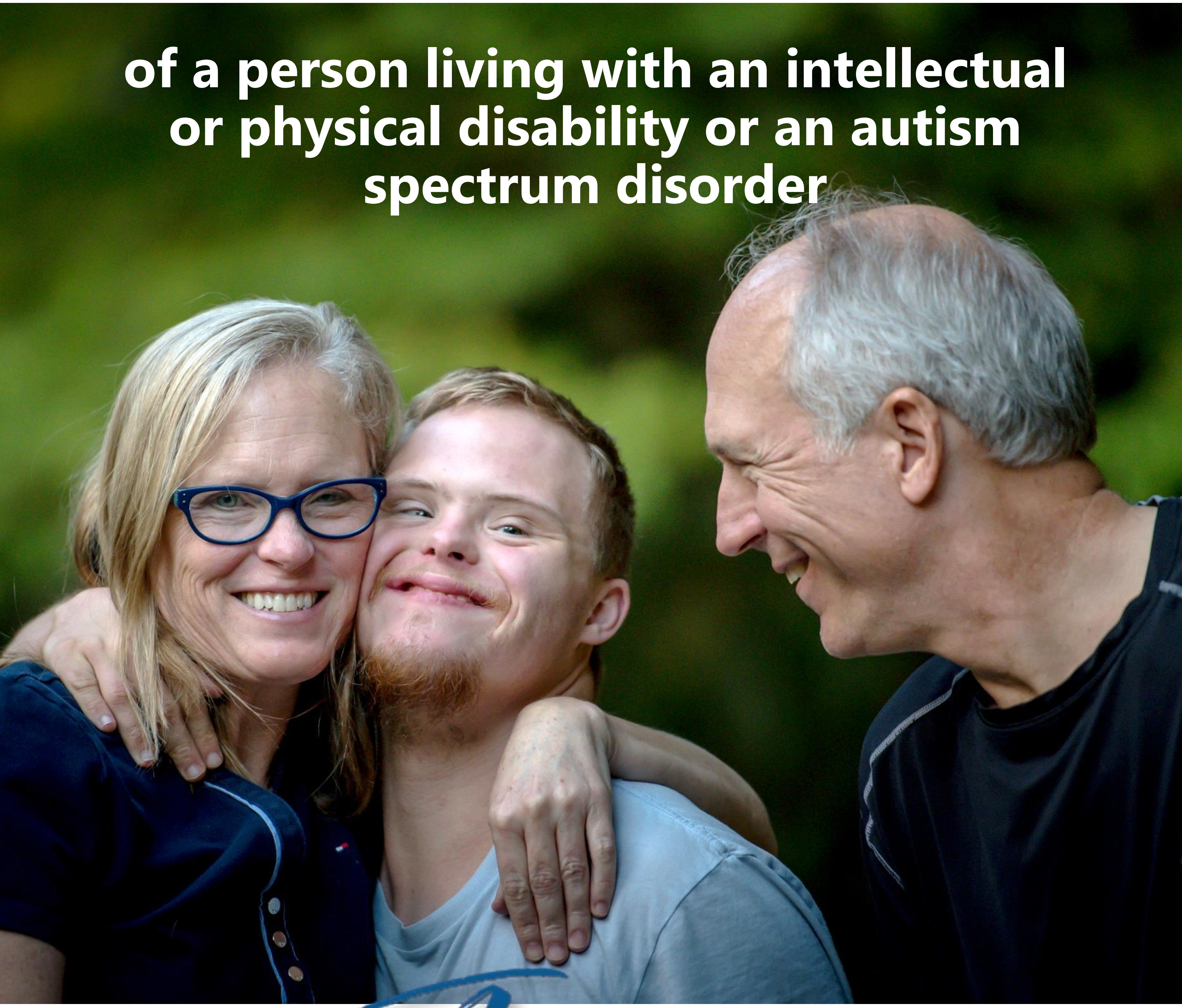
GUIDE FOR FAMILY CAREGIVERS

of a person living with an intellectual or physical disability or an autism spectrum disorder



Les Aidants du Haut-Saint-Laurent

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Les Aidants du Haut-Saint-Laurent

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This document is intended for family caregivers responsible for a person under 65 years of age living with an intellectual or physical disability or an autism spectrum disorder.

It can serve as a basis and should be used for informational purposes only. As some government programs may be modified, enhanced, or abolished, an annual update will be carried out to the best of our knowledge.

This guide includes only programs/credits related to family caregiving and individuals with disabilities. It can under no circumstances replace professional advice from an accountant or tax specialist.

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1.1. Family Caregivers Benefits

Family Caregivers Benefits provide financial assistance when you need to take time off work to provide care or support to someone who is seriously ill or injured, or someone who requires end-of-life care. You may receive up to 55% of your income, up to a maximum of $668 per week.

As a family caregiver, you do not need to be a family member of the person you are providing care or support to, nor do you need to live with them, but they must consider you as a member of the family.

The 3 types of caregiving benefits

Name of the benefit	Maximum number of payable weeks	The care is given to
Family caregiver benefits for children	up to 35 weeks	A seriously ill or injured person under the age of 18
Family caregiver benefits for adults	up to 15 weeks	A seriously ill or injured person over the age of 18
Compassionate care benefits	up to 26 weeks	A person of any age requiring end-of-life care

You can receive benefits for up to 52 weeks from the date the person was recognized as seriously ill or injured, or requiring end-of-life care, by a doctor or nurse practitioner. During this period, you can take the benefit weeks at the same time or in separate periods.

The benefit weeks can be shared by eligible family caregivers, either simultaneously or consecutively.

https://www.canada.ca/en/services/benefits/ei/caregiving.html

For better understanding, visit the Appui Family Caregivers website
https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/ei-caregiving-benefits/

1.2. Canada caregiver credit

The Canadian Caregiver Credit (CCC) is a non-refundable tax credit that you may be eligible for if you support the needs of a spouse or common-law partner or a dependent person with a physical or mental disability.

Who can you claim this credit for?

You can claim the CCC if you support the needs of your spouse or common-law partner who has a physical or mental disability.

You can also claim the CCC if one or more of the following people are your dependents due to a physical or mental disability:

- One of your children or grandchildren (or those of your spouse or common-law partner);
- One of your parents, grandparents, siblings, uncles, aunts, nephews, or nieces (or those of your spouse or common-law partner) who lived in Canada at any point during the year.

A person is considered your dependent if they rely on you to regularly and consistently meet all or part of their basic needs, such as food, shelter, and clothing.

https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html

For better understanding, visit the Appui Family Caregivers website
https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/overview-of-the-canadian-caregiver-credit/

1.3. Canada caregiver amount for infirm children under 18 years of age

You can claim $2,616 for each of your (or your spouse's or common-law partner's) children who meet all of the following conditions:

- The child was under 18 years of age at the end of the year;
- The child had an impairment in physical or mental functions and will likely continue to be dependent on others for an indefinite duration;
- The child needs much more help with personal needs and care compared to children of the same age.

https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-30499-30500-canada-caregiver-infirm-children-under-18-years.html

1.4. Disability Tax Credit (DTC)

Refer to section 2, on page 4:
«Tax Measures and Pensions for People with Disabilities – Canada».

1.5. Child disability benefit (CDB)

It is a tax-free monthly payment made to families who care for a child under age 18 with a severe and prolonged impairment in physical or mental functions.

Eligibility:

To get the CDB:

- You must be eligible for the Canada child benefit (CCB);
- Your child must be eligible for the disability tax credit (DTC).

If you are already getting the CCB for your child who is eligible for the DTC, **you do not need to apply for the CDB**. You will get it automatically.

A child is eligible for the DTC when a medical practitioner certifies, on *Form T2201, Disability Tax Credit Certificate*, that the child has a severe and prolonged impairment in physical or mental functions and the Canada Revenue Agency (CRA) approves the form. You can send the form to the CRA at any time during the year.

https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html

1.6. Multigenerational Home Renovation Tax Credit

The Multigenerational Home Renovation Tax Credit (MHRTC) is a refundable tax credit designed to help cover the renovation costs of an eligible home to build a secondary unit that would allow a designated individual (either an elderly person or an adult eligible for the Disability Tax Credit) to live with an eligible family member.

https://www.canada.ca/en/revenue-agency/programs/about-canada-revenue-agency-cra/federal-government-budgets/budget-2022-plan-grow-economy-make-life-more-affordable/multigenerational-home-renovation-tax-credit.html

2. Tax Measures and Pensions for People with Disabilities – Canada

2.1. Disability tax credit (DTC)

This credit serves as an entry point for several financial aids (Finautonome, 2023).

