidance counsellor to look into possible careers and the skills and education needed for those careers.

HIGH SCHOOL TO AFTER GRADUATION

CHECKLISTS

The steps you take towards gaining employment will help you build up your resume, prepare for interviews and learn new skills. The steps you take in your education will allow you to put your best foot forward and ensure you have all the proper supports in place as you continue your learning. There are also tasks you can complete during high school and beyond that will not only support your employment and education, but help you in all aspects in your adult life. ■

GRADE 9 CHECKLIST

EMPLOYMENT

- Look for opportunities to volunteer in your community.

EDUCATION

- Explore having a psychoeducational assessment completed with your guidance counsellor if you have a learning or developmental disability. This may help find the right technology and supports you need to be successful in school.
- Connect with an occupational therapist to assess you for any assistive technology that maybe beneficial.

PLANNING

- Reach out to disability organizations that offer transition planning services to determine if you qualify for support.

GRADE 10 CHECKLIST

EMPLOYMENT

- Create an up-to-date and professional resume.
- Look for opportunities to volunteer in your community.
- Secure part-time employment including summer employment.
- Participate in mock interviews and interviews to perfect your skills.

EDUCATION

- Determine what classes will be required in your post-secondary education program. Make choices in your high school course selection to meet those requirements.
- Explore what your Personal Learning Plan, with either modifications or accommodations, means to you and your future education goals.
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PLANNING

- Complete a Planning Alternative Tomorrows with Hope (PATH) to help you chart out your final two years of high school.
- If you are still not sure what you want to do after high school, work with your guidance counsellor to look into possible careers and the skills and education needed for those careers.

GRADE 11 CHECKLIST

EMPLOYMENT

- Secure part-time employment.
- Look for opportunities to volunteer in your community.
- Cultivate professional references. You are going to need them for applications to both future education and employment.
- Learn what goes into a good cover letter and practice writing them.

EDUCATION

- If you are planning to apply to NBCC, consider submitting your application in grade 11.
- Make choices in your high school course selections that are in line with requirements of the post-secondary program you are choosing.
- Explore post-secondary education campuses. Check out 'Student For a Day' events, campus tours, student services and accessibility centres.
- If interested in becoming an apprentice, look into the New Brunswick Teen Apprenticeship Program.

PLANNING

- Plan how you are going to pay for your education after high school. Take into consideration budgeting, saving, loans, and scholarship opportunities.
- If you are using assistive technology in high school, determine what happens to it when you graduate.
- Explore what options you have for transportation, including what steps to take to obtain your driver's license, obtain a bus pass or find someone to carpool with.

GRADE 12 CHECKLIST

EMPLOYMENT

- Secure part time employment.
- Volunteer in your community.
- Apply for Student Employment Experience Development (SEED) to help get a summer job. Applications for a student voucher typically open in January and jobs are advertised in March.

EDUCATION

- See your school guidance counsellor to confirm you will complete the required courses in high school before graduating.
- Explore post-secondary education campuses. Check out 'Student For a Day' events, campus tours, student services and accessibility centres.
- Apply to post-secondary institution based on individual school deadlines. Start this in September or October and be aware there is a cost for applying most places.
- Once accepted to school, pay to reserve your spot at the institution.
- Apply for EVERY scholarship you can!
- Submit an application for residence at university. Deadlines vary between schools but typically are in March.
- Apply for Students Loans if required. Applications are typically available at the end of May or early June.
- Apply for Canada Student Grant upon approval of Student Loan for required services and equipment for disability related items like an iPad or a note taker.
- When you graduate high school, make sure you keep a copy of your official transcript.

PLANNING

- Save money to help cover the costs of your future education.
- Decide where you are going to live next year. You may need to find roommates or an apartment.
- Request an environmental assessment be completed by an occupational therapist or other professional to assess your future school environment to make recommendations to support your success.
- Make plans to have the assistive equipment you require ready for post-secondary in September.
- Reach out to your post-secondary institution's accessibility centre to start planning for the upcoming school year.

AGE 18

- You can apply for Social Assistance extended benefits through the Department of Social Development.
- You can submit your application for the Disability Support Program 6 months before your 19th birthday, for supports such as home support hours and Lifeline to ensure there is no gap in services.

AFTER GRADUATION CHECKLIST

EMPLOYMENT

- Secure part-time or full-time employment.
- Volunteer in your community.
- Apply for Student Employment Experience Development (SEED) to help get a summer job. Applications for a student voucher typically opens in January and jobs are advertised in March.

EDUCATION

- Decide if you will use or decline insurance from your post-secondary institution. Typically this needs to be determined early in September.
- Attend orientation activities! It's a great way to meet people and everyone else is as nervous as you.

PLANNING

- Determine how you are going to get around, purchase a vehicle, use public transit or use active transportation.
- Explore and try new clubs, social groups and recreation activities to meet new people and feel connected to your community. ■

 **FOR ALL RESOURCES** go to [Transition NB](#)



Students at break at high school



TRANSITION TIP

Empower yourself by taking time to reflect on where you are and improving your skills.

see p.22

SUMMARY

- There are different types of personalized learning in high school.
- Try going to a post-secondary school for a visit while in high school to learn more about the school and its students.
- Use all supports available during high school, including the Transition Team you have created.

Section 3

High School Decision Making

Planning your future.

HIGH SCHOOL IS A GREAT TIME TO explore the options your future has in store and to make some decisions about where your life will take you. It is an exciting time!

A PERSONALIZED PLAN

WHAT DOES IT MEAN?

You may have heard of Personalized Learning Plans, modifications, accommodations and the list goes on. but what does it all mean to YOU?



PERSONALIZED LEARNING PLANS

Anglophone sector

ACCOMMODATION:

An accommodation is intended to remove barriers to learning while still expecting students to master the same instructional content as their peers. Accommodations do not alter prescribed outcomes. An example of this would be allowing extra time to complete a test

INDIVIDUALIZED PLAN:

The definition of an individualized plan is planning that supports student's skill development and does not follow the prescribed curriculum. This can include goals for academic, social, communication, behavioural, functional, social-emotional, motor, and personal care.

MODIFICATION:

A course is modified when grade level curricular outcomes of a subject have been altered (changed), deleted, or added in order to address the specific needs of that student. Students with adjusted curricular outcomes (modified) are part of the common learning environment and receive differentiated instruction and supports as required.

PERSONALIZED LEARNING PLAN:

A plan for a student who needs specific and individual strategies, goals, outcomes, targets and support that make sure the student experiences success in learning that is meaningful and appropriate, considering the student's individual needs.



PERSONALIZED LEARNING PLANS

Francophone sector

INTERVENTION PLAN:

The intervention plan is a document that makes it possible to determine the actions required to help a student experiencing difficulties complete the prescribed curriculum. It helps parents/guardians and various personnel agree on what should be done and identify the actions that each individual must take to ensure development of the student's full potential.

ADAPTED PROGRAM:

An adapted program is a program developed to meet the specific needs of a student who cannot follow the prescribed curriculum because of developmental delays (physical, social-emotional, cognitive, or communication). Since it is an individualized program, it is quite different from the prescribed curriculum. Although it assists in the transition to community life and the workforce, it does not provide access to most regular post-secondary programs.

TEACHING ACTIONS:

Teaching actions are all actions taken by the teacher to make sure that students do not experience obstacles to learning. Teaching actions enable students to reach the prescribed curriculum.

MODIFICATIONS OF CURRICULUM EXPECTATIONS:

Modification of curriculum expectations means that one or several prescribed outcomes have been altered (changed) or deleted to enable a student with major learning difficulties to achieve the other curricular outcomes. It is necessary to discuss these changes with the parents. Modifications of curriculum expectations are indicated in the personalized learning plan and report card.

10

HIGH SCHOOL DECISION MAKING

THINGS TO BE!

Take time to reflect on where you are with each one of these. What can you do to improve your skills?

1 BE A COMMUNICATOR. Convey information clearly, simply and in a way that people understand. Whether it is participating in a class debate, giving direction to a home support worker, or pleading for a project extension from a teacher, you will be more effective with strong communication skills.

2 BE RESILIENT. Accept that you will fail at certain things. Learn to be okay with that, and take those failures as an opportunity to learn something new. Do not give up. Find motivation in failure.

3 BE INVOLVED. Sitting in the shadows may be comfortable, but it will not get you to where you want to go. Take the initiative to participate in class, join a group that interests you, or volunteer in your community. Find ways to connect with others that suit your personality.

4 BE ON TIME. Manage your time wisely. Prioritize your responsibilities to make sure important tasks are completed. Make a plan and be realistic with how much time you need to dedicate to something. Remember, staying up to study for an exam until 3 in the morning is not effective time management.

5 BE CREATIVE. Think outside of the box to find solutions that work for you. When the status quo doesn't provide the results you want, be encouraged to think differently to come up with different answers.

6 BE A NETWORKER. Work hard to create and build relationships with a variety of people. And then work equally as hard to maintain those connections. You never know what door may open for you because of a connection you have made two years prior.

Friends hanging out at high school



7 BE A LIFELONG LEARNER. Seek knowledge of all kinds. Explore the world and people around you. Search for new adventures and strive to learn something new every single day.

8 BE BRAVE. Ask for help! Things will get tough and there may be things you don't understand and may not be able to do. In those situations, the worst thing you can do is pretend like the issue doesn't exist or sit back and hope things resolve themselves. Always find someone you trust and ask for support where you need it.

9 BE KIND TO YOURSELF. Create a strong work life balance. Make sure you are allowing time to do the things you enjoy and the tasks that are vital for your wellbeing.

10 BE YOU. This is most important of all. Don't compare yourself to others. Celebrate your strengths and your weaknesses. Accept yourself and pay no attention to what others think.

 **FOR ALL RESOURCES** go to [Transition NB](#)



Who can help?

You have created a Transition Team to help you as you leave the world of high school. Utilize them to the fullest and bring in additional help where you need it. To help make your decisions in your high school career with your guidance counsellor to help you make decisions about your career path and post-secondary school options. Also, take advantage of co-op placements through your high school as a way to further explore career choices.

Check out the Supportive Partners section at [Transition NB](#) for an in depth look at supports and services offered around New Brunswick.



Tours/students for a day

Different schools offer different ways to introduce potential students to their campuses. Whether it is Exploration Days, Student for a Day, Campus Tours, Open Houses, Virtual Tours or Information sessions, take part in them. When you are deciding on which school would be the best fit for you, look into what opportunities they have to offer to help you make your choice. ■

Student taking a break between classes at university

7

TOOLS
TO TRY

① **CAREER CRUISING:** A self-exploration and planning program that helps people of all ages achieve their potential in school, career and life.

 <https://public.careercruising.com/en>


② **CHATTER HIGH:** A fun, mobile, daily, 10 minute, 10 question, edu-game in the form of a quiz that allows students to research and explore thousands of higher education and career options.

 <http://chatterhigh.com/>

③ **CAREER TOOL FACT SHEET:** An easy to use, web-based search tool that provides detailed information about the benefits of working in various occupations and helps students determine the education and training they need to pursue to get high quality jobs.

 https://www.jobbank.gc.ca/content_pieces-eng.do?cid=8563&lang=eng

④ **LABOUR MARKET INFORMATION:** Information on labour market trends, occupational profiles and job related information specific to New Brunswick.

 http://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/People/content/LabourMarketInfo.html

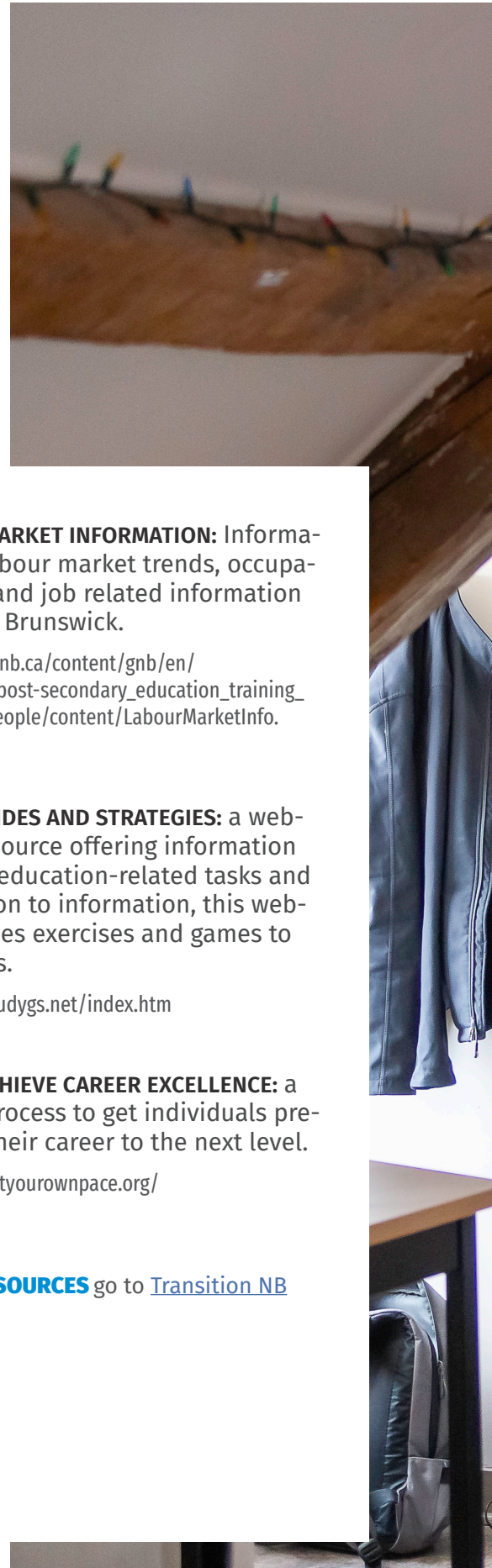
⑤ **STUDY GUIDES AND STRATEGIES:** a web-based resource offering information on a variety of education-related tasks and skills. In addition to information, this website also provides exercises and games to help learn skills.

 <http://www.studygs.net/index.htm>

⑥ **PLAN TO ACHIEVE CAREER EXCELLENCE:** a five step process to get individuals prepared to take their career to the next level.

 <http://www.setyourownpace.org/>

 **FOR ALL RESOURCES** go to [Transition NB](#)





Students discussing a project at the New Brunswick College of Craft and Design

TRANSITION TIP

There are many options out there on how to further your education after high school.

see p.30

Section 4

Learning after High School

What to do? Your next steps.

