



# Family Support Options

Working in partnership with families

## ■ What does this program offer?

Family Support Options offers a range of supports to families who are caring for a child, up to the age of 18, with a developmental or physical disability living in Wellington County.

## ■ Special Services at Home (SSAH)

Family Support Options (FSO) Coordinators assist families to apply for SSAH funding which provides one-to-one support in the home or in the child's community to meet personal development and growth goals. SSAH provides funding for parent relief and related supports to help the family meet their identified needs.

There are two options for utilizing the funding. The first option is the Independent Model, where the family contracts with a provider of their choice. The second option is the Employee Model where CMHA WW recruits, hires, and supervises workers. The FSO program assists families to utilize all their SSAH funding as defined by the ministry flexibilities. CMHA WW's FSO program provides local access to supports, and in collaboration with [respiteservices.com](http://respiteservices.com) assist families in locating programs and support workers that meet their son or daughter's needs. The coordinators work with families to manage the funding and provide several locations to access forms, invoices, and to receive services. We support all families to make use of the flexibilities attached to SSAH funding to provide sibling care, camp costs, recreation, and other respite options such as assistance with routine homemaking tasks.

The Special Services at Home program is funded by the Ministry of Community & Social Services and Ministry of Children & Youth Services.



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

## How do I access this service?

Referrals for children with developmental disabilities are received through Access Information and Referral at

**1-877-216-1116**

Referrals for children with physical disabilities are received through Here 24/7 at

**1-844-HERE 247** (#s 437-3247)

For more information contact:

**(519) 821- 8089**

**Toll Free: 1-844-264-2993**

Colleen Scott Ext. 7509

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## ■ Respiteservices.com

CMHA WW manages the CHAP (Community Helpers for Active Participation) worker database on the Respite Services website. The CHAP database is for families who would like to contract with an Independent Provider. The CHAP Coordinator screens individuals who are interested in supporting people with developmental or physical disabilities. Families register and place classified ads so that they can be matched with individuals who are interested in providing support. The CHAP Coordinators review the database and send profiles of potential independent providers to registered families.

Respite services is available online at:

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

Look under the Wellington arm of the site or input your postal code.

## ■ Support for children who are medically fragile or technology dependent (MFTD)

FSO Coordinators also manage “MFTD” supports which are geared towards providing individualized respite options for children who are medically fragile and technology dependent. This extra support is intended to provide them with opportunities to participate in programs and activities that will enhance their socialization, learning and enjoyment of seasonal recreation, as well as to provide their parents with needed respite from caregiving.

## ■ Supporting Kids in Camp (SKIC)

Camp is a great opportunity to have new experiences and make new friends! Supporting Kids in Camp offers children with physical or developmental needs the opportunity to fully participate in the Wellington County based program of their choice - be it art camp, sports camp or computer camp - the possibilities are endless!

This participation comes from the paid, trained, one-on-one Supporting Kids in Camp staff (called Support Counsellors) available through the program, all of whom have experience working in camps and with children with special needs. All Support Counsellors participate in comprehensive training including sessions on working with children with physical needs, positive approaches to managing challenging behaviours, modifying camp programs and more. Applications for the program are processed on a first-come, first-served basis and are available in the [Development Services](#) section of the website.

For more information about recreation programs available in Wellington County, please see the [“Inclusive Recreation Directory”](#).

<https://cmhaww.ca/wp-content/uploads/2018/02/2018-2019-Inclusive-Recreation-Directory-.pdf>

Connect with SKIC Coordinator Tiffany Fagan #519-821-8089 Ext. 7033

website: <http://cmhaww.ca/programs-services/childrens-services/family-support-options/skic/>