The Disability Tax Credit (DTC) is a non-refundable tax credit that helps individuals with disabilities and their caregivers reduce the income tax they may have to pay.

If you have a severe and prolonged disability, you can apply for the credit. If your application is approved, you can claim the credit when filing your taxes.

By reducing the amount of income tax you may have to pay, the DTC aims to offset some of the additional costs related to the disability.

https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit/eligible-dtc.html

To apply:

On line
https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit/how-apply-dtc.html

By hand or with Acrobat Reader
https://www.canada.ca/en/revenue-agency/services/forms-publications/forms/t2201.html

IMPORTANT

If the Disability Tax Credit (DTC) is not used to reduce the income tax of the individual with the disability, it is transferable to the spouse or immediate family member who lives at the same address or supports the individual (Finautonome, 2023).

2.2. Canadian Disability Benefit

The Canada Disability Benefit provides direct financial support to people with disabilities who are between 18 and 64 years old. The first month of eligibility for the Canada Disability Benefit is June 2025. First payments will begin in July 2025 for applications received and approved by June 30, 2025 https://www.canada.ca/en/services/benefits/disability/canada-disability-benefit.html

2.3. Registered disability savings plan (RDSP)

A registered disability savings plan (RDSP) is a savings plan intended to help an individual who is approved to receive the disability tax credit (DTC) to save for their long-term financial security.

Who can become a beneficiary of an RDSP?

You can designate an individual as beneficiary if the individual meets all of the following criteria:

The person:

- Is approved for the DTC (disability tax credit) (unless transferring from an existing RDSP to a new RDSP);
- Has a valid social insurance number (SIN;
- Is a resident of Canada when the plan is entered into;
- Is under the age of 60 (a plan can be opened for an individual until the end of the year in which they turn 59).The age limit does not apply when a beneficiary's RDSP is opened as a result of a transfer from the beneficiary's former RDSP.

The RDSP also allows you to receive:

2.3.1. Canada disability savings grant

The grant is an amount the Government of Canada contributes to an RDSP. The government will provide a grant of 300%, 200%, or 100% depending on the beneficiary's adjusted family net income and the level of contribution.

In a given year, an RDSP can receive a maximum of $3,500 in grants. The lifetime limit for the grant is $70,000.

2.3.2. Canada disability savings bond

The bond is an amount the Government of Canada contributes directly to an RDSP. The government will provide a bond of up to $1,000 annually for low-income Canadians with a disability. No contribution is required to receive the bond. Its lifetime limit is $20,000. A bond can be paid into an RDSP until the year the beneficiary turns 49

https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html

For better understanding, visit the Appui Family Caregivers website
https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/a-look-at-financial-security-for-people-with-disabilities/

2.4. Canada workers benefit

The Canada Workers Benefit (CWB) is a refundable tax credit to help individuals and families who are working and earning a low income.

The CWB has two parts: a basic amount and a disability supplement.

You are eligible for the basic amount of the CWB if you meet all the following conditions:

- Earn working income and your net income is below the net income level set for your province or territory of residence;
- Are a resident of Canada throughout the year;
- Are 19 years of age or older on December 31, or you live with your spouse or common-law partner or your child.

You may be eligible for the disability supplement of the CWB if you meet all of the following conditions:

- You are eligible for the disability tax credit and have an approved Form *T2201, Disability Tax Credit Certificate*, on file with the CRA;
- Your net income is below the net income level set for your province or territory of residence.

https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-workers-benefit.html

2.5. Home buyers' amount

You can claim up to $10,000 for the purchase of a qualifying home in 2024 if you meet both of the following conditions:

- You (or your spouse or common-law partner) acquired a qualifying home;
- You did not live in another home inside or outside Canada that you (or your spouse or common-law partner) owned in the year of acquisition or in any of the four preceding years (first-time home buyer) unless you are a person with a disability).

Persons with disabilities

You do not have to be a first-time home buyer if either:

- You are eligible for the disability tax credit;
- You acquired the home for the benefit of a related person who is eligible for the disability tax credit.

NOTE

The purchase must be made to allow the person with the disability to live in a home that is more accessible or better suited to their needs. For the purposes of the home buyers' amount, a person with a disability is a person who is eligible for the disability tax credit for the year that the home is acquired.

https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-31270-home-buyers-amount.html

2.6. Home accessibility expenses

You can claim an amount for eligible expenses for renovations made to an eligible home if you are an individual eligible for the Disability Tax Credit (DTC) at any point during the year.

An eligible renovation is a renovation or modification made to the eligible home (including the land that is part of it) that is durable in nature and integral to the home. The renovation must meet one of the following conditions:

- Enable the designated individual to access the home, move around within it, or perform daily living activities;
- Reduce the risk of the designated individual being injured inside the home or while accessing it.

https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-31285-home-accessibility-expenses.html

2.7. Disability supports deduction

If you have a physical or mental disability, you may deduct the expenses you incurred during the year that allowed you to perform any of the following activities:

- Work;
- Go to school;
- Do research for which you received a grant.

Only the person with a disability can claim this amount.

https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-21500-disability-supports-deduction.html

3. Tax Measures and Pensions for caregivers - Quebec

3.1. Tax Credit for Caregivers

There are two components to the tax credit for caregivers. The first is for caregivers providing care to a person 18 or over who has a severe and prolonged impairment in mental or physical functions and needs assistance in carrying out a basic activity of daily living. The second is for caregivers providing care to and living with a person 70 or over.

Basic Eligibility Conditions:

- You were resident in Québec on December 31 in the year covered by the claim;
- You did not receive any remuneration for the care you provided to the eligible care receiver;
- Your spouse is the only one claiming an amount with regard to you on line 367, 378 or 381 of their return;
- No one is claiming the tax credit for caregivers with regard to you;
- You (or your spouse, if applicable) were not exempt from tax for the year covered by the claim.

https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/

For better understanding, visit the Appui Family Caregivers website
https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/caregiver-tax-credit-at-a-glance/

3.2. Home Buyers’ Tax Credit

You may be eligible for the home purchase tax credit if you resided in Quebec on December 31 of the applicable year (or, if you ceased to reside in Canada during the applicable year, you resided in Quebec on the day you ceased to reside in Canada) and, during that same year, you purchased an eligible home and intend to make it the primary residence of a person with a disability who is related to you.

In addition, this home must be:

- Be more accessible for the disabled person or set up to help the person be more mobile or functional;
- Provide an environment better suited to the person’s personal needs and care.

If you bought the home to make it the principal place of residence of a disabled person, it does not need to be your first home.

https://www.revenuquebec.ca/en/citizens/tax-credits/home-buyers-tax-credit/

3.3. Tax Credit for Childcare Expenses

Children eligible:

To be recognized as an eligible child for the current taxation year, the child must meet one of the following conditions:

- They were 16 or under at some point in the year;
- They had a mental or physical impairment and were your or your spouse's dependant (regardless of their age).

An eligible child can be:

- Your or your spouse's child;
- A child who was your or your spouse's dependant and whose income for the year was not more than $13,280.

https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-childcare-expenses/

3.4. Refundable Tax Credit for Medical Expenses

You can claim a refundable tax credit for medical expenses if you have claimed, in your tax return, an amount for medical expenses or the deduction for products and services supporting a person with a disability.

https://www.revenuquebec.ca/en/citizens/tax-credits/refundable-tax-credit-for-medical-expenses/

4. Tax Measures and Pensions for people with disability – Quebec

4.1. Work Premium Tax Credits

The tax credits related to the Working Income Tax Benefit are refundable tax credits that you can claim on your tax return (Schedule P). A refundable tax credit is an amount that may be granted to you even if you do not owe any tax.

Eligibility conditions:

- You or your spouse, have an annual employment income of more than $1,200.
- Your family income is below the amounts listed in the table below;

Maximum family income above which you are no longer eligible for the adjusted Working Income Tax Benefit for the 2023 tax year, based on your family situation.