AFTER HIGH SCHOOL THERE ARE endless opportunities to continue your learning. Whether it is for the purpose of your future career or learning more about a hobby you are passionate about, lifelong learning is essential.

SUMMARY

- There are many places to learn after high school, including apprenticeship programs, colleges, universities and more.
- Accessibility Centres are places in post-secondary schools that offer supports and tools to improve learning.
- Be wise with your money before, during and after your post-secondary schooling.



Students studying at the New Brunswick Community College

Where can I learn?


There are many options out there on how to further your education after high school. Be sure to take the time and explore them to find what's right for you. Learning is a lifelong process and, even while employed, you may have opportunities to increase your skills through courses and educational advancements.

APPRENTICESHIP: Apprenticeship offers a career route that allows someone to earn wages while they work towards becoming a journeyman in a skilled trade. Often these programs average two to four years to complete. There are fifty-two apprentice occupations recognized in New Brunswick, which you can find here:

 http://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/ApprenticeshipAndTrades/DesignatedOccupations.html

COLLEGE: There are two types of colleges in New Brunswick: public colleges and private career colleges. Public colleges are those that are mandated by and receive funding from the provincial government. Private career colleges are independently run educational institutions and typically offer industry specific programs. Some private career colleges may not qualify for student financial assistance, so discussing funding options with the school prior to applying is a good idea.

 **Private Career Colleges:** http://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/Institutions/PrivateCareerColleges.html

 **Public colleges:** https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/Institutions/PublicColleges.html

PERSONAL DEVELOPMENT TRAINING: Personal development training are courses, workshops and certificate learning opportunities that will generate new skills. These type of courses may include the Workplace Essential Skills Program, CPR/ First Aid, Workplace Hazardous Material Information System (WHMIS) or Food Handler Training. Some professions may require industry specific courses as well. These types of courses are helpful in securing employment.

UNIVERSITY: Universities offer higher education, usually in the form of an undergraduate degree or post graduate degree. Within New Brunswick there are public chartered universities, universities recognized under the Degree Granting Act, and private chartered universities. There are different learning opportunities depending on the university and program you are taking which can include in class work, online courses, lab experiences and more.

 https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/Institutions/Universities.html



Students walking on campus

 **Did you know?**

The New Brunswick Community College (NBCC) offers Special Admissions to students who have graduated high school with modified outcomes. There are a limited number of allocated seats to this program. Check out this website for more information:

 <http://nbcc.ca/admissions/special-admissions>




ORIENTATION: When you start post-secondary education, it's all new. You are not expected to know everything, to know everyone, or to know all the resources out there to help you succeed in this new adventure. Orientation Week, while it may be called something different at your school, is designed to help shed some light on all those things and more. So go! Meet people, explore your new surroundings and learn as much as you can about what is in store for you.

Students talking outside at the New Brunswick College of Craft and Design



➔ CHECK IT OUT!

Community Adult Learning Programs are free services to adult learners over the age of 18 in both official languages. It offers an Academic Program, focusing on GED prep, and Digital Literacy training, focusing on using and understanding digital technology.

 [https://www2.gnb.ca/content/gnb/en/services/services_renderer.16516.Community_Adult_Learning_Program_\(CALP\).html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.16516.Community_Adult_Learning_Program_(CALP).html)

 **Did you know?**

You may be able to continue receiving social assistance while you are attending post-secondary education. Check with your Case Manager to see if you qualify for this program.



➔ **CHECK IT OUT!**

There are Workplace Essential Skills Programs that operate throughout the province. The program focuses on the nine essential skills people need for work, learning and life in general. For more information take a look at:

🌐 <http://www.gnb.ca/redirect/0105/WES/EssentialSkills.pdf>

Student in the study area at the New Brunswick College of Craft and Design

ACCESSIBILITY CENTRES: They can be called different things, but post-secondary institutions offer supports and services to students living with a disability to ensure they have access to everything they need to be successful in their education. Accessibility centres offer a variety of accommodations and supports, some dependent on the campus, for the students they serve. These may include advocacy and mentoring, support for note-taking, securing alternative formatting of print materials, and testing accommodations. The key to using their services is making sure you register with their office shortly after you've been accepted. This will help the center better plan for your arrival in September.

 **REMEMBER**

Some universities offer work-study experiences on campus. Why not check them out to see if you can apply for the opportunity?



Students walking to class at university

Bills, Bills, Bills:

Tuition. Textbooks. Library Fees. Computer. Insurance. Parking. Transportation. Rent. Food. Power. Internet. Phone. And don't forget a little bit of fun. It all adds up, and quickly. So how do students pay for all this? ■

- Student Loan
- Student Line of Credit
- Canada Student Grant
- Scholarships
- Family Contribution
- Registered Education Savings Plan (RESP)
- Wages from employment
- Credit Cards
- Training and Employment Support Services (TESS)
- Training and Skills Development (TSD)

Resources:

National Educational Association of Disabled Students (NEADS): NEADS mandate is to support full access to education and employment for post-secondary students and graduates with disabilities across Canada. They focus on student debt reduction, experience in class and on campus, and student and graduate employment.

 <http://neads.ca>

Study Guides and Strategies: a web based resource offering information on a variety of education related tasks and skills. In addition to information, this website also provides exercises and games to help learn skills.

 <http://www.studygs.net/index.htm>

REMEMBER

Reducing your course load may help reduce your stress, add balance and allow you to focus on each course more resulting in better grades.

TRANSITION TIP

Need a job? Two things
you'll need: a cover letter
and a resume.

see p.40



Employee working shift at a manufacturing fence plant



SUMMARY

- Be sure to create a resume and cover letter to apply for employment.
- It is very important to prepare for job interviews by practicing and researching.
- If you require support for employment, there are organizations and services available to you.
- Try gaining work experience by securing a part-time job, working in the summer or volunteering.
- There are many things to consider when you are deciding whether to disclose a disability to an employer.

Section 5

Getting a Job

Securing your future.

THERE ARE MANY SKILLS NEEDED and steps to follow when you are trying to secure a new job. Practicing and preparing are key to a successful job search.

What do I need?

You will need TWO things to find a job: a **resume** and a **cover letter**. Do not be fooled: YOU NEED BOTH!

RESUME

Typically, there are three types of resumes to decide from: chronological, functional and a combination resume.

1 CHRONOLOGICAL: Most often people use a chronological resume.

This resume lists your work and education history in the order it happened, starting with the most recent. If you have a good work history and your previous employment matches the job that you are applying for, this is likely your best option.

2 FUNCTIONAL: A functional resume focuses more on your

skills and abilities. While you may still list your employment history, it is listed under the specific skills you are showcasing. This style of resume is good for you if you are changing career paths, have little work experience or have gaps in your employment history.

3 COMBINATION: And finally, a combination resume lists your

skills as well as offer a chronological list of your work experiences. If you want to show employers your work history while also showing the kind of employee you are, go with the combination resume.

COVER LETTER

Your cover letter is meant to briefly sum up why you are an ideal candidate for the job. You literally lay out the reasons you should be hired. It is best to base it on a specific job ad to ensure you highlight the exact skills and qualifications for which the employer is looking. There is an idea floating around that cover letters are not necessary. This is not true. You won't be discredited from a job because you included a cover letter, however, often times employers will automatically dismiss an application because the candidate did not take the time to attach a cover letter to their resume.



Team members working their shift at Sobey's



Where do I find jobs?

It can feel daunting to think about finding a job, but they are out there. There are many ways to find employment. Here are some ideas:

On-line search: Job search websites are extremely useful! They update continuously so it is important to check them frequently!

- www.Careerbeacon.com
- www.Indeed.ca
- www.Jobbank.gc.ca
- www.Monster.ca
- www.NBjobs.ca
- www.Workopolis.com
- www.Wowjobs.ca
- Other online job postings can be found on social media and Kijiji

Local community boards: A great way to search jobs that are in a specific location. Not every community will have this option, but it is useful to look into.

Career fairs: Employers will gather together to showcase opportunities they have available. Come prepared to show the best version of yourself and do not forget to bring multiple copies of your resume.

LinkedIn: Using LinkedIn opens up doors for job searchers to connect, network and job search. Employers can also use LinkedIn to recruit and research potential employees.

Network: Use any connections you have to find potential employers. Whether it is at your volunteer job, your school, or with a neighbor or family friend, let people know you are looking for a job. Personal connections and word-of-mouth references are one of the most valuable ways to secure employment.



Employees working their shift at a manufacturing plant

 **Did you know?**

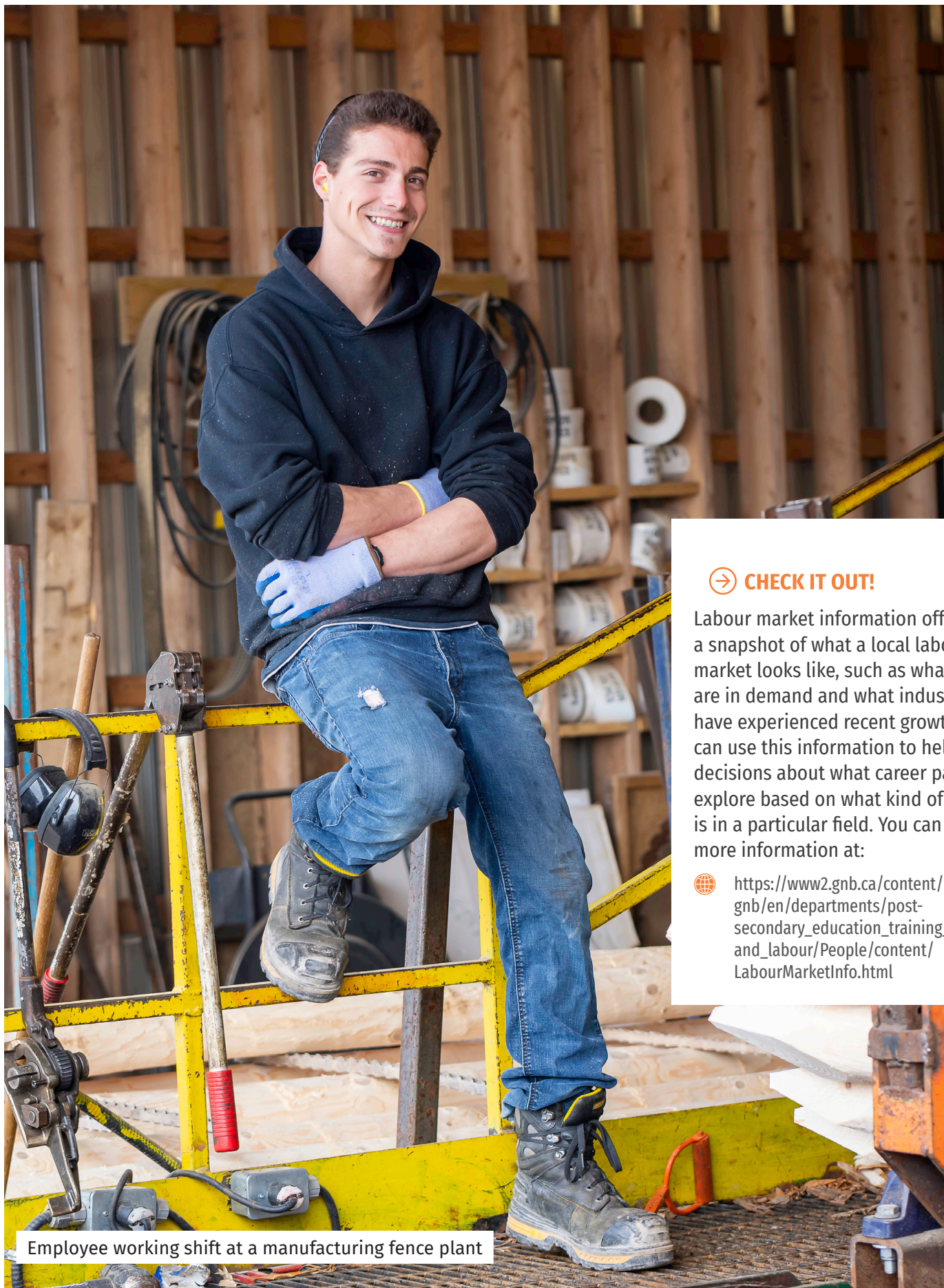
Employment Counsellors with the Department of Post-secondary Education, Training and Labour and Employment Assistance Service providers may be able to assist you to create your resume and cover letter.

 http://www2.gnb.ca/content/gnb/en/services/services_renderer.5095.Employment_Counselling.html

The Interview

You can either look at it as the ‘dreaded interview’ or you can view it as an enjoyable experience to showcase your best qualities. Always remember, the person interviewing wants you to be successful. They want you to be the one that fills the job vacancy so they can stop looking. So how do you make sure you are putting your best foot forward?


- 1) **Research where you are applying and what your role will be.** There will likely be an interview question based on this, so take the time to look at their website, check out their social media and speak with anyone you know who may be connected to the job.
- 2) **Practice common interview questions.** The questions like ‘What are your strengths/weaknesses?’ and ‘Tell me about a challenge you faced and how you overcame it’. Preparing will help you make sure you don’t leave out important information. Schedule a time with a friend, someone who provides employment assistance or someone who works in human resources to practice your interview skills.
- 3) **Arrive on time.** Which really means, arrive ten to fifteen minutes ahead of the scheduled interview time. This will give you a moment to settle in, get use to your surroundings and it shows you are punctual.
- 4) **Impress them from the beginning.** Wear appropriate clothing for the job you are hoping to get, greet everyone in the interview area, including reception, with a smile and shake hands with the person completing the interview.
- 5) **Be positive.** Focus on your strengths. An interview is not the time to outline your faults and weaknesses. And when in doubt, talk about your positive outlook, your ability to problem solve and eagerness to learn. All three are skills interviewers will be looking for.
- 6) **Be ready to ask a question.** There is usually opportunity at the end to ask the interviewer questions about the job and the organization. Go in with a couple of questions planned to show you are truly interested in the position.
- 7) **Send a thank you.** A short email or letter thanking the interviewers for the opportunity will go a long way. Even if you aren’t successful in obtaining the job, it will make you memorable for any opportunities that arise in the future.



Employee working shift at a manufacturing fence plant

➔ CHECK IT OUT!

Labour market information offers a snapshot of what a local labour market looks like, such as what jobs are in demand and what industries have experienced recent growth. You can use this information to help make decisions about what career path you explore based on what kind of demand is in a particular field. You can find more information at:

 https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/People/content/LabourMarketInfo.html

Who can help?

