



Family Support Options

Working in partnership with families



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

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.

The Family Support Options (FSO) program assists families to utilize all their SSAH funding as defined by the Ministry of Children, Community and Social Services (MCCSS). CMHA WW's FSO program provides local access to supports, and in collaboration with respiteservices.com assist families in locating programs and support workers that meet their child or youth 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 cover camp costs, recreation, and other respite options such as assistance with routine homemaking tasks.

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

Lisa Romeo Ext. 2507

Julie Bergwerff Ext. 2518

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

FSO Coordinators also manage "MFTD" funds which are geared towards providing individualized respite options for children and youth who are medically fragile and technology dependent. This extra funding 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.



■ 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 Coordinator reviews the database and sends profiles of potential independent providers to registered families.

Respite services is available online at:

www.respiteservices.com

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

■ 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-to-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 **Children's Services: Family Support Options section of the website under Supporting Kids in Camp** (www.cmhaww.ca/skic).

Connect with SKIC coordinator Laura McDonald at 519-821-8089 ext. 7055 with any questions about this program.

For more information about Family Support Options (FSO), please go to our website at:

www.cmhaww.ca/programs-services/childrens-services/family-support-options/