Situation	Maximum Family income
Person living alone	$37,671.44
Couple without children	$57,835.28
Single parent[4]	$55,289.00
Couple with at least one child[4]	$73,194.00

- You, or your spouse, have received benefits from the Social Solidarity Program during the year or in one of the past five years due to severe employment constraints;
- You, or your spouse, are eligible for the tax credit for a severe and prolonged impairment in mental or physical functions for the year.

https://www.revenuquebec.ca/en/citizens/tax-credits/work-premium-tax-credits/

https://www.revenuquebec.ca/documents/en/publications/in/IN-245-V%282023-12%29.pdf

4.2. Disability Supports Deduction

If you have a disability, you can, under certain conditions, deduct the expenses you paid in 2024 for goods and services that allowed you to carry out employment duties, actively carry on a business, do research for which you received a grant, take a course offered by a designated educational institution or attend a secondary school.

Form to be completed and provided with the tax return:

Deduction for Products and Services Supporting a Person with a Disability (TP-358.0.1)

https://www.revenuquebec.ca/en/citizens/income-tax-return/completing-your-income-tax-return/how-to-complete-your-income-tax-return/line-by-line-help/201-to-260-net-income/line-250/point-7/

4.3. Supplement for Handicapped Children

The purpose of the Supplement for Handicapped Children is to provide financial assistance for families to help with the care and education of a handicapped child. The impairment or mental function disability must significantly limit the child in carrying out life habits for a period expected to last for at least 1 year.

You are eligible to the supplement for handicapped children if:

- You are eligible for the Family Allowance;
- You have a child under the age of 18 in your care who has a disability or a mental function impairment that significantly limits their ability to perform daily activities for a foreseeable period of at least one year.

https://www.rrq.gouv.qc.ca/en/programmes/soutien_enfants/supplement/Pages/supplement.aspx

Form and additional information
https://www.rrq.gouv.qc.ca/SiteCollectionDocuments/www.rrq.gouv.qc/Anglais/formulaires/soutien_aux_enfants/supplement_enfant_handicape/LPF825-828_en.pdf

4.4. Supplement for Handicapped Children Requiring Exceptional Care

The Family Allowance program is administered by Retraite Québec and includes a supplement for a disabled child requiring exceptional care. This supplement is designed to provide financial assistance to parents of a child under 18 who:

- Has very significant and multiple impairments preventing them from performing daily activities (expected duration of impairments: at least one year);
- Requires complex medical care at home, for which the parent has received training in a specialized center, enabling them to master the specific techniques needed for the required equipment. The parent must be able to respond to any changes in the child's clinical condition that could pose a life-threatening risk (expected duration of care: at least one year).

Parents must receive for this child:

- The Family Allowance;
- The supplement for a disabled child.

https://www.retraitequebec.gouv.qc.ca/en/enfants/enfant-handicape/Pages/enfant-handicape.aspx

https://www.retraitequebec.gouv.qc.ca/en/enfants/enfant-handicape/seh-necessitant-soins-exceptionnels/Pages/seh-necessitant-soins-exceptionnels.aspx

Form and additional information
https://www.rrq.gouv.qc.ca/SiteCollectionDocuments/www.rrq.gouv.qc/Anglais/formulaires/soutien_aux_enfants/supplement_enfant_handicape/LPF827-828_en.pdf

4.5. Amount for a Severe and Prolonged Impairment in Mental or Physical Functions

You can claim an amount that will reduce your income tax payable if you were 18 or older in the year and you had a severe and prolonged impairment in mental or physical functions. The impairment must be certified by one of the following professionals:

- A physician;
- A specialized nurse practitioner;
- An optometrist;
- An audiologist;
- A speech therapist (speech-language pathologist);
- An occupational therapist;
- A psychologist;
- A physiotherapist.

Your impairment is considered severe and prolonged if it has lasted (or is expected to last) for at least 12 consecutive months and either of the following situations applies to you:

- Even with therapy, the appropriate devices or medication, you are always or almost always:
  - Unable to see;
  - Unable to perform one of the following basic activities of daily living without it taking an inordinate amount of time: seeing, speaking, hearing, walking, eliminating, feeding or dressing yourself, or functioning in everyday life because you do not have the necessary mental functions (remunerated work, social activities, recreational activities or housekeeping are not basic activities of daily living);
  - Restricted in more than one of the above-mentioned activities, if the cumulative effect of the restrictions is equivalent to having a single marked restriction in one of those activities.
- Due to a chronic illness, you receive therapeutic care at least twice a week, prescribed by a physician or a specialized nurse practitioner, which is essential to maintaining one of your vital functions. You must dedicate at least 14 hours per week to this care (including time for travel, medical visits, and necessary recovery after treatment)

https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/

4.6. Certificate Respecting an Impairment

Form TP-752.0.14-V is used to certify that a person 18 or over has a severe and prolonged impairment in mental of physical functions.

Alternatively, you can send us a copy of federal form T2201 This link will download the document, Disability Tax Credit Certificate, to certify that you or a person in respect of whom you are claiming a tax credit in your return has a severe and prolonged impairment.

However, use form TP-752.0.14-V if you are required to provide us with a certificate confirming:

- That the impairment is considered severe because of the time spent undergoing therapy that is essential to sustain a vital function (the therapy must be provided at least twice a week for a total of at least 14 hours);
- That someone in respect of whom you are claiming the tax credit for caregivers is unable to live alone or needs assistance in carrying out a basic activity of daily living because of a severe and prolonged impairment.

https://www.revenuquebec.ca/en/online-services/forms-and-publications/current-details/tp-752-0-14-v/

4.7. Refundable Tax Credit for Medical Expenses

You can claim a refundable tax credit for medical expenses if you have claimed, in your tax return, an amount for medical expenses or the deduction for products and services supporting a person with a disability.

https://www.revenuquebec.ca/en/citizens/tax-credits/refundable-tax-credit-for-medical-expenses/

https://www.revenuquebec.ca/documents/en/publications/in/IN-245-V%282023-12%29.pdf

4.8. Student Financial Assistance–Allowance for special needs - Adults

This program is a special needs allowance for adults with a recognized permanent disability resulting in significant and persistent impairment.

It allows you to access support services related to your disability (e.g., specialized services, adapted transportation, housing allowance, material resources) that are necessary for continuing your studies:

- In secondary school or in vocational programs;
- In secondary school, in adult education programs;
- In college (Cegep);
- In university.

The program provides financial assistance only for support services that are not reimbursed by other programs.

https://www.quebec.ca/en/education/student-financial-assistance/allowance-special-needs-adults

4.9. Student Financial Assistance–Allowance for special needs - Youth

The Special Needs Allowance Program is available for your child if a major functional impairment limits their learning at home. Your child must attend a recognized non-subsidized private educational institution and follow an accredited curriculum.

The allowance allows you to obtain the material resources necessary for continuing their studies:

- In preschool;
- In elementary;
- In secondary school.

No other program should cover the same needs.
https://www.quebec.ca/en/education/student-financial-assistance/allowance-special-needs-youth/eligibility-requirements

5. Programs, measures and services for people with disabilities, their families and their caregivers

https://www.quebec.ca/en/people-with-disabilities

5.1. Service employment paycheque

If you live at home and need help with certain activities, you may have access to home support services.

Home support services fall under the establishments of the health and social services network, specifically the Local Community Service Centers (CLSC). They are responsible for receiving and assessing the needs of anyone who requires their services.

https://www.quebec.ca/famille-et-soutien-aux-personnes/inaptitude-perte-autonomie/services-soutien-domicile (FRENCH)

https://publications.msss.gouv.qc.ca/msss/en/document-000865/

6. After 18 years…

At the birth of your child, you become their legal guardians by signing the birth declaration with the Director of Civil Status […] This means that, from the birth or adoption of the child until the day before their 18th birthday, you are their legal guardians and holders of parental authority. […] Parents must ensure the care, supervision, health, safety, physical and psychological well-being, education, and maintenance of their child. […] Parents also have the right to make important decisions concerning their child. (Lalonte-Piecharski, 2021, p. 34).

"On the very day they turn 18, each person becomes fully capable and autonomous, unless proven otherwise." (Lalonte-Piecharski, 2021, p. 35). However, the child has not become a new person overnight. The issues remain the same.

After turning 18, if no representation measures have been set up, "parents or caregivers are faced with a wall" (Lalonte-Piecharski, 2021, p. 36), when it comes to decisions related to "administrative, financial, legal, or medical matters" (Lalonte-Piecharski, 2021, p. 37).