DISABILITY ORGANIZATIONS

There are a number of disability specific organizations operating within New Brunswick. Sometimes these organizations offer support to find, secure and maintain employment. The services offered within each organization will vary widely so it is a good idea to connect with any organizations you relate with to determine what support is offered. Help may be as simple as one phone call away.

EMPLOYMENT ASSISTANCE SERVICES

Employment Assistance Services provide access to services related to funding employment to individuals who experience barriers to employment. Services offered may include exploring what jobs you are interested in, creating a resume and support in job search and application. Typically, this is done through non-profit, private and public organizations in New Brunswick.

EMPLOYMENT COUNSELLOR

Employment counsellors with the Department of Post-secondary Education, Training and Labour will help you create an employment action plan and support you to find permanent employment.



Team members at Sobeys working their shift



High school student with on-the-job support at Canadian Tire

What on-the-job support is there?

JOB COACH: A job coach is someone who specializes in helping an employee learn to complete the tasks and responsibilities associated with a certain job. Job coaches help an employee become confident and comfortable in the job they are in and typically remove themselves once this is complete.

ATTENDANT: An attendant in the workplace can help you complete tasks related to your health and activities of daily living. The support and care an attendant provides will be designed around you and your specific needs. It may include support with eating, completing bathroom routines, or another activity requiring assistance.

ASSISTIVE TECHNOLOGY: There is a variety of technologies and equipment available now to help employees living with a disability complete their best work. If there are tasks that you are finding challenging to complete as a result of your disability, discuss it with your employer, an occupational therapist or an assistive technology specialist to determine what equipment would be beneficial. Recommended equipment varies as much as the people using it and will be tailored to your specific needs.

Ways you can work

There are many different ways to gain work experience in both paid and unpaid roles.

Apprenticeship: Apprenticeship allows you to earn a wage while learning the skills needed for a job in the skilled trades field. There are 52 apprenticeship occupations in New Brunswick including a baker, carpenter, hairstylist and welder.

For a list of Apprenticeship Offices visit:


 http://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/ApprenticeshipAndTrades/ApprenticeshipOffices.html

Check out the New Brunswick Teen Apprenticeship Program at:

 <https://www.nbtap.ca>

Co-operative education/practicum: Co-op placements and practicums are offered in high school as well as in some post-secondary programs. Co-op and practicum work terms can be either paid or unpaid, depending on the program. These placements offer a great chance to gain practical experience and make great connections with employers. Practicums are usually considered a requirement for graduation of certain educational programs.

Federal Student Work Experience Program: A program that offers full-time students work experience in the federal public service.

 <https://www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/federal-student-work-program.html>

Entrepreneurship and Self-employment: If you own and operate your own business or complete freelance work for others, you are considered self-employed. Entrepreneurs take on the financial risks associated with starting a new business in hopes of creating a profit. Check out the benefits and supports offered to entrepreneurs by the Government of New Brunswick at:

 http://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Jobs/content/Entrepreneurship.html

Internship: Internships can be either paid or unpaid and offer an opportunity to gain work experience. Internships may lead into paid, permanent employment following completion. Typically, being an intern will give an employee a 'foot in the door' to work towards a more senior position.

Job shadowing: Job shadow experiences are typically set up through a school or an employment support agency to help a person learn what is required in a specific job. Job shadows are short in duration, typically ranging from a day to a week, and allow an individual to follow an experienced employee around as the employee completes their regular responsibilities.

One Job Pledge: This program helps retain trained young professionals in the province. It offers a wage reimbursement of up to \$10 per hour for 40 hours per week to employers who are employing a recent post-secondary graduate. The employee must be getting paid a minimum of \$14 per hour and the program can last up to 52 weeks.

https://www2.gnb.ca/content/gnb/en/services/services_renderer.201311.Wage_Incentive_One-Job_Pledge_.html

Summer employment: If you are a student, summer employment is crucial to both providing income and generating work experience for your resume. Securing employment can be done through an employer or through programs offered specifically to employ students

during their off months. The Student Employment Experience Development (SEED) Program is commonly used by post-secondary students.

[https://www2.gnb.ca/content/gnb/en/services/services_renderer.5099.Student_Employment_Experience_Development_\(SEED\)_-Students.html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.5099.Student_Employment_Experience_Development_(SEED)_-Students.html)

Volunteer: Volunteering offers a chance to do work you find meaningful in a more relaxed way than paid employment. Volunteers not only gain skill and work experience, but also gain an opportunity to network with those they interact with.

Work Ability Program: This program provides wage reimbursement to employers for a maximum of 40 hours per week. The purpose of the program is to provide work experience to unemployed individuals who experience barriers to employment.

https://www2.gnb.ca/content/gnb/en/services/services_renderer.5102.Work_Ability.html

Youth Employment Fund: This program was created to provide an entry point to permanent employment for unemployed individuals between the ages of 18 and 29. The work term is 26 weeks and must be for 30 hours per weeks.

https://www2.gnb.ca/content/gnb/en/services/services_renderer.201375.Youth_Employment_Fund.html





Have you thought about?

- How am I going to get to and from work?
- What type of clothing will I need at my new job?
- Am I ready to make work a priority in my life?
- Do I need any support with personal care while I'm at work?
- Are the washrooms accessible for me?
- Do I need to bring personal items to work with me?
- Is my workplace set up to suit my needs?



Student going to class at university

What are my rights?

The **New Brunswick Human Rights Act** is a provincial law that prohibits discrimination and harassment. The Guideline on Accommodating Physical and Mental Disabilities at Work was created to help break down the Act and help people understand both their legal rights and their responsibilities in relation to employment.

The **Guideline lists** clear, specific rules employers must follow in relation to hiring and employing an individual living with a disability. It is worthwhile to explore the Guideline in its entirety to understand how it will relate to you, but everyone should know, 'It is a violation of the Act for an employer to discriminate against an employee or a potential employee because of a mental and/or physical disability'. (*The Guideline on Accommodating Physical and Mental Disabilities at Work*, Page 6, 2017)

→ CHECK IT OUT!

Link to New Brunswick Human Rights Act:

 <http://laws.gnb.ca/en/ShowTdm/cs/2011-c.171//>

Link to Guideline on Accommodating Physical and Mental Disabilities at Work:

 <http://www2.gnb.ca/content/dam/gnb/Departments/hrc-cdp/PDF/Guideline-Accommodating-Disability-at-Work-New-Brunswick.pdf>

To disclose or not to disclose...

In the hiring process, there is no law or rule that indicates you must disclose that you live with a disability that will not impact your ability to complete the job. In fact, it's really the opposite. An employer cannot legally ask a potential employee if they are impacted by a disability aside from asking questions based on the general job description of the position. The same stands true during employment. An employee does not need to disclose a disability if it is not impacting their ability to fulfill their job requirements.

If a disability does impact your ability to complete a required task for the job, your employer does have a duty to accommodate. The Guideline on Accommodating Physical and Mental Disabilities at Work truly breaks down what this means. In short, an employer must accommodate its employees living with a disability provided it does not cause undue hardship on the employer. ■

Some quick takeaways from the Guideline on Accommodating Physical and Mental Disabilities at Work on the duties of employees are:

- Inform employer of the need for accommodation. Note: Employers are not required to accommodate for a disability they are unaware exists.
- Inform the employer, preferably in writing, what accommodations need to be made.
- Provide the employer with relevant medical information.
- Participate in discussions around future accommodation.
- Accept reasonable accommodation, even if it is not the preferred method.
- Continue to work with the employer throughout the accommodation process.

REMEMBER

Apply to lots of jobs, even if they aren't exactly what you are looking for. Sometimes a job that looks great on the advertisement ends up being a poor fit, while a job that wasn't ideal turns out to be a fantastic opportunity.

Starting out you will not have a six figure income, with ten weeks of vacation time, a company car and the ability to make your own schedule. More often than not, dream jobs need to be earned.



Student outside at the New Brunswick Community College

Resources:

Business Abilities: Delivered entirely online, Business Abilities gives those who self-identify as living with a disability the opportunity to explore the world of self-employment from the convenience of home. This resource offers business planning tools and your own personal business coach.

 <http://www.businessabilities.ca>

Career Cruising: a self-exploration and planning program that helps people of all ages achieve their potential in school, career and life.

 <https://public.careercruising.com/en/>



TRANSITION TIP

Resources are available to support you in your education, employment and in your day to day living.

see p.56

Section 6

My Health

Taking care of yourself.

FEELING WELL AND TAKING CARE OF yourself is one step to helping you accomplish your goals. Maintaining health and wellness can be hard work, but it has big pay off in the long run.



SUMMARY

- To be your healthiest self, consume healthy foods and drinks, be active and manage your stress levels.
- It is important to understand what mental health means and how to maintain yours.
- It is important to learn about your sexual health from reliable and trusted sources.



Friends skating and playing sledge hockey at a outdoor rink


Staying Healthy

Transition can be challenging when it comes to maintaining your health. You are likely to experience additional stress, a change in routines and perhaps even a complete change in lifestyle. There are many things that go into making a person healthy and each person is unique. It is crucial to really look at what will keep you at your best health. If you are unsure what steps to take, reach out to the people in your life who have helped you stay healthy to ask what tips they have.


SOME THINGS TO CONSIDER FOR YOUR HEALTH ARE:

What are you eating and drinking?


Convenience foods and fast foods may be easy and quick, but they are not ideal to maintaining a healthy lifestyle. Try to limit your fast food intake, and eat wholesome, nutritious food. It will make a huge difference. Canada's food guides can offer healthy guidelines to help you ensure you are eating well.

 <https://www.canada.ca/en/health-canada/services/canada-food-guides.html>


How is your mental fitness? It is extremely important to take the time to assess your emotional health regularly. Recognize what stresses and demands you are currently facing and how they are affecting your life. Find ways to take a step back from them and give yourself time to complete activities like writing in a journal, doing some form of exercise or taking up a new hobby. For a list of activities to consider to improve your mental fitness, check out:

 https://www2.gnb.ca/content/gnb/en/departments/social_development/wellness/content/healthy_living/mental_fitness.html

Are you active? Physical activity plays a major role in our overall health and wellbeing. Being physically active does a lot more than just improve your fitness level; it will also increase your energy levels, reduce stress levels, and allow for better sleep. For tips on becoming more active, check out:

 <https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/hp-ps/hl-mvs/pa-ap/assets/pdfs/07paap-eng.pdf>

Are you smoke free? Tobacco smoke has been proven to be harmful to your health. Smoking cigarettes can contribute to cancer, coronary heart disease, high blood pressure and many more serious health problems. If you currently smoke and are looking for help to quit, check out:

 https://www2.gnb.ca/content/gnb/en/departments/social_development/wellness/content/healthy_living/tobacco_free.html



Youth paraskiing on winter trails

➔ **CHECK IT OUT!**

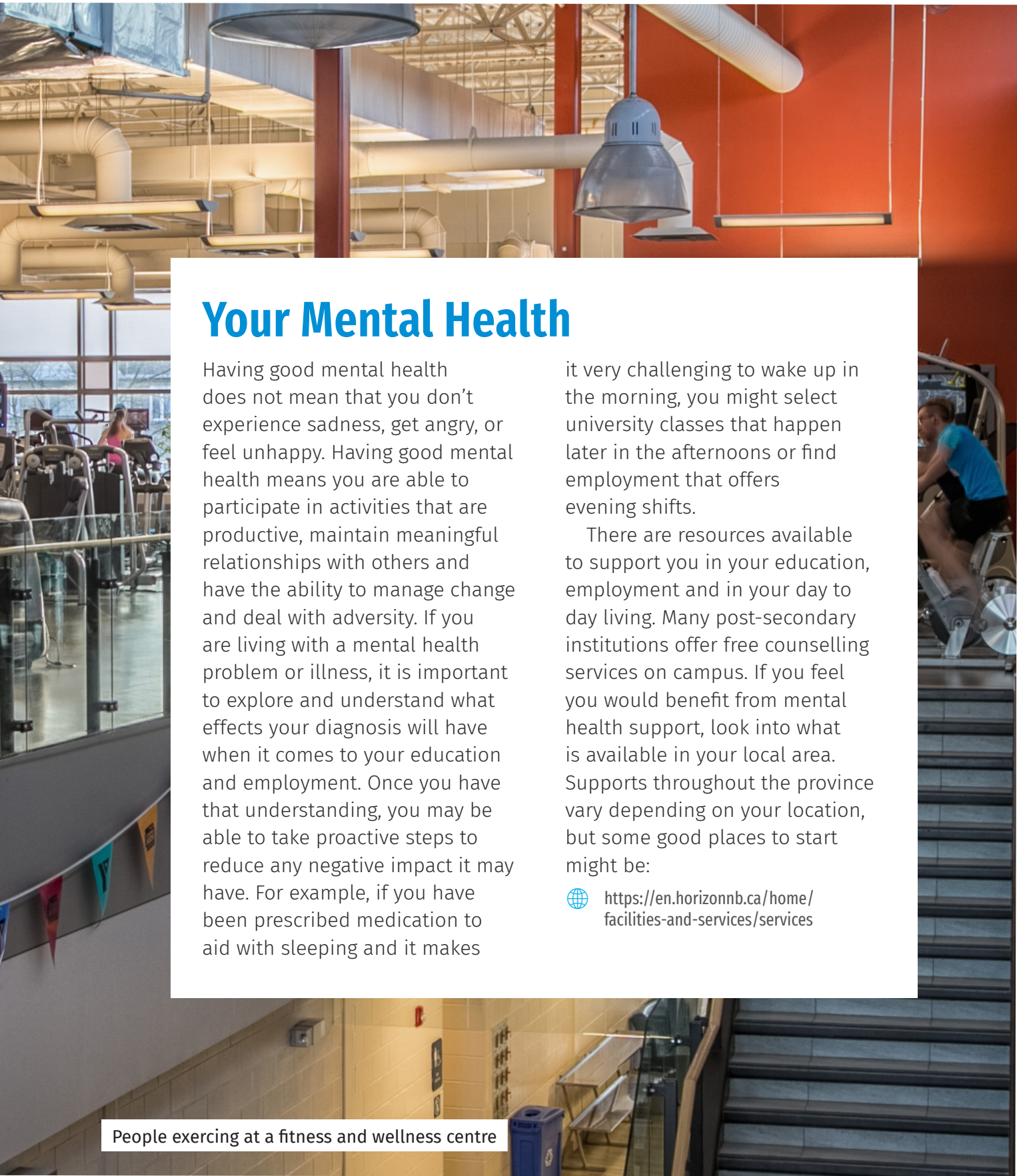
My Health Passport is a wallet size card that will give you instant access to your medical information. It is really useful to give to new service providers, doctors and anyone else who may need to know your medical history and current medications. Check out:

 <https://www.sickkids.ca/myhealthpassport/>



Did you know?

