

# POST-SECONDARY EDUCATION INFORMATION

As your adolescent considers post-secondary education, it is important to ensure they have access to supports for this transition period. Much like the accommodations they received in primary/secondary school, students with disabilities attending post-secondary institutions are entitled to accommodations.

All post-secondary institutions provide some type of center, office, or facility that coordinates the provision of services and supports for students with disabilities.

## Contact the School's Local Office

- Once your adolescent has selected their post-secondary institution of choice, the first step is to reach out to the local student support center, often identified by terms such as “success”, “accessibility”, “accommodation”, or “disability”
- **Every institution uses different terms for the office that facilitates these services**
  - Examples: Carleton University - *Paul Menton Centre for Students with Disabilities*, Algonquin College - *The Centre for Accessible Learning*
- This will be your point of contact for information on how to register for accommodations, what documentation is required to access these services and what services/accommodations are available
- **Documentation (ie. Medical, psychological, and/or occupational therapy) is often required to register for these services**

## Funding

- If your child will be applying for financial assistance through the **Ontario Student Assistance Program (OSAP)** for either full-time or part-time students, they may be eligible for additional funding for students with disabilities
- This requires completion of the **OSAP Disability Verification Form**, Part B of this form must be completed by a medical professional
- We strongly recommend all applicants and families review the criteria and form information, starting here - <https://www.ontario.ca/page/osap-for-under-represented-learners>
- Eligible conditions include Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Developmental Disorders, and Learning Disabilities, among others
- Individual post-secondary institutions may also offer funding opportunities for students with disabilities

## Frequently Asked Questions

- *Does my child need an updated psychoeducational assessment to receive accommodations?*
  - This depends on the application diagnosis and varies across school requirements
  - In general, Learning Disability diagnoses require a psychoeducational assessment completed within either the last 5 years (for OSAP specifically) or since the patient was 18. Some post-secondary institutions require such documentation to be within 3 years of starting at the school.
  - In general, ADHD diagnoses do not require psychoeducational assessments, however it is best to contact the local school office to confirm what documentation is required
  
- *Can you continue providing prescriptions/medical care once my child is away at school?*
  - Dr. van Stralen and her team provide medical care to pediatric patients (up to and including age 18) and endeavor to ensure your child's care can be transitioned to their primary care physician or adult services by that time.
  - Post-secondary institutions offer both medical and mental health services to students that can be accessed typically with their provincial health card and/or student identification card free of charge
    - These can often be identified as “student success centers” or “student wellness centers” where students can access medical support as well as mental health counselling and resources
    - Upon request, a letter of diagnosis can be provided to your child to facilitate access to care at post-secondary
  
- *Can you complete my child's medical forms for accommodations?*
  - The team at CFPE are happy to assist and complete required forms as requested
  - We request that required forms are sent in advance of the start of the semester to ensure a smooth transition into the school year

## Support Services for Post-Secondary Students

- **BounceBack** – free skills building program for youth 15+ by the Canadian Mental Health Association available as online videos or through a phone coach
  - Self-referral
  - Website: [www.bouncebackontario.ca](http://www.bouncebackontario.ca)
  - Toll-Free: 1-866-345-0224
  
- **Good2Talk** – free 24/7 mental health support to post-secondary students in Ontario, offering phone, text, and Facebook messenger support options
  - Self-referral
  - Website: [www.good2talk.ca/ontario](http://www.good2talk.ca/ontario)