"A protection regime for the adult can be requested in the year prior to the majority, but the ruling only takes effect once they turn 18" (Lalonte-Piecharski, 2021, p. 49) (see section 8 Public Curator of Quebec).

There are also two programs in Quebec that provide financial assistance to certain individuals […]: the Social Assistance Program and the Social Solidarity Program, both administered by the Ministry of Labour, Employment, and Social Solidarity […] only individuals with severe employment constraints can apply for social solidarity. And this is the program we are interested in. (Lalonte-Piecharski, 2021, p. 68).

At 18, certain aspects of drug insurance change, as the child can be registered as an adult at that time. Moreover, if the now-adult child is a recipient of social solidarity, they may receive a claims booklet that allows them to obtain certain medications and health services free of charge. (Lalonte-Piecharski, 2021, p. 127).

A brand new website was launched on February 27, 2025 :

https://parentcap18.ca/

7. Public Curator of Quebec

7.1. Assistance Measure

In summary, the assistance measure allows a person to be officially supported by one or two individuals of their choice (assistants) in making decisions, managing their assets, or taking care of themselves.

The assistant can communicate with third parties (government services, financial institutions, businesses, service providers, and professionals such as doctors, pharmacists, social workers, lawyers, accountants, etc.) on behalf of the assisted person.

https://www.quebec.ca/en/justice-and-civil-status/legal-protection/assistance-measure/about

7.2. Tutorship to a person of full age

The tutorship to a person of full age is a legal measure aimed at ensuring the protection of the person, the administration of their patrimony, and the exercise of their rights. It is established by the court in the case of a person's incapacity when they need to be represented in the exercise of their rights.

Depending on their incapacity and need for representation, the guardianship may only concern the management of the individual's assets (all or part of their property). This is known as guardianship of property.

The guardianship may also concern the protection of the person, meaning their moral well-being, representation in the exercise of their civil rights, and the defense of their rights. In this case, it is referred to as guardianship of the person.

Finally, guardianship can involve both aspects. This is known as guardianship of both property and the person.

Steps of the application:

- Obtaining evaluations (medical and psychosocial);
- Drafting and filing the application for the opening of guardianship with the court;
- Interrogation of the person concerned by the application;
- Convening a meeting of family members, allies, or friends;
- Judgment (court decision).

https://www.quebec.ca/en/justice-and-civil-status/legal-protection/tutorship-person-full-age

NOTE

To determine whether it is preferable to open a guardianship or not, refer to the book by Me Lalonte-Piecharski available for loan at Les Aidants du Haut-Saint-Laurent (see references), or consult a notary or a specialized lawyer. You can also consult the Guide for the use of the tutor and the guardianship council. (FRENCH DOCUMENT): https://cdn-contenu.quebec.ca/cdn-contenu/curateur-public/pdf/guide_tut_maj.pdf)

7.3. Declaration of Dative Tutorship

Who will take care of your children if you pass away or become incapacitated? You can designate a guardian for your minor children in your protection mandate or your will. However, you can also simply submit a written declaration to the Public Curator of Quebec.

The **Declaration of Dative Tutorship (PDF)** form allows you to choose a person to take guardianship of your minor children. The wishes of the last parent to pass away or lose the ability to assume guardianship will apply.

Dative tutorship declarations filed with the Public Curator hold official value and do not require further steps with the court or a notary.

https://www.quebec.ca/en/justice-and-civil-status/legal-protection/tutorship-property-minor/persons-involved/dative-tutor

8. Notaries and specialized lawyers

(Supporting family caregivers of a person with an intellectual disability or an autism spectrum disorder)

NOTARIES AND SPECIALIZED LAWYERS

Me Sonia Lemieux, Notary
Email: sonia.lemieux@notaireatypique.ca
Phone: (354) 201-0017
https://www.notaireatypique.ca/
(See Appendix 1)

Me Joanie Lalonde-Piecharski, Notary
886 Boulevard Sir Wilfrid Laurier, Suite #1,
Mont-Saint-Hilaire, Quebec J3H 6B7
Phone: (450) 281-1114
https://www.enfantdifferentquebec.ca/
(See Reference)

Me Hélène Guay
Phone: 514-272-1164 ext. 3
Fax: 514-272-5447
200 Laurier Avenue West, Suite 300
Montreal, Quebec H2T 2N8
https://heleneguay.com/

Me Laurent Fréchette
Me Roxanne Duhaime
Phone: 514-727-9100
7160 Pie IX Boulevard, Suite 201,
Montreal, Quebec H2A 2G4
https://hffnotaires.ca/

9. Social Solidarity Program

The Social Solidarity Program is intended for a single adult or for families in which one or more adults have severely limited capacity for employment. This program provides financial assistance and promotes integration and social participation. The amount allocated varies according to the composition of the family and other criteria, such as type of accommodation, income or assets.

Severely limited capacity for employment

Severely limited capacities for employment are serious health problems that limit an adult's opportunities to work. These health problems may relate to an adult's physical or mental condition and must be noted by a doctor in a medical report.

Some examples of severe employment restrictions are as follows:

- Mental disorders, such as neurosis or psychosis;
- Intellectual disability, mental retardation or amnesia;
- Chronic illness;
- Hearing impairment;
- The aftermath of an accident;
- The inability to move around;
- Inability to understand linguistic symbols due to language disruption.

https://www.quebec.ca/en/family-and-support-for-individuals/social-assistance-social-solidarity

For application
https://www.quebec.ca/en/family-and-support-for-individuals/social-assistance-social-solidarity/how-to-apply/financial-assistance-application-forms

NOTE

It is possible to make a request only when the person with employment constraints turns 18. The amounts paid are not retroactive, so it is important not to delay in making the request. (Lalonte-Piecharski, 2021, p. 70).

For the steps to follow and the documents to gather, refer to the book by Me Lalonte-Piecharski, available for loan at Les Aidants du Haut-Saint-Laurent.

10. The trust will

"In the will, it is entirely possible to include, in addition to your wishes, various protective measures for your loved ones. [...] It is, in a way, a continuation of your concern for their well-being." (Lalonte-Piecharski, 2021, p. 86).

For more information, you can refer to Appendix 1 and the book by Me Lalonte-Piecharski, available for loan at Les Aidants du Haut-Saint-Laurent (see references).

https://www.quebec.ca/en/justice-and-civil-status/legal-protection

11. New leave options in the Act Respecting Labour Standards

As a caregiver, you have access to provisions that authorize you to take leave days or absences as a result of your caregiving situation. Major changes were recently made to the LNT, to allow for better balance between your professional obligations and your duties as a caregiver.

The following categories are concerned:

- Family-related leave: parental or family obligations;
- Non-work-related illnesses or accidents: paid absence days.

https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/new-leave-options-in-the-act-respecting-labour-standards/

12. Managing the finances of the person I am caring for

Visit the Appui Family Caregivers website
https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/new-leave-options-in-the-act-respecting-labour-standards/

13. Preventing financial abuse and mistreatment

It is possible that your loved one may face serious financial difficulties or become a victim of abuse or fraud. How to ensure their financial security?

Visit the Appui Family Caregivers website
https://www.lappui.org/fr/je-suis-aidant/demarches-administratives/formalites-administratives-et-fiscalite/prevenir-la-fraude-les-abus-et-la-maltraitance-financiere/

14. Power of attorney

The person you are assisting wishes to delegate certain tasks that have become too complex, such as managing and paying their bills? A power of attorney could grant you the right to act on behalf of your loved one.