Some gyms and fitness centres offer reduced rates for things like being a student, living on a lower income or signing up in a family plan. If you are looking for a membership, ask your local gym if they are able to provide any of these discounts to make your membership fee more affordable.




Your Mental Health

Having good mental health does not mean that you don't experience sadness, get angry, or feel unhappy. Having good mental health means you are able to participate in activities that are productive, maintain meaningful relationships with others and have the ability to manage change and deal with adversity. If you are living with a mental health problem or illness, it is important to explore and understand what effects your diagnosis will have when it comes to your education and employment. Once you have that understanding, you may be able to take proactive steps to reduce any negative impact it may have. For example, if you have been prescribed medication to aid with sleeping and it makes

it very challenging to wake up in the morning, you might select university classes that happen later in the afternoons or find employment that offers evening shifts.

There are resources available to support you in your education, employment and in your day to day living. Many post-secondary institutions offer free counselling services on campus. If you feel you would benefit from mental health support, look into what is available in your local area. Supports throughout the province vary depending on your location, but some good places to start might be:

 <https://en.horizonnb.ca/home/facilities-and-services/services>

People exercising at a fitness and wellness centre

Addiction

Addiction is the physical and psychological need to use a substance despite the damaging effects it has on a person. Most often people can find themselves addicted to alcohol, drugs, and/or tobacco, although there are other substances or activities with which people can experience addiction. If you find that addiction is becoming an issue in your life, it is important to seek help. Depending on the substance or activity, there are specialized recovery centres and treatment facilities set up all through the province. There are also a number of telephone helplines and support groups to explore.

Sexual Health

Having questions relating to your sexual health is completely normal and it is important that you find the answers to those questions from informed and reliable sources. A google search may not yield the most relevant information and will likely have you worrying more than necessary! For a list of the Sexual Health Clinics located throughout New Brunswick, check out:

 https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/sexual_health_clinics.html

You may also find it helpful to talk with your family doctor about questions or concerns you are having in relation to your sexual health. If you are currently attending post-secondary education, check to see if your campus has a clinic or services that can support your sexual health needs. And most important, **you do not need to be embarrassed!** Health professionals are trained in matters relating to sexual health and will not think differently of you, no matter what questions you have. ■



Doctor and patient discussing health strategies



A person with an adaptive wheelchair on campus

TRANSITION TIP

Need funding for assistive technology?

see p.66

SUMMARY

- There are many types of technologies available to assist with everyday tasks.
- To learn about these different technologies, consult with a trained professional to ensure you are using the most relevant equipment and technology.
- These technologies can be expensive. There may be funding sources to assist in covering some of the costs.

Section 7

Assistive Technology and Adaptive Equipment

Increasing your independence.

THERE HAVE BEEN SO MANY advancements in technology and equipment to support individuals living with a disability live more independently. It is important to link up with the appropriate professional that will help you determine what is best for you.

What's out there?

There are so many options when it comes to equipment and technology that can help you complete the tasks required in your everyday life. Your first step is to consult with a specialist so they can help you determine the ideal equipment to best assist you. They are the experts!

There is equipment, software, and technology out there specifically designed to support people living with different types of disabilities such as a learning disability, a communication disability, a hearing disability, a vision disability or mobility disability. The lists of what is out there is quite extensive and diverse. Below are some examples of the items available.

Equipment & devices:

- reachers
- canes
- walkers
- wheelchairs
- standers
- commodes
- crutches
- prosthetics
- orthotics

Technology:

- computers
- iPads
- tablets
- communication devices
- writing devices
- FM Systems
- audio recorders
- pen grips
- stylist pens
- timers

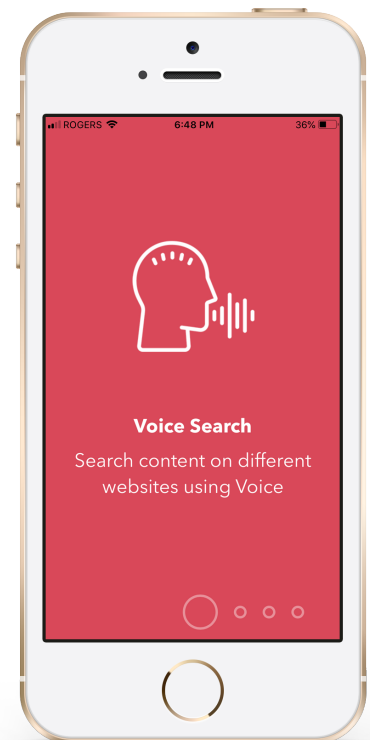
Software:

- mobile applications
- voice recognition
- word prediction



Did you know?

Computer for Schools is a national program that refurbishes donated computers. Public schools, First Nations communities, libraries and not-for-profit organizations are eligible to access the program to obtain computers.





Physiotherapist and patient at the Stan Cassidy Centre

How do I know what is right for me? Who can help?

It is important to consult with an occupational therapist, physiotherapist, speech language pathologist, audiologist or assistive technologist to ensure you are obtaining the most useful piece of assistive technology available. There are different ways you can connect with these specialists throughout the province. You may be referred to the Stan Cassidy Centre for Rehabilitation or Extra-Mural Program by your doctor, work with one as a part of your Integrated Service Delivery (ISD) team in high school, have access to one through your college or university, or hire one through a private company. If you are going to access one privately, it is always important to check if your personal insurance will cover some or all of the cost.

Did you know?

The Neil Squire Society offers programs like Assistive Technology Helpdesk and Solutions to help equip you with and maintain the adaptive technology that will help you in the work force.

 <https://www.neilsquire.ca/contact-us/atlantic-regional-office/>



Funding Sources

ASSISTIVE TECHNOLOGY CAN BE COSTLY. THERE ARE FUNDING OPTIONS AVAILABLE THAT YOU MAY BE ABLE TO ACCESS.

Personal Health Insurance: Some insurance policies offer coverage for assistive equipment being utilized by an individual. Plans and qualifications are unique, so it is also best to consult with your coverage provider.

Training and Employment Support Service (TESS): This service may cover assistive equipment that will help eligible individuals living with a disability move toward achieving goals on their Employment Action Plan.

Disability Support Program through the Department of Social Development: This program may cover technical aids that are recommended by a health care professional and are not covered by another program or private insurance.

Health Services Program through the Department of Social Development: This program may cover equipment needed to assist people in their long term and basic health or safety needs.

Canada Student Grant for Services and Equipment for Students with Permanent Disabilities: This grant may cover the cost of exceptional educational related services or equipment for eligible post-secondary students needed to complete their program.

Personal Fundraising: You may want to consider raising money yourself to cover the cost of assistive equipment if you are not able to find coverage anywhere else. Things like creating a crowdfunding initiative or reaching out to service clubs for support often prove helpful. ■



▶ REMEMBER

Everyday technology has features to make life easier and more accessible. Things like voice to text or the magnifier option on your cell phone are free tools you can use.

Student at St. Thomas University

Section 8

Living on My Own

Independence. And responsibility.

YOU TURN THE KEY, OPEN THE DOOR and look in. There it is: YOUR OWN PLACE! You are not living under your someone else's roof anymore. But now what?

SUMMARY

- It is important to learn skills that you will use while living on your own. These skills may include cooking, cleaning, budgeting and others.
- There are supports available to assist with independent living. Different people may require different things and it is important to ensure your supports are designed for YOU.
- Service animals can help an individual living with a disability complete tasks.
- Improving your social skills may help you create more connections with those in your community.

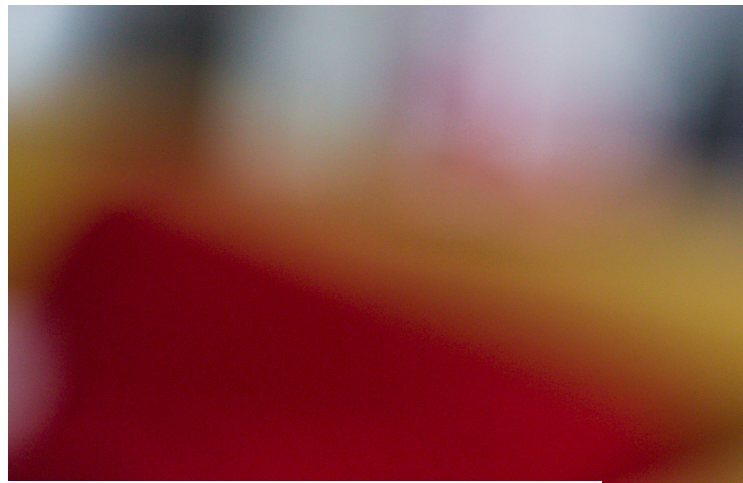
TRANSITION TIP

Need some extra support to complete all the tasks required to live independently?

see p.73

Students talking outside at the New Brunswick College of Art and Design

5

SKILLS
FOR LIVING
ON YOUR
OWN

For the most part, you don't inherit the skills you need to live independently overnight. These skills are typically taught and practiced over time. It is a really good idea to start learning the following skills before you move out on your own.

1 COOKING. While quick microwave meals and take out may serve a purpose from time to time, it is important, both financially and health wise, that you are able to prepare nutritious meals. Start with the basics and once you have mastered them expand your recipe collection. Type 'Easy and Cheap Meals' into Google or Pinterest and you will have a free, endless supply of recipes to prepare.

2 CLEANING. Not everyone likes to do it, but keeping your living space neat and orderly will help you stay organized, be more productive and even reduce stress. Little things, like putting items back where they belong, cleaning up spills when they happen instead of leaving it for later, and recycling or donating items that are no longer useful will help you maintain

a cleaner home. If you are not sure of how to clean a part of your home check out some cleaning tutorials on YouTube.

3 BUDGETING. This is a big one! You have your own place now, which likely means you have your own bills to pay. A good idea is to sit down at the beginning of each month to decide where your money will go. It is important to pay your bills first, before spending money on recreation and your social life. For more help in this area, check out the My Money section of this guide.

4 TIME MANAGEMENT. You now have the freedom to make your own decisions about how you spend your time. Prioritize the activities in your life that are extremely important, whether that is school, work, or medical appointments.


Keep a calendar, either on your phone or a paper copy, on you and up to date so appointments don't get missed and you don't double book yourself. And set an alarm! Waking up at a good hour is a great way to start the day off right and you will be amazed what you can accomplish before noon.

5 PERSONAL HYGIENE. You may have had support or reminders to complete your personal hygiene routine before you moved out on your own. If you are still developing some of these skills, practicing them prior to living independently is a great idea. Gaining confidence to do things on your own while there is still someone there to help will make the transition to living on your own easier.



Did you know?

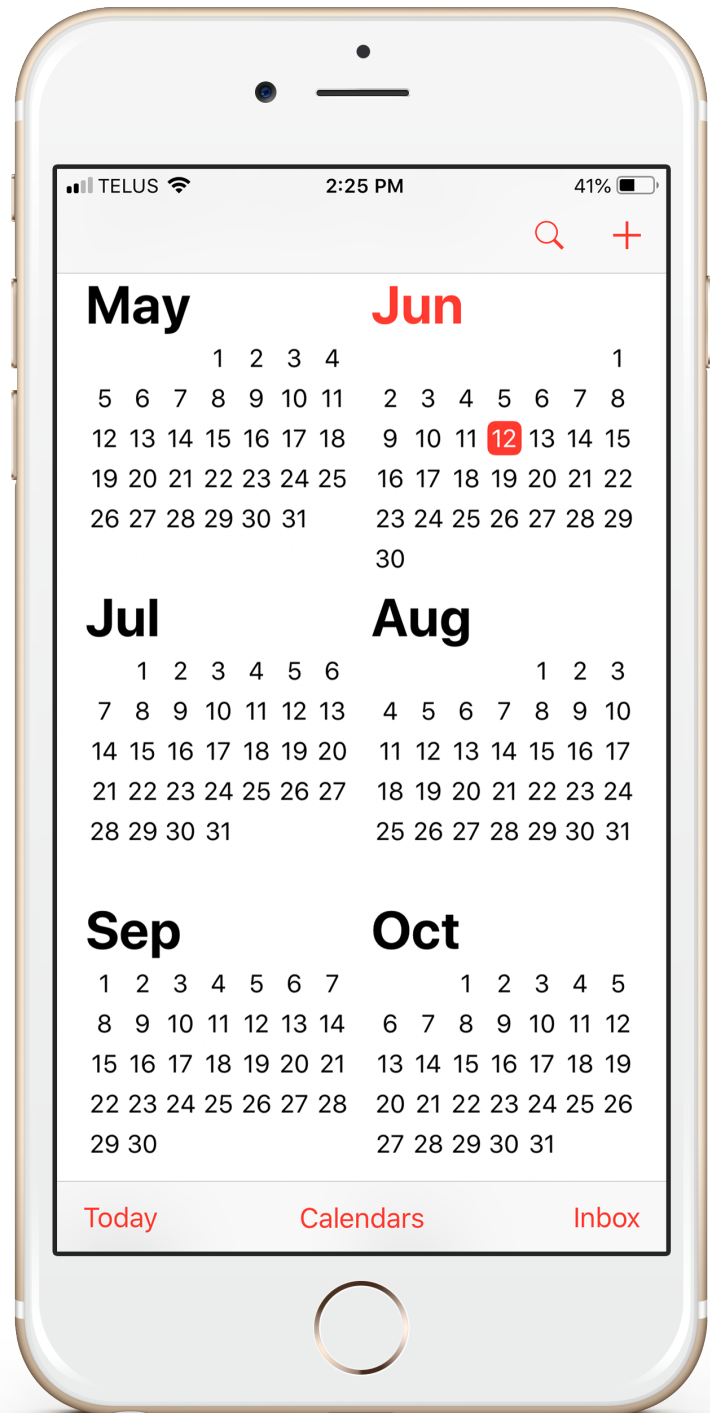
Depending on your age, the Family Support for Children with Disabilities or the Disability Support Program through the Department of Social Development may be able to offer funding to ensure you have the proper supports in place to live independently.