Visit the Appui Family Caregivers website
https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/power-of-attorney/

15. Completing your income tax return

Visit the Appui Family Caregivers website
https://www.lappui.org/en/practical-advices/navigating-the-administrative-process/protection-mandate-and-legal-issues/need-assistance-completing-your-return-/

16. Ressources offering respite to families

16.1. Répit le Zéphyr

- Respite and babysitting services for families in the MRC of Beauharnois-Salaberry, MRC Haut-Saint-Laurent, and MRC of Vaudreuil-Soulanges, with one or more dependents diagnosed with intellectual disabilities (ID) or autism spectrum disorder (ASD)
- In-home respite service
- Respite service at Zéphyr and Jean-Reid House
- Stays can range from 1 to 7 consecutive days
- Available for individuals aged 4 to 65 years, with intellectual or physical disabilities, and/or autism spectrum disorder

101-222, Alphonse-Desjardins Street
Salaberry-de-Valleyfield, Quebec
J6S 2N9
450 370-8804
reception@repitlezephyr.com
https://repitlezephyr.com/

16.2. Camp Soleil Mélissa

- Day activity service
- Monday to Friday from 9 AM to 3 PM
- Offered to individuals aged 21 and older with an intellectual or physical disability, and/or a spectrum disorder (autism spectrum disorder)

24, York Street, Huntingdon, Quebec
J0S 1H0
450 264-6340
melissasunshinecamp@gmail.com
https://campsoleildemelissa.weebly.com/

16.3. Notre-Dame-de-Fatima

- Respite
- Summer camp
- Stays vary between 2 and 12 nights
- Offered to individuals aged 4 and older with a hearing impairment, language impairment, intellectual disability, autism spectrum disorder (ASD), or multiple disabilities requiring support.

2464, Boul. Perrot
Notre-Dame-de-l'Île-Perrot, Quebec
J7W 2Y9
514 453-7600
info@mon-camp.ca
https://www.mon-camp.ca/bienvenue-chez-fatima/

16.4. Centre multifonctionnel Horizon

- Day activity service for adults aged 18 and over, offered Monday to Friday, from 9 a.m. to 3 p.m.
- Weekend respite service, duration of 48 hours, from Friday 7 p.m. to Sunday 7 p.m.
- Summer camp, duration of 6 to 8 weeks, Monday to Friday, from 9 a.m. to 3 p.m., for adolescents aged 12 to 21 who do not have access to municipal camps.
- In-home respite, provided as support to families living with a person with a disability aged 6 and older

78, Lac-Saint-Louis Road
Lery, Quebec, J6N 1A1
450 692-6000
https://www.centre-multifonctionnel-horizon.ca/

16.5. Camp Papillon

- Adapted holiday camps
- Weekend respite from Camp Papillon, from Friday 7 p.m. to Sunday 3 p.m.
- Offered to individuals with physical and/or intellectual disabilities or those living with an autism spectrum disorder, and who do not exhibit aggressive behavior

210, Papillon Street
Saint-Alphonse-Rodriguez, Quebec
J0K 1W0
514 937-6171, ext. 229
https://fondationpapillon.ca/services-adaptes/camp-papillon/

16.6. Parrainage Civique de Vaudreuil-Soulanges

- Day activity service
- Offered to individuals aged 21 and older, living with an intellectual disability and/or autism spectrum disorder, with or without a physical disability, who no longer attend school and do not want or cannot access the workforce
- Offered Monday to Friday, from 7 a.m. to 8 a.m. and from 3 p.m. to 6 p.m. for our members living with their natural family

36A, St-Charles Avenue
Vaudreuil-Dorion, Quebec
J7V 2K5

450 455-8986
pcvs@pcvs1982.ca
https://parrainageciviquevs.ca/

17. List of Quebec Foundations

NAME	TYPES OF SUPPORT	CLIENTELE	WEBSITE
Adapte-Toit	Specifically helps people with spinal cord injuries by adapting their living spaces	Any person over the age of 5, with a spinal cord injury	https://fondationadaptetoit.org/les-adaptations-possibles/
Bon départ Canadian Tire	Subventions individuelles aux enfants pour l'équipement de sport et pour les inscriptions à des activités sportives	Children from 4 to 18 years of age	https://jumpstart.canadiantire.ca/fr/pages/individual-child-grants
Fondation des gouverneurs de l'espoir	Financial assistance to Quebec families whose child is diagnosed with cancer or a life-threatening illness and has experienced a loss of income due to the diagnosis	The child must be diagnosed with cancer or a life-threatening illness and must be under 18 years old, unless they are still receiving care in a pediatric hospital	https://fondationdesgouverneurs.org/formulaire-de-demande-daide-financiere/
Espace Espoir Foundation	Offers children and adolescents with a chronic or life-threatening illness or disability a bedroom of their liking	All disabilities, from 4 to 17 years old	https://www.espaceespoir.org/faites-une-demande-request-a-room
Gisèle Faubert Foundation	Support for the family: Travel costs for medical appointments Healthcare professional services: speech therapy, etc. Various forms of therapy: hippotherapy, etc. Respite center services Cost of medical equipment and devices: adapted tricycle, etc.	The child must be under 18 years old	https://fondationgiselefaubert.org/soutien-aux-enfants/
Groupe Forget Foundation	Hearing aids, audiology tests, and hearing assistance devices	A person with hearing loss in need (child or adult, no age condition)	https://fondationgroupeforget.ca/admissibilite

NAME	TYPES OF SUPPORT	CLIENTELE	WEBSITE
Jean-Michel Dufour Foundation	Provide assistance to children with rare diseases and their families by helping them achieve a better quality of life	Under 21 years old Suffering from a rare disease Child's life expectancy must be at least two years	http://www.fondationjeanmicheldufour.org/faire-une-demande/
La petite sirène Foundation	The foundation's mission is to reduce the fees charged by ambulance services when transporting patients who call 9-1-1.	Single mother/father; Family income of less than $35,000 after tax; Victims of disasters; People with disabilities; Victims of assault or sexual acts; Deceased individuals; Newborns; Children under 8 years old.	https://fondationlapetitesirene.ca/demande/
Les petits trésors Foundation	This program allows families to enjoy vacations without worrying about accommodation costs (Treasure on vacation)	To families affected by autism Families must apply directly to the regional autism association that corresponds to their postal code	https://petitstresors.ca/support/tresors-en-vacances-sp/
Marthe Laverdière Foundation	Financially assist families for respite care, therapies (occupational therapists, physiotherapists, etc.), and the acquisition of assistive devices	Be 17 years old or younger A doctor must have confirmed the disability	https://www.fondationmarthelaverdiere.com/contact
Maude Gauthier Foundation	By covering part or all of the costs of the care needed by the sick child or the family through the care reimbursement program; By covering part of the costs for travel, living expenses, or accommodation related to your child's illness through the living assistance program; By enabling you to engage in family activities to ensure the well-being of your family and children through the well-being program.	The Foundation aims to provide transitional support for families. Between the diagnosis of an illness and government assistance, there is a period during which the family receives no help. The Maude Gauthier Foundation has established three different programs to assist sick children and their families	https://fondation-maude-gauthier.ca/

NAME	TYPES OF SUPPORT	CLIENTELE	WEBSITE
Fondation Noël au Printemps	Directly helps families experiencing financial difficulties due to a child's illness.	Letter introducing the child, their family, and the situation, indicating the needs. ◦ Diagnosis done and signed by a recognized medical doctor or professional (e.g., pediatrician, physiatrist, specialized team, social worker, occupational therapist, physiotherapist, kinesiologist). ◦ Most recent Canadian Child Tax Benefit statement.	https://www.fnap.ca/demande-daide/
Foundation Variety Québec	Offers support to children with disabilities or physical challenges, victims of abuse, and disadvantaged children. Social and recreational activities Adaptive equipment Scholarships and grants	Have a child under the age of 18 as of December 31 of the current year with a diagnosis of a rare or orphan disease; Be able to provide a medical certificate of your child's diagnosis; Have ongoing medical follow-up for this condition.	https://www.variety-quebec.ca/demande-daide-ou-subvention/
Fonds des Millepattes	Supports families with a child diagnosed with a rare or orphan disease by providing financial assistance.	Have a child under the age of 18 as of December 31 of the current year, diagnosed with a rare or orphan disease; Be able to provide a medical certificate confirming your child's diagnosis; Have ongoing medical follow-up for this condition; Provide, upon the Fund's request, receipts for expenses related to your child's medical condition.	https://fondsdesmillepattes.com/besoin-aide

NAME	TYPES OF SUPPORT	CLIENTELE	WEBSITE
Mission dayforce	Provides grants to facilitate the purchase of food, clothing, shoes, and household items. Our financial assistance also supports the purchase of medical devices, home adaptations to improve accessibility, and access to recreational programs.	For individuals and families in need.	https://www.dayforcecares.com/ca

18. Finautonome

A community organization that helps individuals with disabilities (PWD) and their families improve their financial well-being

18.1. Their services

- Conferences and training
- Helpline and individual support
- Awareness campaigns
- Community of practice
- Services for professionals
- Finance and Disability Expertise Center (Finautonome, 2023)

18.2. Contact information

- Website: https://www.finautonome.org/
- Email : aide@finautonome.org
- Telephone : 1 833 866-7334

19. Office des personnes handicapées du Québec

19.1. Their services

- Advise individuals with disabilities and their families
- Support in obtaining services (school, living environments, etc.)
- Support in complaint processes
- 4 advisors in Montérégie

19.2. Documentation

- Tax measures for individuals with disabilities, their families, and their caregivers

https://www.ophq.gouv.qc.ca/publications/guides-de-loffice/guides-pour-les-personnes-handicapees-leur-famille-et-leurs-proches/mesures-fiscales.html (FRENCH)

- Guide en soutien à la famille

https://www.ophq.gouv.qc.ca/fileadmin/centre_documentaire/Guides/Guide_en_soutien_a_la_famille_pour_les_parents_d_un_enfant_ou_d_un_adulte_handicape_-_Partie_1.pdf (FRENCH DOCUMENT)

19.3. Contact information

- Website: https://www.ophq.gouv.qc.ca/
- Email : info@ophq.gouv.qc.ca
- Telephone : 1 833 866-7334

20. Observatoire québécois de l'autisme

Together, let's take stock of autism in Quebec

https://observatoire.autisme.qc.ca/

21. Companion Leisure Card (CAL)

The Companion Leisure Card (CAL) grants free admission to the accompanying party of a disabled person and is recognized by leisure, cultural and tourist organizations. The list of places where this card is accepted can be found on the website. The procedures for applying for the card are also provided there.

https://www.carteloisir.ca/en/

For application
https://www.carteloisir.ca/en/request-your-cal/application-form-page/

22. Les Aidants du Haut-Saint-Laurent

22.1. Mission of the organization

- Preventing exhaustion for the caregivers
- Offering support and tools
- Enabling caregivers to better exercise their role
- Improve their quality of life.

22.2. Targeted clientele

The « All caregivers » service is aimed for caregivers who are responsible for a person:

- Under 65 years old
- Living with an intellectual disability
- Living with a physical disability
- Living with an autism spectrum disorder
- Living on the territory of the MRC du Haut-Saint-Laurent.

22.3. Services offered

- Individuel, couple or familial support
- Cozy-coffee on Zoom or in person
- Caring dinner
- Reflective workshops « Caregiving Without Exhaustion»

22.4. Contact informations

- Web site: https://www.aidantshsl.org/
- Email: sdesgroseilliers@aidantshsl.org
- Counselor: Sylvie Desgroseilliers
- Telephone: 450-826-1243 ext. 2226

23. Other resources

RESOURCES

- AATYPIQ (Ateliers Atypiq) https://www.facebook.com/profile.php?id=100092568198290
- ADDS https://www.addshuntingdon.org/
- Ancre et Ailes https://www.ancreetailes.com/
- APPUI Proches aidants https://www.lappui.org/fr/
- Aspiequebec https://aspiequebec.org/
- Association des Parents et des Handicapés http://www.aphrsm.org/
- Association pour les personnes ayant une déficience intellectuelle du Suroît (APDIS) https://www.apdis.ca/
- Au cœur des familles agricoles, travailleuse de rang, 450 768-6995
- Au moulin de la source http://www.moulindelasource.com/
- Autisme 123 https://autisme123.com/
- Autisme Montérégie https://autismemonteregie.org/
- Biblio-Santé – Proches aidants https://bibliosante.ca/fr/information_sante/proches-aidants.php?gclid=EAIaIQobChMI8Ienv62JgAMVjtbICh1iHQlXEAAYAiAAEgIq9_D_BwE
- Bouffe Additionnelle https://labouffeadditionnelle.com/
- Centre de réadaptation en déficience intellectuelle et en trouble du spectre de l'autisme de Châteauguay et Salaberry-de-Valleyfield, 450 373-8444
- Centre de Ressources Familiales du Haut-Saint-Laurent – CRFHSL https://www.crfhsl.ca/
- CLSC Huntington - Accueil psychosocial DI-TSA 450 829-2321 poste 1299
- Club Joie de vivre https://www.clubjoiedevivre.net/
- Conciliation proche aidance travail https://procheaidancetravail.ca/
- Enfants différents Besoins différents http://enfantsdifferentsbesoinsdifferents.com/a-propos-2/
- Fédération québécoise de l'autisme https://www.autisme.qc.ca/

- Info-Santé 811 https://www.quebec.ca/sante/trouver-une-ressource/info-sante-811
- Intégration Sociale des Enfants en Milieu de Garde (ISEMG) https://isemg.quebec/
- Intégration Sociale des Enfants en Milieu de Garde (ISEMG) - Place à l'École https://isemg.quebec/services-pour-les-parents/
- JAG Organisme LGBT+ https://lejag.org/
- L'accompagnateur https://laccompagnateur.org/
- La FRAS - Fondation des ressources alternatives du sud-ouest https://www.lafras.com/
- Les pas pour rire https://lespaspourrire.com/
- LigneParents https://www.ligneparents.com/LigneParents
- Lucky Harvest / La récolte chanceuse https://www.facebook.com/TheLuckyHarvestProject/
- Montérégie West Community Network - Réseau communautaire Montérégie Ouest – MWCN https://www.mwcn.ca/?lang=fr
- On s'comprend https://onscomprend.ca/
- PARDI Parents pour la déficience intellectuelle https://pardi.quebec/
- Psycohésion https://psycohesion.weebly.com/
- Répertoire Fondations pour enfants handicapés https://www.repertoirefondations.ca/
- Résidence Elle https://fmhf.ca/maisons/residence-elle/
- S. au S. Autisme https://s-au-s.org/fr/
- Service externe de main-d'œuvre pour personnes handicapées Montérégie (SEMO Montérégie) https://www.sdem-semo.org/
- Société québécoise de la déficience intellectuelle https://www.sqdi.ca/fr/
- Tel-Aide Région du Suroît, 1 855 377-0600
- Un coin chez nous https://www.uncoincheznous.org/
- Un coin chez nous (ITMAV) Tanya Loyer 514 237-6118
- Une affaire de Famille https://www.uneaffairedefamillehsl.com/

24. Guides, tools and other documents available

NOTE

Some of the following may be available in French only. If you need help or support to better understand them, feel free to contact your counselor or anyone at Les Aidants du Haut-Saint-Laurent at 450-826-1243. We will be happy to assist you with any questions you may have.

24.1 Autism

24.1.1. Guide to sexuality for autistic individuals (FRENCH)
https://www.autisme.qc.ca/produit/sexualite-un-guide-pour-les-personnes-autistes-version-pdf-edition-2023/

24.1.2. Autistics and Non-Autistics: Better Understanding Each Other (FRENCH)
https://www.autismemonteregie.org/images/Publications/guide-autistes-et-non-autistes-2023.pdf

24.1.3. ENERGY LOSSES in Autism (FRENCH)
regie.org/images/Pertes_de%CC%81nergies.pdf

24.1.4. Biblio-Santé - Autism Spectrum Disorders
https://bibliosante.ca/fr/information_sante/troubles-du-spectre-de-lautisme.php

24.1.5. Developing the skills of autistic individuals in a bullying context (FRENCH)
https://laressource.ca/images/ressources/guide-intimidation.pdf

24.1.6. Parent resource kit (Ontario) (FRENCH)
https://autismequebec.org/autisme_quebec_fichiers/file/Autism_Parent_Resource_Kit.pdf#:~:text=Les%20familles%20recevront%20notamment%20une%20formation

24.1.7. A pour autre (Interactive tools) (FRENCH)
https://apourautre.ca/#

24.1.8. Autism daily (FRENCH)
https://www.chusj.org/fr/Soins-services/T/Troubles-du-spectre-de-l-autisme

24.2 Intellectual Disability

24.2.1. What is intellectual disability? (FRENCH)
https://www.sqdi.ca/wp-content/uploads/2018/07/Qu_est_ce_que_la_deficience_intellectuelle.pdf

24.2.2 Guide for supporting youth with profound intellectual disability through transition to an active life
https://drive.google.com/file/d/1QRlYtqfTTH6IVq9hiVPPQZD0f9C0wLHL/view

24.2.3 Biblio-Santé – Intellectual disability (FRENCH)
https://bibliosante.ca/fr/information_sante/deficience-intellectuelle.php