Cleaning kitchen with a household cleaner

REMEMBER

Are you using your cell phone to its potential? There are many ways your phone can help you remain organized and independent. Whether it is putting appointments in your calendar, setting alarms to remind you to take medication or using the voice dictation feature to easily capture important notes, your phone can help!



A mobile device calendar app

Supports for independent living

You may need some extra support to complete all the tasks required to live independently or to ensure your safety.

Home support worker: A home support worker can help with personal care, such as eating, dressing and grooming; with meal preparation, such as preparing food, making meal plans and helping with grocery lists; and with house cleaning, such as dusting, disinfecting equipment and laundry.

Human service counsellor: A human service counsellor typically offers support for a limited time to teach new skills and broaden the scope of an individual's participation in their community. Human service counsellors may help with financial literacy, joining a new hobby group, learning to ride accessible public transportation, or improving your social skills.

Medical alert systems: Medical alert systems are designed to allow an individual to easily alert others in a personal or medical emergency. Depending on the brand and the model, each system may offer different options and services. An example of this would be a Lifeline pendant.

Vision Loss Rehabilitation Services: These services are offered through CNIB including emotional support, daily living skills, travel, and technology services.



Did you know?

You can have an occupational therapy assessment completed, either through a private occupational therapist or through the Extra-Mural Program, to help you determine ways to live as independently as possible.

TRY IT While still living at home, try having a few practice 'Days of Independence' where you don't rely on your others for any of your meals, cleaning, or anything else you will be responsible for when you move into your own home. It's a great way to gain confidence and identify areas where you may need some extra support.



A person with a service dog


Support from Animals

People tend to have different ideas on what is and what rules a service animal must abide by. Simply put, a service animal is one that has been trained to support an individual with a disability to complete tasks or activities related to that disability. It is not necessary for an animal to be professionally trained to be considered a service animal. Your service animal should be easily identified, either by a special harness or a vest.

There are differences between a service animal and a companion, emotional support or therapeutic animal, although these types of animals may still be covered by the New Brunswick Human Rights Act. If the animal is being used for treatment of a disability they may be considered under the Act. In order for this to happen a person must show they rely on the animal through documentation from a professional (doctor, psychologist, etc.). ■

→ CHECK IT OUT!

Having a government issued Photo ID Card is a good alternative form of identification if you do not have a valid driver's license. For more information on how to get this card, go to:

 http://www2.gnb.ca/content/gnb/en/services/services_renderer.12535.Photo_ID_Card.html#serviceDescription



Students playing frisbee at university

The Social Scene

Living in your childhood home often means there is someone there to guide you in tricky situations, help you make good decisions and brainstorm ideas to solve conflict with others. Living on your own means you may need to use your own social skills more often.

It is important to learn and improve your skills like:

- Listening
- Negotiating
- Conflict resolution
- Understanding other's points of view
- Good manners
- Asking for help
- Taking responsibility for your actions
- Respecting others
- Communicating with others clearly
- Problem solving

▶ REMEMBER

It is a good idea to have an idea of who your emergency contacts are and know their contact numbers. It is also important to let these people know you are listing them as your emergency contacts to make sure they are comfortable with that role.



Friends enjoying the the New Brunswick Highland Games event



TRANSITION TIP

Moved to a new city?
Need help meeting
new people?

see p.77

SUMMARY

- Friends play a role in how we connect with our community and can give us a sense of purpose and belonging.
- Meeting new people can take time and be stressful. Try connecting with others that you already see in your daily life.
- A healthy intimate relationship is built on respect and equality. There are also relationships that are unhealthy, which can lead to harm for an individual. It is important to recognize whether your relationships are healthy or unhealthy.
- It is important to be aware of your responsibilities and possible consequences when consuming alcohol or drugs.

Section 9

Social Connection

Meaningful relationships to
increase happiness.

FEELING CONNECTED TO PEOPLE

and to your community contributes to your overall happiness. We all have different levels of comfort when it comes to being around others and it is important to determine what works for you.



Friends walking on fitness trail

Why do we have friends?

It's not fair to say everyone needs a big group of friends to be happy. Just as it isn't correct to say everyone who has lots of friends feels connected. Some people thrive on having a big group of people they can connect with and talk to. Others only need one or two close friends to feel included.

Having healthy friendships can increase your sense of belonging and purpose. Having friendships can also reduce your stress level and really give you a sense of overall happiness. Friendships can also boost your overall physical health and well-being.



Did you know?

If you require support while attending activities in your community, you may be able to have your support person accompany you without having to pay for a seat. The Access 2 Card works in some movie theatres, cultural attractions, and entertainment facilities throughout Canada. For more information, go to:

 <https://easterseals.ca/english/access-2-card-program/>

Meeting people

Maybe you have moved to a new city. Or most of your close friends have moved away to attend different schools. Whatever your situation is, getting out and meeting new people can be extremely nerve-racking. But it doesn't have to be. Here are some tips to help you connect with others:

Talk to people in your daily routine. There is opportunity there if you look for it. Do you see the same person on your morning bus ride, or stop by the same coffee shop every morning on your way to class? Take note of the people around you and look for an opportunity to say hello.

Try volunteering. When you volunteer, you will be working with people who are contributing to the same cause and likely doing similar things. This gives you something in common with them and makes conversation flow a little easier.

Unplug. If you are looking to meet people face to face, you will need to put down your phone. As a society, we have realized that when we are alone or are feeling awkward we can grab our phones and bury ourselves in the latest posts on our newsfeeds. But that doesn't help us meet people. Put it down, take a look around and see who is around you.

Go with someone you know. Going to an event, a new hobby group or some kind of social gathering is easier if you have an acquaintance that is also going. It doesn't necessarily have to be a close friend, but someone who you can strike up small talk with and who may be able to introduce you to a person or two.

It may take time. Connections with others usually do not happen overnight. Relationships grow slowly over time as you get to know people and find things in common to connect over. Don't get discouraged when it takes multiple visits to the same place and group to meet someone there. Stick with it.

Don't take it personally. You may go to a new group and not connect with anyone. Or you may have some great conversation with someone, but then not hear from them again. That's okay. Everyone has those experiences, no matter who you are. It is important to keep putting yourself out there.

Healthy Relationships

You may currently be in an intimate relationship or maybe you are looking for the right person. Having a partner that you can share your thoughts, goals, accomplishments and struggles with is important to some people. If you are not interested in forming this kind of relationship, that is okay. There is nothing saying you need to have a partner, boyfriend, girlfriend or spouse. If you are interested in pursuing a romantic relationship, there are a couple things you should know.

A healthy relationship is based on mutual respect, trust and equality. People involved in a healthy relationship still have their own identities and interests and support the interests of their partner. There is also good communication between couples in a strong relationship.

There are relationships that are not healthy, and some that are considered violent. Violence in intimate relationships can take the form of physical, verbal, emotional, psychosocial, sexual, financial, or spiritual abuse. These relationships are harmful and dangerous. Victims will often experience some form of isolation, intimidation, threats, violence and humiliation or have their income controlled. If you find yourself in an abusive relationship, there are supports available to help you overcome the abuse.

 https://www2.gnb.ca/content/gnb/en/departments/women/Violence_Prevention_and_Community_Partnerships.html



Young employee working at Sport Chek

REMEMBER

Exploring your sexuality is a natural part of growing up. No matter how you identify, it is important to surround yourself with people who respect who you are. If you are feeling unsupported, there are groups and organizations throughout the province that will offer guidance, information and support.

Drugs and alcohol

You have likely heard it before, or at least been around, when the topics of drugs and alcohol have been discussed. Even so, it is important to keep a couple things in mind if you are choosing to consume alcohol or drugs.

Does it interact with my medications?

Alcohol and cannabis can have negative interactions and counteract some medications prescribed by your doctor. It is always a good idea to ask your doctor or pharmacist if it is safe to consume alcohol or drugs like cannabis with your prescriptions.

Will it impact my medical condition?

There are medical conditions that require a person to abstain from drinking alcohol or consuming drugs. If your doctor recommends that you do not consume alcohol or cannabis as the result of your medical condition, it is in your best interest to follow that direction.

What's my limit? Do not base the amount of alcohol or drugs such as cannabis you consume on others around you. These substances can have dramatically different effects on two people, even if those two people consume the same amounts. Have an idea of what is safe to consume and stick to it.

Can I afford it? These things can be expensive. Be aware of how much you are spending on alcohol and cannabis to make sure it isn't having a negative impact on your financial situation. A good idea is to keep your receipts and tally up the total, either monthly or weekly, to give you an idea on what you are spending.

Do I have a safe way home? If you are consuming cannabis or alcohol, the best rule to follow is any amount is too much to drive. Plan for another way home, whether it is a taxi, public transportation or another sober driver.

Do I rely on drugs or alcohol to make it through the day? Cannabis and alcohol consumption can lead to dependency issues. If you are finding that drug or alcohol consumption is causing problems in your relationships, school, social activities or your personal thoughts and feelings, reach out for support to family, friends, doctors or people trained specifically with addiction issues. ■

Section 10

Housing

A place to call home.

WHEN FINDING A PLACE TO CALL your home, it is important to find a place that you are comfortable in and that meets all your needs. Start early in the search to make sure you have lots of options available to you.

SUMMARY

- To find an apartment, it is important to learn what you need and what you want in a living space and research what options are available.
- To find an apartment, you may need to ask people you know, search online ads, search classifieds and look at local community boards.
- Create a list of important questions you want to ask potential landlords.
- To make sure moving goes smoothly, consider how you plan to furnish your apartment, get insurance on your belongings and take photos of any damage prior to moving in.



TRANSITION TIP

**Renting for the first time?
Questions to ask your
potential landlord.**

see p.85

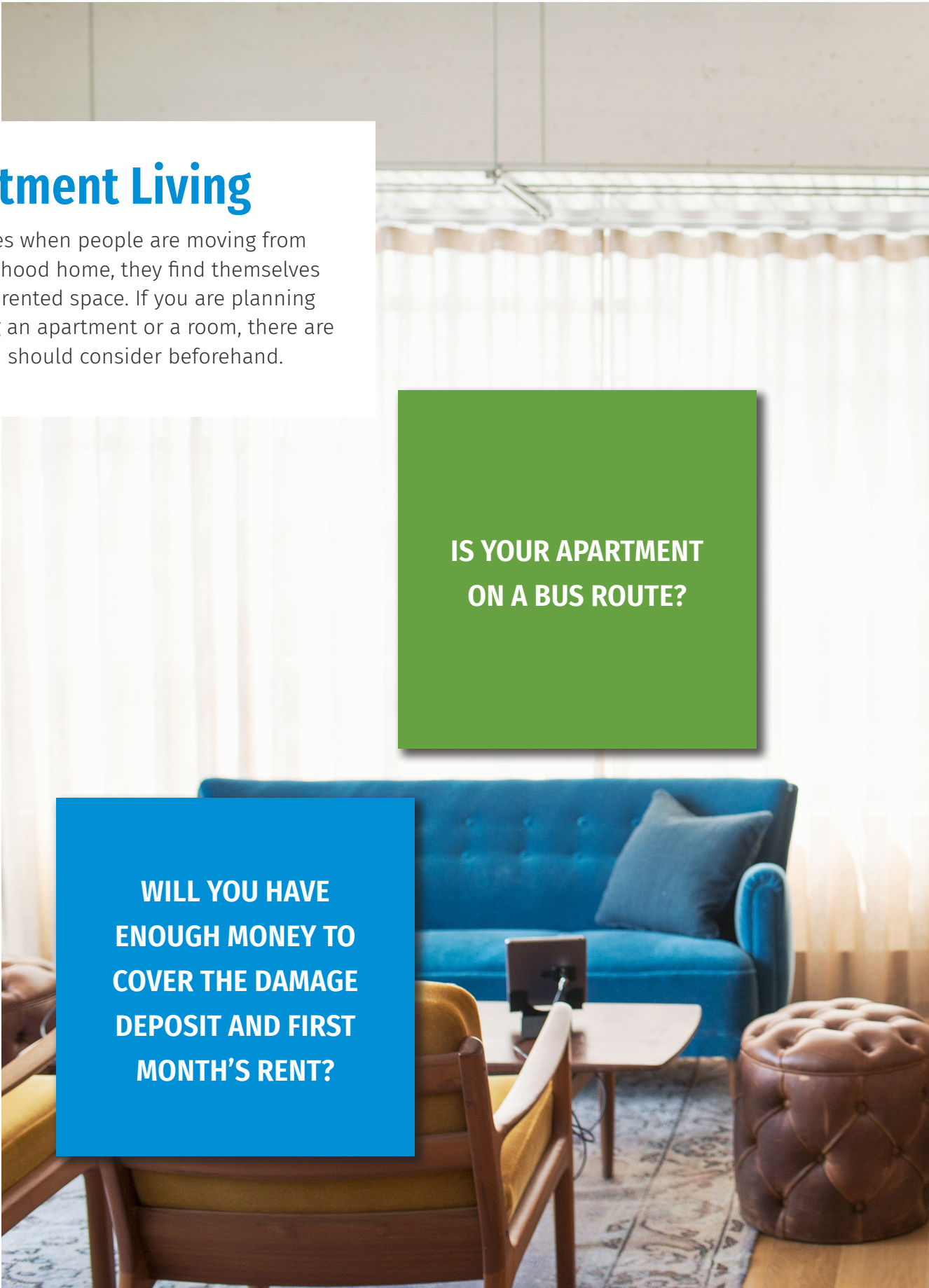
Apartment building

Apartment Living

Often times when people are moving from their childhood home, they find themselves living in a rented space. If you are planning on renting an apartment or a room, there are things you should consider beforehand.



**IS YOUR APARTMENT
ON A BUS ROUTE?**



**WILL YOU HAVE
ENOUGH MONEY TO
COVER THE DAMAGE
DEPOSIT AND FIRST
MONTH'S RENT?**

WHAT DOES YOUR RENT COVER? IS POWER, PHONE, INTERNET OR CABLE INCLUDED IN YOUR RENTAL AGREEMENT?

ARE THERE ANY HOOKUP FEES FOR CONNECTING THINGS LIKE POWER, INTERNET OR CABLE?

WHO DO YOU PLAN TO LIVE WITH? ARE YOU GOING TO HAVE A ROOMMATE?

Apartment living room

How do I find an apartment?