24.3 Caregiving

24.3.1. KARE Magazine dedicated to young caregivers who are in high school and/or college
https://amiquebec.org/kare/

24.3.2 Who are the sandwich caregivers in Canada? (FRENCH)
https://www150.statcan.gc.ca/n1/fr/pub/11-627-m/11-627-m2024003-fra.pdf?st=7UxcW_ee

24.3.3 Programs, measures, and services for families of a child with a disability (FRENCH)
https://www.ophq.gouv.qc.ca/services/programmes-mesures-et-services.html

24.4 Other

24.4.1. Introducing my child (FRENCH)
https://drive.google.com/file/d/0B8wF1DlhdqqLOTNERVRkMktlMjA/view?resourcekey=0-gEZ5d0gWy4SdkRzM16UGfA

24.4.2 Kairos
https://kairosgame.com/en

24.4.3 Autonome kitchen
https://autonome.education/en/home/

24.4.4 Guide in support to the family (FRENCH)
https://cdn-contenu.quebec.ca/cdn-contenu/adm/org/ophq/Administration/Guides/Guide_soutien_famille_parent_enfant_ou_adulte_handicape.pdf

25 Trainings available

25.1 Autism spectrum disorder

25.1.1 Institut universitaire en déficience intellectuelle et en trouble du spectre de l'autisme (FRENCH)

https://institutditsa.ca/activites/formations/

25.1.2 Canal autism (FRENCH)

http://www.canalautisme.com/formations.html

25.1.3 SACCADE centre d'expertise en autisme ($) (FRENCH)

https://saccade.ca/

25.2 Intellectual disability

25.2.1 Institut universitaire en déficience intellectuelle et en trouble du spectre de l'autisme (FRENCH)

https://institutditsa.ca/activites/formations/

25.2.2 Et le parent dans tout ça? (And the parent in all of that?) (FRENCH)

https://aqis-iqdi.uxpertise.ca/catalog

26 References

Lalonde-Piecharski, J. (2021). *Au-Delà des dix-huit ans : Préparer le passage à l'âge adulte et l'avenir de votre enfant différent.* Logiques. https://www.enfantdifferentquebec.ca/blogue/enfant-different-testament-different

Appendix 1

Original document available upon request
FRENCH ONLY

If you need help by our counselor, do not hesitate to contact us

NOTAIRE ATYPIQUE

SONIA LEMIEUX

Main dans la main vers l'âge adulte : votre petit guide préparatoire

Qui suis-je?

Bonjour,

Je me présente, Sonia Lemieux, une notaire dévouée et, avant tout, une maman fière et engagée. Ma vie professionnelle est jalonnée de défis, mais c'est dans mon rôle de maman que j'ai découvert ma véritable force.

J'ai la chance d'être la mère de deux garçons extraordinaires, chacun unique à sa manière. Mon plus jeune fils est un jeune homme incroyable qui a un trouble du spectre de l'autisme (TSA) et un retard global de développement. Être sa maman m'a enseigné et m'enseigne encore des leçons inestimables sur la patience, la résilience et la puissance de l'amour inconditionnel.

J'ai le plaisir de partager avec vous un projet qui me tient à cœur, tant d'un point de vue professionnel que personnel. En tant que notaire, je comprends l'importance de planifier, d'organiser et de sécuriser l'avenir. Mais c'est en tant que maman d'un enfant différent que je ressens profondément l'urgence de préparer sereinement leur passage à l'âge adulte.

J'ai donc créé une liste « To-Do » spéciale, pensée et conçue pour les familles d'enfants aux besoins particuliers, afin de les accompagner dans cette transition cruciale. Ce n'est pas seulement une liste de tâches ou de documents juridiques; c'est un guide empreint de compréhension.

À travers cette liste, je vise à allier mon expertise de notaire à ma sensibilité de maman pour offrir un soutien complet et adapté aux besoins uniques de nos enfants. Parce que chaque enfant mérite de s'épanouir, et que chaque famille a le droit de se sentir soutenue et comprise.

Ensemble, faisons un pas de plus vers un avenir préparé pour nos enfants exceptionnels.

Sonia Lemieux

Matériel nécessaire

Cette chose que l'on appelle la patience...

Un ordinateur et une imprimante

Ou ceux de votre voisin!
L'important c'est d'avoir accès à ces outils.

Une bonne boîte de rangement pour chemises

Certificat de naissance de votre enfant

Numéro d'assurance social (NAS) de votre enfant
XXX-XXX-XXX

Vous l'avez égaré? Pas de panique. Présentez-vous avec les documents originaux requis au bureau de Service Canada de votre région.

Numéro d'assurance maladie (NAM) de votre enfant

Avec tout mon soutien et ma compréhension : L'ORGANISATION

Un petit conseil amical pour vous rappeler combien il est crucial d'être bien organisé. Dans le tourbillon de nos vies, surtout en prenant soin de nos enfants extraordinaires, l'organisation n'est pas juste un outil, mais notre alliée. Je le répète constamment : planifier, structurer, anticiper. Cela nous évite de faire les choses en double et nous permet de savourer pleinement chaque instant magique avec nos petits trésors.

REPÈRES ESSENTIELS AVANT MÊME L'ADOLESCENCE

Le plus tôt possible

Demande crédits d'impôt

Faire les demandes pour les crédits d'impôt provincial et fédéral pour personnes handicapées, le supplément provincial pour enfant handicapé et les prestations de compassion.

Faire un testament adapté avec votre notaire

Un testament notarié adapté, ou le testament fiduciaire, c'est la paix d'esprit. Léguer directement à votre enfant? C'est un peu comme lui offrir un casse-tête sans l'image de référence. Simplifions les choses avec un plan adapté! C'est d'ailleurs dans votre testament adapté que nous pourrons prévoir le legs des assurances vie, des biens, de la maison, des véhicules, etc.

Ouvrir un REEI

Ouvrir un régime enregistré d'épargne-invalidité (REEI). Lorsque votre enfant est approuvé pour le crédit d'impôt pour personnes handicapées (CIPH), vous recevrez une lettre de l'Agence de revenu du Canada (ARC) afin d'avoir une aide particulière pour épargner pour la sécurité financière à long terme de votre enfant.
Pour ma part, j'ai demandé l'aide à mon conseiller en sécurité financière pour procéder à l'ouverture.

Ce guide est un soutien dans votre parcours. Il n'est pas un avis juridique. Pour obtenir des conseils personnalisés, veuillez consulter un professionnel. Ensemble, avançons vers les meilleures solutions pour vous et vos proches.
- Sonia Lemieux, notaire, 2024

REPÈRES ESSENTIELS POUR LE PASSAGE À L'ÂGE ADULTE

Qui fait les demandes? Le tuteur ou le parent?

Entre 14 et 15 ans

La transition des soins pédiatriques aux soins adultes

Obtenir le **dossier médical** de votre enfant

Diagnostics, tests génétiques, IRM, orthophonie, physiothérapie, ergothérapie, rapports, notes cliniques, notes d'évolutions

S'inscrire pour obtenir un **médecin de famille**

Guichet d'accès à un médecin de famille (GAMF)
Parce que nos précieux pédiatres ne pourront plus avoir comme patient vos enfants lorsqu'ils auront atteint l'âge de la majorité.

Demande de **transport adapté** (si nécessaire)

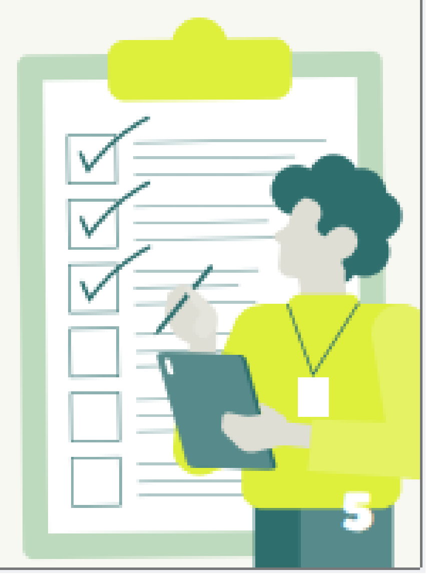
Vous devez vous adresser au service de transport adapté de votre municipalité afin d'avoir le bon formulaire à compléter. Je vous suggère de commencer à y voir tôt parce qu'à 21 ans, vous devrez faire l'inscription de votre enfant.