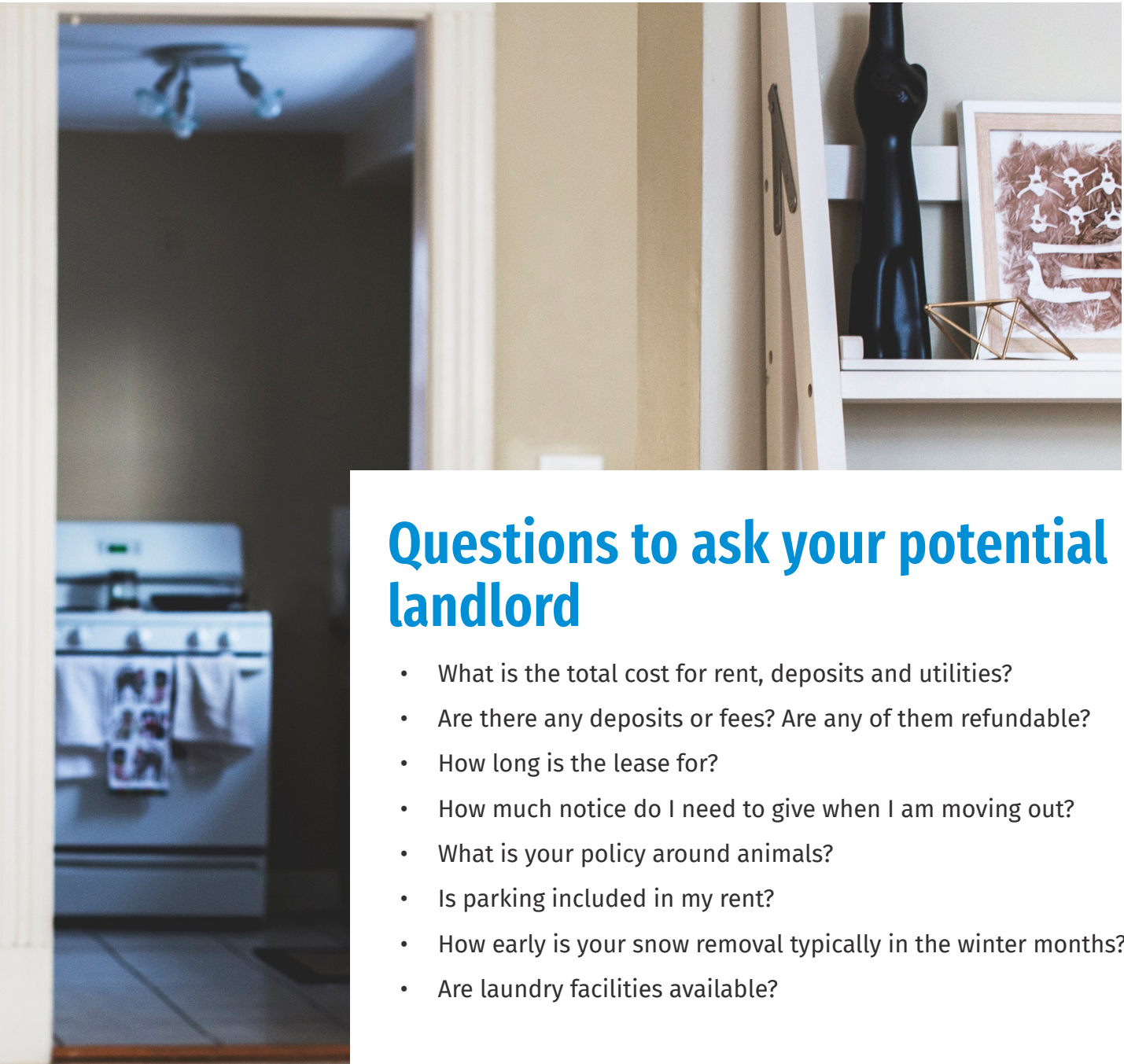
There are different ways to find available apartments in your community. Have you tried:

- Searching Kijiji and Google?
- Looking in newspaper classifieds?
- Calling property management companies?
- Checking out local community boards?
- Asking family, friends and neighbours?



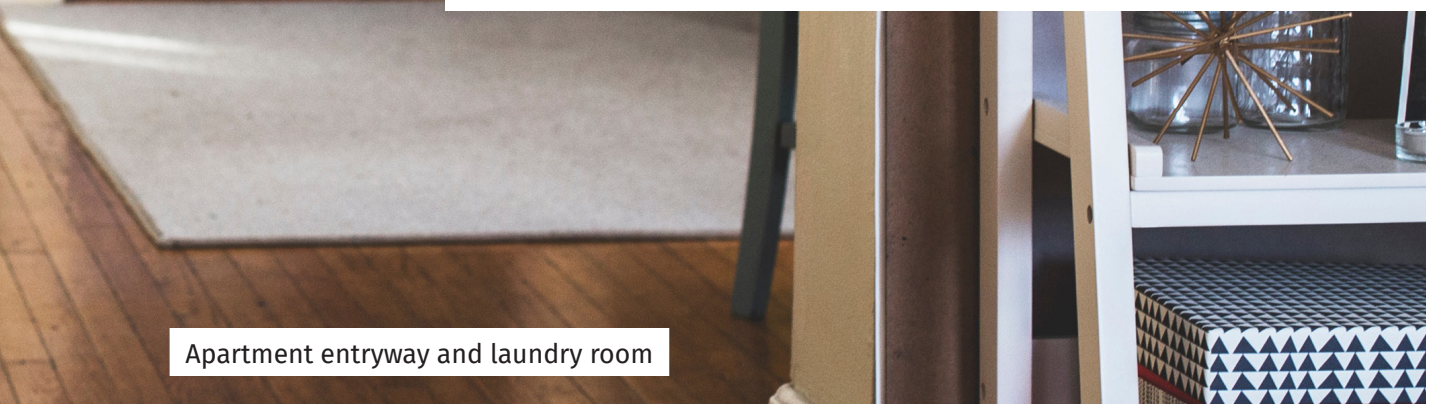
Did you know?

Some universities and colleges offer accessible housing for their students. It is a good idea to check with your school's student services to determine what options you have. Sometimes you can even find that information on their website. Keep in mind that accessible housing may cost more than typical student accommodations.



Questions to ask your potential landlord

- What is the total cost for rent, deposits and utilities?
- Are there any deposits or fees? Are any of them refundable?
- How long is the lease for?
- How much notice do I need to give when I am moving out?
- What is your policy around animals?
- Is parking included in my rent?
- How early is your snow removal typically in the winter months?
- Are laundry facilities available?



Apartment entryway and laundry room

I'm moving in

How do I furnish my apartment? Starting out in a new place can be expensive. The key to not breaking your budget is to be extremely resourceful. Buying furniture and household items second hand can greatly reduce the cost of items. Check out yard sales, buy and sell groups on Facebook, Kijiji and second hand stores. Also, letting people know you are looking for items to furnish your home can sometimes lead to people giving you items they feel they no longer need.

What if something happens to my apartment? It is always a good idea to have insurance on your items when you are living in an apartment. It is often referred to as Tenant's Insurance or Renter's Insurance. You can obtain the insurance through insurance companies or an insurance broker. This insurance typically covers the cost of replacing the items in your apartment that belong to you.

What should I do the day I move in? Before you bring any furniture into the home, take pictures of your new place and note any damage or objects that are not working. This may help you keep your damage deposit when you move out because you will be able to show you did not incur the damage. ■

Apartment kitchen



Did you know?

Some communities offer Welcome Packages to people who have just moved to the community. Sometimes these packages include small gifts, coupons and information on community events. Check it out with the city or town council to see if this is something your new community offers.



CHECK IT OUT!

The Residential Tenancies Tribunal offers information, forms and resources for residential tenants in New Brunswick. If you have a housing question, issue or just want to learn about what your rights are, go to:



http://www.snb.ca/RTT-TLL/E/RTT-TLL_E.asp



Student with a vehicle retrofit at university

TRANSITION TIP

Have a car? There's a Vehicle Retrofit Program offered through Ability NB that may help cover costs to modify your vehicle.

see p.92

SUMMARY

- You may use different ways to get around your community. Public transportation, dial-a-ride programs, personal vehicle and ride sharing are a few ways you might consider.
- If you are interested in obtaining your driver's license, there are different steps to the process that need to be taken.
- Owning your own vehicle can be costly. It is important to budget for the full cost of the car, insurance, upkeep and repairs.

Section 11

Transportation

Accessing your community.

HAVING ACCESS TO TRANSPORTATION can greatly reduce feelings of isolation. There are many ways to get around to help increase your independence and connections to your community.



Ways to get around

Public Transit – Public transportation, including parallel transit, is offered in some urban areas of the province. Public transit runs on a predetermined, scheduled route and offers an affordable way to access your community. Parallel transit offers specialized door to door service for those who have difficulties with mobility.

Personal Networks – People within your personal network may be able to help provide transportation. Check to see if you have a classmate that lives close by who can pick you up, or a neighbour who wouldn't mind dropping you off to your doctor's appointment. Not only is this an affordable option, but it is a social way to get around.

Dial-a-Ride programs – These programs are located throughout the province. They offer transportation to individuals who otherwise

wouldn't have access, whether because of affordability, remote location or other reasons. There is typically a membership fee and a reduced cost for utilizing this service.

Personal Vehicle – Owning your own vehicle allows for complete independence when it comes to your transportation needs. This does, however, come with a financial responsibility and is not for everyone.

Active Transportation – Active transportation is any human powered modes of transportation. This may include walking, rolling, cycling and skateboarding. The plus to this type of transportation is it is good for your overall health and can be quite cost effective. Check out trails to learn what pathways, including accessible pathways, are available in your area.



Public transit bus driver



Public Transportation

Using public transportation can be a very cost effective way to navigate your community. Unfortunately, it is only offered in more urban areas so rural New Brunswick does not get to experience the benefits of the services. If you are using public transit, it is important to know the routes and ensure you give yourself lots of time. Prior to needing the service for a specific purpose, it is good to try out the bus system and specific routes to give yourself a sense of timing and help you feel more comfortable.

If you are using parallel public transportation, find out what policies there are around it. You may need to register for the service. It is also important to keep the hours the service is offered in mind as they may differ from the public transportation system. Also be aware of what priority, if any, is given to users of the service.



Did you know?

Some post-secondary institutions have a bus pass included in their tuition. Inquire with your school to see if this is something you could benefit from.



Van with a ramp and interior retrofit


Vehicle Retrofits

The Vehicle Retrofit Program is offered through Ability NB, in partnership with the Department of Transportation & Infrastructure, to provide funding options to individuals who require adaptive driving equipment on their vehicle. The program offers funding for 80% of the eligible retrofits up to a total of \$8,000. Some of the equipment that may be covered include hand controls, roof and floor alterations, lifts and ramps, and tie downs. For more information on the program, visit:

 [https://www2.gnb.ca/content/gnb/en/services/services_renderer.7715.Vehicle_Retrofit_Program_\(Persons_with_Disabilities\).html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.7715.Vehicle_Retrofit_Program_(Persons_with_Disabilities).html)

CHECK IT OUT!

The Adaptive Driving Service offered through the Stan Cassidy Centre for Rehabilitation offers driving assessments to determine an individual's potential to safely return or begin driving. This service is for individuals who live with a disability and would benefit from their services as either a driver or a passenger. They may make recommendations on what equipment would be required for the operation of a motor vehicle.

 <http://www.stancassidy.ca/home/facilities-and-services/provincial-programs/stan-cassidy-centre-for-rehabilitation/services/assistive-technology-services/adaptive-driving.aspx>

4

STEPS TO
GETTING YOUR
LICENSE

In New Brunswick, there are different classes of driver's licenses depending on the type of vehicle you want to drive. If you want to drive a motor vehicle, you will need to obtain your Class 7 license first and then obtain your Class 5. There is a Driver's Handbook that is recommended to study from and you can get one through Service New Brunswick or find one online.

 <https://tests.ca/new-brunswick/drivers-guide/>

1 SCHEDULE AND PASS YOUR WRITTEN TEST. After you schedule an appointment to complete your written test, you will need to gather any information you are required to bring with you, such as proof of identification and proof of being a New Brunswick resident.

2 OBTAIN YOUR CLASS 7, LEVEL 1 AND PRACTICE, PRACTICE, PRACTICE. If you successfully complete your written test, you will be given a Class 7, Level 1 license. This license comes with restrictions and it is important to abide by them.

3 OBTAINING YOUR CLASS 7, LEVEL 2 AND PASSING YOUR ROAD TEST. The next step is obtaining your Class 7, Level 2 license. The time frame for this can vary depending on the whether you take a driver's training course. Obtaining your Level 2 will require a road test completed by a driver examiner. A Level 2 license still has restrictions, but less than the Level 1.

4 OBTAINING YOUR CLASS 5 LICENSE. After waiting the appropriate amount of time you can get your restriction free Class 5 license.

The cost of a car

The cost of keeping a vehicle safely running on the road goes far beyond the initial price tag on a vehicle. There are costs associated with having a Safety Check completed annually as well as completing your vehicle registration every year. You will need to budget in costs for maintenance and repair. This can include oil changes, seasonal tire changes and parts that break. You will need to carry car insurance on your vehicle and also factor in how much you will need for gas money. Before you purchase a car, make sure you can afford all of these responsibilities that go along with it.

There are possible restrictions that may be placed, and noted, on your driver's license. For example, if you need to wear corrective lenses or your vehicle needs to be equipped with hand controls, this will be noted on your license with a number on the front of your license and a description of what the restriction is on the back. ■

Section 12

My Money

Being smart
with your cash.

HAVE YOU EVER HEARD THE PHRASE ‘Money makes the world go round’? The thing is, as you start out on your journey to adulthood, you may find that, while you don’t have much money, the world still seems to go around.

SUMMARY

- There are different options to cover the cost of living. There are financial options based on what you need, whether it be education, disability or basic living costs.
- It is very important to file income taxes with Revenue Canada.
- Different health coverage is available, and depending on what you need, some may be a better option than others.
- Sticking to a budget is a very important part of being financially responsible.



TRANSITION TIP
Need money for your education or training?
see p.100


Part-time worker working at Canadian Tire



Show me the money

Education related money:

Student Loan – Student Loans have a provincial and federal component to them. It is recommended that you submit an application as soon as possible after May 1st or when the application is released, even if you have not been accepted to a post-secondary institution yet. There are different programs, grants and bursaries within the application that you may qualify for. These programs may change each year so it is important to explore them each time you submit a student loan application.

 https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/FinancialSupport/StudentFinancialServices.html

Student Line of Credit – A Student Line of Credit is a type of loan that allows you to borrow money up to a preset limit. You may apply for one through your bank or financial institution and you may be required to have a parent or other adult co-sign the loan with you. You can apply for a Student Line of Credit at any time and will usually need to produce proof of acceptance to post-secondary education.

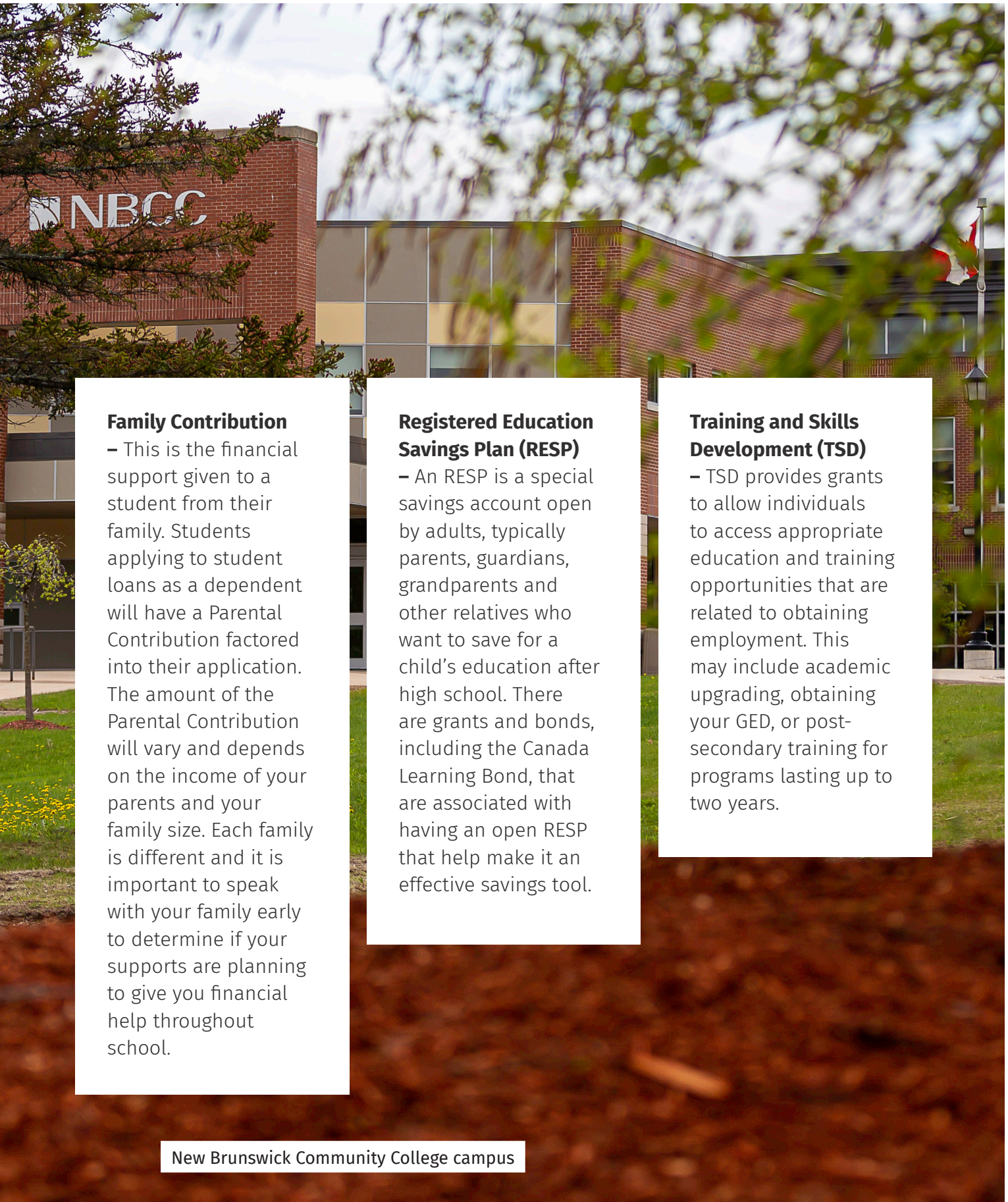
 <https://www.canada.ca/en/financial-consumer-agency/services/loans/student-lines-credit.html>

Canada Student Grant – There are a number of grants offered through the federal government to help financially support students. These grants include Grants for Students with Permanent Disabilities, Students with Dependents, and more. Typically, you will need to be assessed for at least \$1 of financial need through your student loan application.

 <https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans.html>

Scholarships – There are a large number of scholarships available to students entering into post-secondary education. Typically, there is a criteria listed in the scholarship's description that explains how the scholarship is awarded. Even if you do not meet all the required conditions to the scholarship it may still be useful to apply. If there are no applicants that fulfill all the requirements, the funds will likely go to the next best fit, and that might be you! There are many places to find scholarship listings. Here's a good place to start:

 <http://www.disabilityawards.ca/>



NBCC

Family Contribution

– This is the financial support given to a student from their family. Students applying to student loans as a dependent will have a Parental Contribution factored into their application. The amount of the Parental Contribution will vary and depends on the income of your parents and your family size. Each family is different and it is important to speak with your family early to determine if your supports are planning to give you financial help throughout school.

Registered Education Savings Plan (RESP)

– An RESP is a special savings account open by adults, typically parents, guardians, grandparents and other relatives who want to save for a child’s education after high school. There are grants and bonds, including the Canada Learning Bond, that are associated with having an open RESP that help make it an effective savings tool.

Training and Skills Development (TSD)

– TSD provides grants to allow individuals to access appropriate education and training opportunities that are related to obtaining employment. This may include academic upgrading, obtaining your GED, or post-secondary training for programs lasting up to two years.

New Brunswick Community College campus

Disability related funding:

Training and Employment Support Services (TESS) – TESS offers support for training and employment to individuals living with disabilities. The funding may cover the costs of supports like a job coach, assistive technology or educational attendant.

Disability Support Program (DSP) – DSP provides funding for personalized supports to individuals between the ages of 19 and 65 who are living with a disability. These supports focus on ensuring people are safe, living as independently as possible and staying connected to their communities and may include a home support worker, meal delivery services or foot care.

Disability Tax Credit (DTC) – The DTC is a non-refundable tax credit that helps people living with disability, or their supporting persons, reduce the amount of income tax they have to pay. It was created to help provide some relief for the cost of disability. Having the DTC can help you access other programs, such as a Registered Disability Savings Plan and may help reduce your rental costs if you live in an NB Housing unit.

Registered Disability Savings Plan (RDSP) – An RDSP is a long term savings plan that is intended to help families of people living with a disability save for their future. When an RDSP is opened with a bank, the government will contribute the Canada Disability Savings Grant and the Canada Disability Savings Bond to people who are eligible.



Employee working shift at local church

Everyday living money:

Wages from employment – There is a minimum wage set in each province, meaning an employer is not able to legally pay you less than that designated amount.

Credit Cards – You can apply for a credit card from a number of different sources. Each credit card will have an interest rate attached to it, meaning when you use that credit card and have a balance on it, you will be charged that interest rate on the amount you owe. Credit cards are NOT free money! They also require a monthly payment.

Social Assistance – Social assistance is financial support given from the provincial government to people who have no other income. The purpose of the money is to meet a person’s basic needs, like food and shelter.

Loans – A loan is money borrowed from a person or bank. When borrowing money from a bank, you will be charged an interest rate depending on the type of loan you take out. Because of this interest rate you will end up paying more money back to the bank than the original amount of money you borrowed.

Tax time

Filing your Income Tax can be intimidating. Even talking about income tax can make some people worry. However, knowing the basics can help reduce some of this apprehension.

Who files?

While there are some exceptions to every rule, if you earn any income or are over the age of 18, you need to file your income tax. For more information on whether or not you need to file income tax visit:


 <https://www.canada.ca/en/services/taxes/income-tax/personal-income-tax/your-tax-obligations.html>

A Why do I need to file?

- It is the law. You are legally obligated to complete your income taxes by the designated deadline. If you do not you may incur financial penalties, have other government benefits withheld, or be legally charged.
- Often times you will be required to verify your income by submitting your previous year's income tax when you apply for other government programs. This includes applications for student loans, Income Assistance and your child tax benefit.
- You may get a return. If you are allocated a return from filing your income tax, the government will send you money, either through direct deposit or postal mail, for you to spend as you see fit.


B What will I need?

You are going to need proof of any income you earned or received throughout the year. You will also need receipts or other proof of anything you plan to claim as a deduction. Check out Canada Revenue's General Income Tax and Benefit Guide for more information:

 <https://www.canada.ca/en/revenue-agency/services/forms-publications/tax-packages-years/general-income-tax-benefit-package/5000-g/general-income-tax-benefit-guide.html>

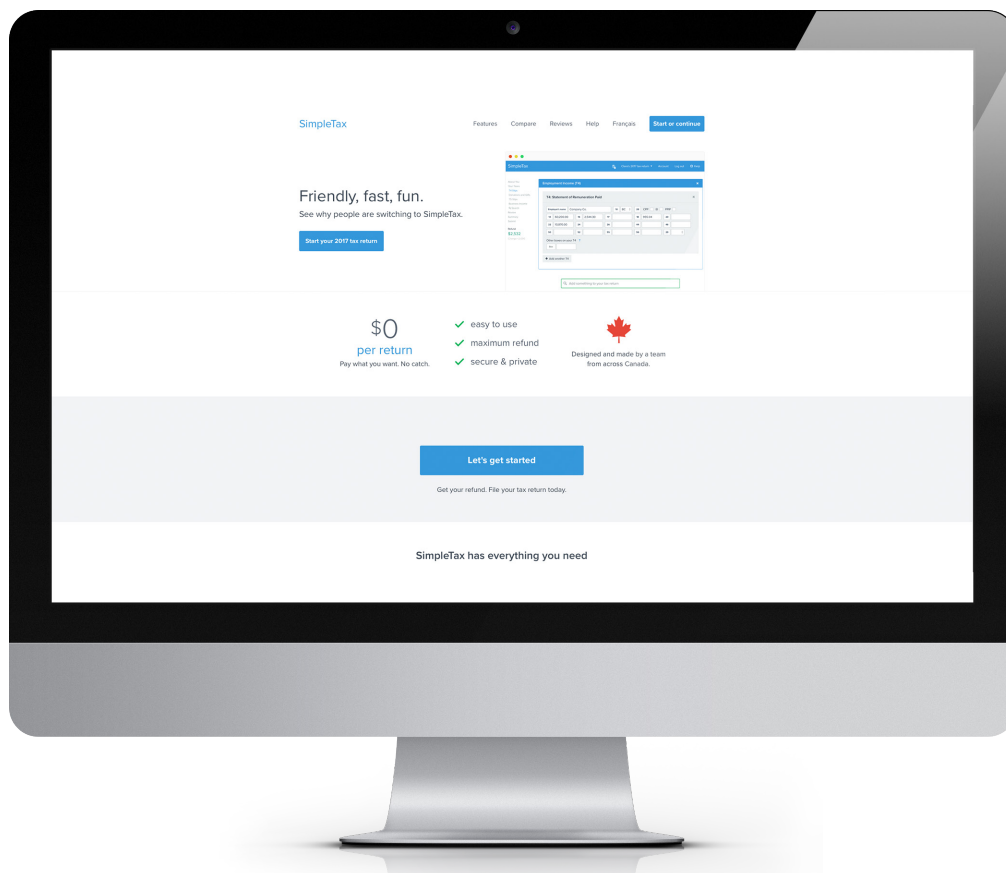
C How can I file?

There are many ways to file. The Canada Revenue Agency offers the option of filing your income tax on line, on paper, or on the phone. If you do not feel confident to complete your taxes independently, you can go to an accountant or other income tax professionals to have your taxes complete, however, there is typically a fee incurred for this. You can download apps to give you step by step instruction on how to file your income tax. There are also tax clinics set up throughout the province for which you may be able to qualify.

 <https://www.canada.ca/en/services/taxes/income-tax/personal-income-tax/doing-your-taxes.html>

 **REMEMBER**


You can have someone help you complete your income taxes. Connect with an accountant or tax professional, download an App or find a clinic offered in the province.



Online tax return app

 **CHECK IT OUT!**

For information on disability related income tax information, visit:

 <https://www.canada.ca/en/revenue-agency/services/forms-publications/publications/rc4064/disability-related-information-2016.html>

Health Coverage

Health and disability related costs can add up quickly. There are plans and programs available to help relieve some of this financial burden.

Private health insurance – These types of insurances are used to cover the cost of health related needs, like some prescriptions, treatments and equipment, that are not otherwise covered by the provincial Medicare system. Numerous companies offer this type of insurance. These plans can be obtained through your job, other family members or purchased on your own. Typically, there is a monthly cost associated with these plans dependent on the plans and a person's health history.

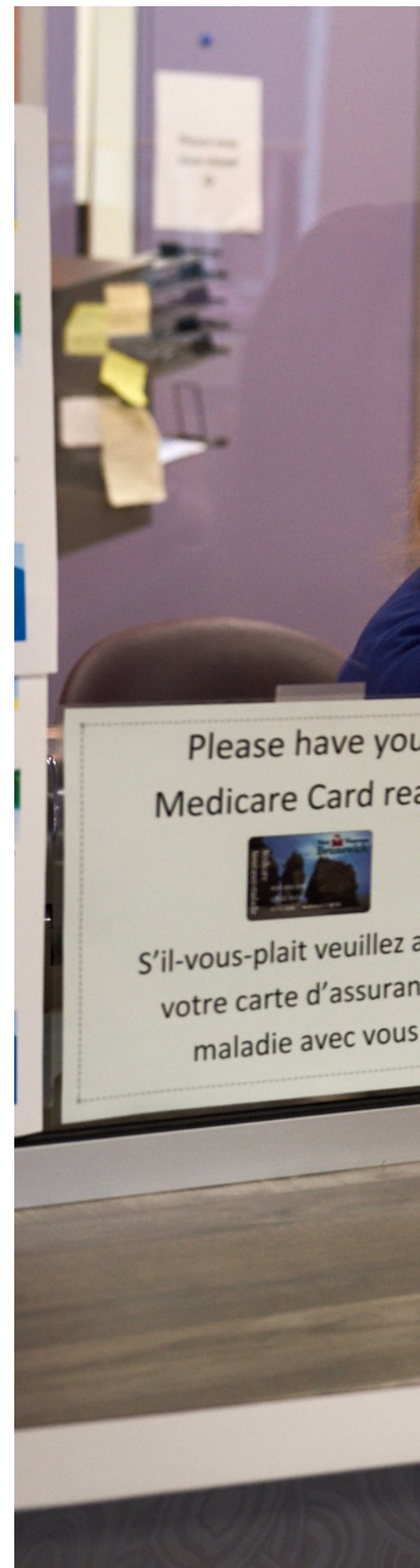
NB Drug Plan – This plan is a prescription drug plan for people with Medicare who do not have their own private prescription drug coverage. The cost for this program depends on your annual income and will offer coverage to those with preexisting health conditions.

NB Health Card – Health cards offered through the Department of Social Development can cover medical related needs like prescriptions, some dental work, hearing aids, incontinence supplies, vision coverage, wheelchairs, and other essentials related to your health. Individuals who actively receive Social Assistance qualify for this coverage. If you do not receive assistance, you may still qualify for the NB Health Card if the Department determines your medical needs are more than you can afford. ■

➔ CHECK IT OUT!

A social insurance number is a number assigned to you from Employment and Social Development Canada that allows you to work and to access government programs. If you do not already have one, you can find out how to apply at:

 <https://www.canada.ca/en/employment-social-development/services/sin/reports/apply.html>





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➔ **CHECK IT OUT!**
If you have prescription medication and are struggling to pay for it, look into **InnoviCares**. It is a free prescription savings card available to all Canadians that covers a portion of select prescription medication. For more information, go to:
🌐 <https://www.innovicares.ca/en>

Patient presenting medicare card at a health clinic

8

TIPS TO
HELP WITH
STICKING TO
A BUDGET

Making a budget that you can stick to is one of the most important, but challenging things you will do as an adult. There are many websites and apps out there to work with your actual income and help you create a budget that makes sense for you. Here are eight tips to remember when you are making a budget:

1 BE REALISTIC. Know your income sources and how much money you are really working with. Don't create a budget based on false numbers, both for your income and your expenses. And realize that as you start into adulthood, you may not be able to have the latest iPhone or wear designer clothing if your budget does not allow for it.

2 THERE IS A DIFFERENCE BETWEEN A WANT AND A NEED. Budget for your needs first, and then explore your wants once you know all your necessities have been taken care of. Everyone has needs, like a place to live or food to eat. People also have wants like an expensive boat or a new tablet. Sometimes wants can disguise themselves as needs, such as I need to be able to get to my job so I'm going to buy myself a car. However, you may want a car but a bus pass is more affordable and will still get you there.



Did you know?

You may qualify for free tax help from Revenue Canada through their tax preparation clinics. Check out:



<https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html>

3 HAVE A BACKUP PLAN. It is really important to have a savings account that you contribute to regularly. Include making a deposit into a savings account as a regular expense in your budget. You will be surprised how quickly even the smallest of contributions will add up.

4 HAVE A BUDGET FOR EVERY MONTH. There are fixed costs that will stay the same each month, such as rent. However, there are costs that may change depending on the month, such as your power bill. There are also fees that you do not have to consider every month, like registering a car or planning for birthday gifts. At the beginning of every month, take a look at all the expenses coming up and plan accordingly.

5 DON'T SPEND MONEY JUST BECAUSE YOU HAVE IT. It won't burn a hole in your pocket. If you have an extra few dollars kicking around, don't use it as an opportunity to go out and buy a new wardrobe. Tuck that money away in your savings for when an emergency arises.

6 BUDGET IN YOUR FUN. It is important to plan a portion of your income for entertainment and recreation. But stick to what you have budgeted. If you are out of your 'fun money' and all your friends are going out to eat, you are going to have to pass and catch them next time.

7 TRACK WHAT YOU SPEND, SO YOU REALLY KNOW WHERE YOUR MONEY IS GOING. Grabbing a coffee out a few times a week adds up, but it seems like such a small expense in the moment. When you track your money you can actually see how much money is put towards these seemingly small expenses and it will help you make better decisions in the future.

8 HAVE YOUR DISPOSABLE INCOME IN CASH. Using a debit card is convenient, but it makes it harder to track how much money you have left for the month. If you have budgeted in \$50 for eating out that month, putting it in a designated spot like an envelope or a jar will help you track it better, and help reduce the chance that you spend money meant for something else.



Did you know?

The Canada Revenue Agency has an app called MyBenefits that offers a quick view of your benefits, credit payments and eligibility information. To check out this app and other online tools offered by the CRA.



<https://www.canada.ca/en/revenue-agency/services/e-services/cra-mobile-apps.html>



Being active on a adaptive bike on a trail



TRANSITION TIP

Need tips to be more active and change to a healthy lifestyle?

see p.111



SUMMARY

- Being active can help with many aspects of daily living, including increasing strength, reducing risk of disease and improving your overall sense of well being.
- To lead an active life, find activities you enjoy. Make it a priority by scheduling it in and reducing your screen time.
- One of the best ways to get involved is to join a group or try something new.

Section 13

Active Living

Incredibly important.
But often overlooked.

HAVING AN ACTIVE LIFESTYLE TAKES effort and sometimes even a little determination. The benefits of maintaining an active lifestyle are vast, and far outweigh any downside of being active.



Athlete at swim practice with teammates

Why is active living important?

The benefits of active living go far beyond the physical aspects. While being active can help maintain a healthy weight, increase bone and muscle strength, and reduce risks of experiencing disease, it can also help improve your sleep, manage your stress levels and increase your self-esteem. As you build consistent activity into your lifestyle, you will see continued improvement in your strength, health and overall wellbeing.

5

TIPS FOR AN ACTIVE LIFE

Changing your lifestyle to include more activity and exercise can be daunting. Try these tips to find ways to introduce and keep up with an active lifestyle!

- 1 **FIND ACTIVITIES YOU ENJOY.** Forcing yourself to be active in ways you don't find enjoyable will mean that you will be less likely to keep doing them on an ongoing basis.
- 2 **SCHEDULE IT IN.** We will make time for a doctor's appointment or to meet up with a friend because we plan these things ahead and schedule them into our lives. If you do the same for exercise, you will be more likely to participate.
- 3 **TURN OFF THE TECH.** Don't use television or other electronics as filler for your time. Once you sit down with technology, it is too easy to lose track of time. Before you know it four hours will have passed and you will have not moved at all.
- 4 **EVERY BIT COUNTS.** You do not need to compete in triathlons or be a member of the national sledge team to be considered active and fit. Being active does not mean you need to play sports. Don't let starting small, like going for a ten minute walk or wheel, discourage you. Instead, be proud of every time you choose to be active.
- 5 **JOIN A GROUP.** Find a group of people who like doing some of the same activities as you and join them. This will help you stay consistent with your activity, and will also introduce you to some new people.

➔ CHECK IT OUT!

If you are looking for tips to get active the Public Health Agency of Canada has you covered.

 <https://www.canada.ca/en/services/health/publications/healthy-living.html>

How to get involved

The best way to get involved is to simply try something new. Checking with your community calendar, searching Google and social media, connecting with local organizations, or even talking to others who participate in organized activities are great ways to learn what is out there. There are many clubs, groups and facilities at colleges and universities as well. Also, recruiting someone to go along with you, even if it is just for the first time, may help ease some of the nerves that come along with trying something new. Either way, commit to trying something new each month until you find an activity and a group that you enjoy! ■



Volunteer teaching paraskis at a Provincial Park



➔ **CHECK IT OUT!**

Para NB-Sport and Recreation is a provincial wide program that offers consultation and information services, participant recruitment, and an equipment loan service for adaptive sport and recreation equipment.

 <http://paranb.ca>

TRANSITION TIP

Do you know what your rights are as a person living with a disability?

see p.118

SUMMARY

- People who advocate for themselves often have strong communication skills, are self-aware and assertive and have good self-confidence.
- Reach out to your family, friends and others who you trust to help you advocate for yourself.
- It is important for you to know your rights to make sure there is nothing impeding on them.
- If you come in contact with the law, you have rights you are entitled to.

Section 14 Self Advocacy

Taking a stand.
Making a difference.

WE ALL HAVE RIGHTS. YOU ARE NO different. Living with a disability may put you at an increased risk of having someone infringe upon your rights. Arming yourself with the knowledge of what you are entitled to and the confidence to stand for yourself will reduce that risk.



Student with adaptive wheelchair at university



Mother and son at swim practice

Being a self-advocate

Self-advocacy, or being a self-advocate, means you make decisions on what YOU want, both now and in the future, and you communicate those decisions to those around you. People who are strong self-advocates share common characteristics:

- Great communication skills
- High self confidence
- Very self-aware
- Assertiveness
- Make decisions effectively
- Set goals and are motivated
- Seek knowledge
- Ability to problem solve

➔ CHECK IT OUT!

The Public Legal Education and Information Service of New Brunswick provides the public with information about topics such as power of attorney, small claims court, wills, divorce/separation and much more. Check it out at:

 <http://www.legal-info-legale.nb.ca>

Who can help advocate?

If you find yourself in a situation that you don't agree with and aren't able to advocate a solution for yourself, you may want to have someone help you with the process. These people may include family members, friends, neighbours, paid supports in your life, or teachers. What the situation is will likely impact who it is you want to have help advocate on your behalf. If you are enlisting the help of others, you will want to make sure they:

- are someone you trust
- want the same results you do
- are comfortable advocating for you
- have knowledge about what the issue is



Did you know?

Canada is in the process of creating new federal accessibility legislation that will remove barriers currently experience by individuals living with disability to allow them to participate more easily and fully in their communities.

Patient and therapist in the recreational area of the Stan Cassidy Centre

The New Brunswick Human Rights Act: The New Brunswick Human Rights Act is a provincial law that prohibits discrimination and harassment. It deals with employment, housing, public services, publicity and some associations. People who believe they are being discriminated against can file a complaint with the Human Rights Commission for no cost.

Policy 322. Inclusive Education: This policy from the Department of Education and Early Childhood Development was created to make sure New Brunswick schools are inclusive for all students. It outlines the roles and responsibilities of those within the school system to ensure barriers to education are removed and every student is given the opportunity to learn.

Residential Tenancies Tribunal: The Residential Tenancies Tribunal is responsible for administering the New Brunswick Tenancies Act. They work with residential landlords and tenants to make sure the rights of both are respected and enforces the process to resolve any tenancies conflicts that arise.


 **CHECK IT OUT!**

The New Brunswick Human Rights Commission enforces the law to promote equality. If you have questions about your rights, go to:

 <http://www2.gnb.ca/content/gnb/en/departments/nbhrc.html>

Dealing with the law

If you find yourself involved with the law, either as a victim or as an offender, you have rights that must be considered. As an accused offender you are entitled to things like the ability to seek legal advice and counsel, a fair trial, and the right to appeal the decision. As a victim, the Canadian Victims Bill of Rights gives victims the right to information, participation, restitution, protection and make a complaint. The Victim Services Program is available to all victims of crime in New Brunswick and can support you as your case goes through the criminal justice system. ■

 https://www2.gnb.ca/content/gnb/en/departments/public-safety/community_safety/content/victim_services.html

The New Brunswick Victim Service Program booklet





 **Did you know?**

The New Brunswick Legal Aid Services Commission provides low income individuals legal assistance for certain family and criminal matters. There are also some lawyers that will offer services pro bono depending on the person and the case.

Canadian Victims Bill of Rights

Are you a victim of crime?
You have rights throughout the criminal justice process.

THE RIGHT TO INFORMATION

- You have the right to ask for:
- information about the criminal justice system and your case
 - services available for victims
 - updates on the person who harmed you and conditions on his/her release
 - the outcome of your case, the sentence, how long it lasts and when the offender is eligible for parole

THE RIGHT TO PARTICIPATION

- You have the right to:
- present an **Impact Statement** and have it considered by the court
 - share your views on decisions that affect your rights

THE RIGHT TO MAKE A COMPLAINT

- You have the right to:
- make a **complaint** if you feel your rights as a victim were denied or not respected by federal or provincial agencies such as the police, Crown, or victim services
 - have your complaint reviewed in a timely fashion and be notified of the results

THE RIGHT TO PROTECTION

- You have the right to:
- criminal justice authority **security and privacy**
 - protection from intimidation and retaliation
 - a publication ban
 - special support in court (testimonial aids)

THE RIGHT TO RESTITUTION

- You have the right to:
- ask the Court to make a restitution order against the offender
 - have the restitution order entered as a civil court judgment that you can then enforce against the offender



Public Legal Education and Information Service of New Brunswick
www.legal-info-legale.nb.ca

New Brunswick
www.gnb.ca/publicsafety

Conclusion

Set goals. Create plans.

Please use this to help you set goals, create plans and document your successes!

My goals and Dreams:

For School: _____

For Self Care: _____

For Living: _____

For Work: _____

My next step:

For School: _____

For University: _____

For Living: _____

For Work: _____

I have accomplished:
(Space to draw, write, anything)

Resources

DISABILITY ORGANIZATIONS IN NEW BRUNSWICK:

Ability NB / Capacité Nouveau-Brunswick

www.abilitynb.ca

Tel: 1.506.462.9555 or 1.866.462.9555

Canadian Deafblind Association – New Brunswick

www.cdba-nb.ca

Tel: 1.506.452.1544

The Canadian Mental Health Association New Brunswick / Association canadienne pour la santé mentale Nouveau-Brunswick

<https://cmhanb.ca>

Tel: 1.506.455.5231

CNIB New Brunswick / INCA Nouveau-Brunswick

www.cnib.ca

Tel: 1.800.563.2642

Easter Seals New Brunswick / Timbre de Pâques Nouveau-Brunswick

www.easterseals.nb.ca

Tel: 1.888.280.8155

Learning Disabilities Association of NB / Troubles d'apprentissage – association du Nouveau-Brunswick

www.ldanb-taanb.ca

Tel: 1.506.459.7852

Neil Squire Society

www.neilsquire.ca

Tel: 1.866.466.7999

New Brunswick Association for Community Living / Association du Nouveau-Brunswick pour l'intégration communautaire

www.nbacl.nb.ca

Tel: 1.866.622.2548

New Brunswick Deaf and Hard of Hearing Services Inc. / Services aux Sourds et Malentendants du Nouveau-Brunswick Inc.

www.nbdhhs.com

Tel: 1.506.633.0599

Muscular Dystrophy Canada / Dystrophie musculaire Canada

<http://www.muscle.ca>

Tel: 1.888.696.5150