Évaluation **psychologique**

Est-ce que la dernière évaluation psychologique remonte à **plus de 10 ans** ? Si oui, il est important de communiquer avec le CLSC ou l'hôpital.

Demande **exemption médicale**

Si votre enfant n'est pas en mesure de fournir une photo ou une signature pour la carte d'assurance maladie ou le passeport, il faut obtenir un certificat d'exemption médicale via la Régie de l'assurance maladie du Québec.



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– Sonia Lemieux, notaire, 2024

REPÈRES ESSENTIELS POUR LE PASSAGE À L'ÂGE ADULTE

Entre 14 et 15 ans

Ouvrir un **compte de banque** pour votre enfant

Obtenir une **vignette de stationnement**

PRENDRE DE L'AVANCE!

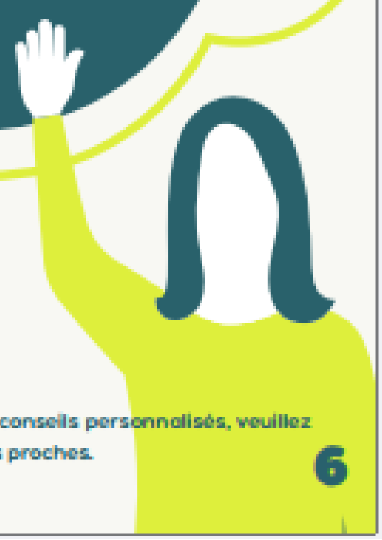
Comme le parent est légalement en droit d'ouvrir un compte bancaire pour son enfant mineur, il est idéal de le faire avant le passage à la majorité.

Avant l'âge de la majorité, en tant que parent, vous recevez les versements de prestation gouvernementale et les allocations directement dans votre compte bancaire. À l'âge de la majorité de votre enfant, les montants seront déboursés directement en son nom.

Il est possible de demander une vignette de stationnement pour personnes handicapées à la Société de l'assurance automobile du Québec (SAAQ).

C'est quoi le CLE?
Le Centre local d'emploi offre entre autres les services d'admission aux programmes de solidarité sociale, de revenu de base et d'aide sociale.
Je vais y revenir plus loin.

Lors du passage à l'âge adulte, vous devrez fournir un spécimen de chèque au Centre local d'emploi (CLE).



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- Sonia Lemieux, notaire, 2024

Les derniers milles avant de souffler ensemble les 18 bougies, marquant un nouveau chapitre

Un peu avant 18 ans

Obtenir l'attestation de fréquentation scolaire

L'attestation de fréquentation scolaire de votre enfant sera nécessaire pour ouvrir votre dossier au Centre local d'emploi (CLE).

Montant maximum permis dans le compte de banque

Il est important de vérifier quel est le montant maximum qu'il vous est permis de conserver dans le compte bancaire de votre enfant selon le programme d'aide financière qui lui sera attribué à la majorité.

Un rendez-vous chez le médecin

C'est le moment d'utiliser votre imprimante! Vous aurez besoin de faire compléter certaines demandes par le médecin de votre enfant, telles que :

- Formulaire SR-2100 – rapport médical du médecin
- Formulaire SR-0014 – administration de l'aide financière par un tiers
- Formulaire SR-0040 – certificat médical pour besoins à caractère médicaux
- Formulaire 4086 – exemption de photo et/ou de signature carte d'assurance maladie

Communiquer avec votre notaire

Bien que votre voisin soit probablement une personne super sympathique, il n'est pas nécessairement la meilleure ressource avec qui discuter du passage à l'âge adulte de votre enfant ainsi que des étapes juridiques importantes qui s'en suivent. Ce tournant de la vie, plein de nuances et de spécificités, requiert souvent des conseils plus spécialisés. Il est crucial de s'entourer de professionnels tels qu'un notaire spécialisé dans les procédures non contentieuses (j'y reviens plus loin).

Les derniers milles avant de souffler ensemble les 18 bougies, marquant un nouveau chapitre

Un peu avant 18 ans

Trouver un travailleur social pour votre enfant

Si l'opinion de votre notaire et du médecin de votre enfant concorde, et qu'ils vous conseillent de trouver un travailleur social pour le dossier de votre enfant, il est recommandé de communiquer avec le CLSC de votre région ou encore de trouver un travailleur social au privé sur le site de l'Ordre des travailleurs sociaux du Québec. Il est possible qu'une évaluation psychosociale soit nécessaire pour les démarches juridiques.

À noter que dans le secteur public, le délai d'attente pour obtenir un rapport psychosocial peut parfois dépasser un an. Bien que les délais soient plus courts dans le secteur privé, il faut prévoir de payer pour ce service.

Faire la déclaration de revenus de votre enfant

Il est important de faire la déclaration de revenus, même si votre enfant n'a pas de revenu, à l'Agence du revenu du Canada (ARC) et à Revenu Québec. Je vais encore le répéter : entourez-vous de professionnels pour vous aider.

Il est possible d'obtenir gratuitement de l'aide pour remplir vos déclarations de revenus, ce qui pourrait vous ouvrir les portes à divers crédits d'impôt. Ces services sont souvent proposés par des bénévoles dans le cadre de programmes spéciaux, comme les cliniques d'impôts, où des experts se rendent disponibles pour vous guider. Pour plus d'informations et pour trouver une clinique près de chez vous, je vous invite à visiter le site du service 211 ou à contacter le Centre d'action bénévole de votre région.

Ce guide est un soutien dans votre parcours. Il n'est pas un avis juridique. Pour obtenir des conseils personnalisés, veuillez consulter un professionnel. Ensemble, avançons vers les meilleures solutions pour vous et vos proches.
– Sonia Lemieux, notaire, 2024

La majorité, une étape cruciale

18 ans

Faire la comptabilité

Je vous recommande vivement de tenir à jour votre comptabilité de façon mensuelle, en conservant soigneusement les factures pour toutes les transactions. Cette pratique rigoureuse est essentielle, car vous serez soumis à des vérifications occasionnelles au courant de l'année. Cette habitude, bien qu'elle puisse sembler fastidieuse, est votre alliée pour assurer une gestion saine et sans souci des finances.

Enfin, le rendez-vous au Centre local d'emploi (CLE)

Vous devrez apporter les formulaires que vous avez préparés avec votre médecin et le spécimen du compte bancaire de votre enfant :

- Formulaire SR-2100
- Formulaire SR-0014
- Formulaire SR-0040
- Formulaire 4086

Crédit d'impôt pour la rénovation d'habitations multigénérationnelles (CIRHM)

Je le mentionne ici parce qu'il s'agit souvent d'un enjeu. Il est maintenant possible de demander un remboursement pour la construction d'une habitation secondaire dédiée à un adulte admissible au crédit d'impôt pour personnes handicapées. C'est d'ailleurs avec un professionnel que vous devrez en discuter.

Comme parents, vous n'aurez plus le droit aux allocations, aux prestations pour enfants handicapés ou au supplément pour enfant handicapé. Les Centres locaux d'emploi (CLE) vous aideront à soumettre les demandes pour les programmes de solidarité sociale, d'aide sociale ou encore pour le nouveau programme de revenu de base, en fonction des besoins de votre enfant. Les sommes seront dès lors versées directement à votre enfant.

Note : Je vous suggère de faire une recherche internet sur le site du localisateur de bureaux de Services Québec avec votre code postal afin de trouver le bureau qui pourra vous répondre.

Vive la technologie! Certains formulaires peuvent maintenant être complétés en ligne sur la plate-forme MON DOSSIER du site de Revenu Québec.

Les différents programmes gouvernementaux disponibles à la majorité pour nos enfants différents

Programme de solidarité sociale

Le Programme de solidarité sociale s'adresse à une personne adulte seule ou aux familles dont une ou des personnes adultes présentent des contraintes sévères à l'emploi. Ce programme permet de recevoir une aide financière tout en favorisant l'intégration et la participation sociale. La somme allouée varie selon la composition de la famille et d'autres critères, comme le type d'hébergement, les revenus ou les biens.

Programme d'aide sociale

Le Programme d'aide sociale vise à accorder une aide financière de dernier recours aux personnes qui ne présentent pas de contraintes sévères à l'emploi.

Note : L'administration de l'aide financière par un tiers

Un peu plus haut, je parlais du formulaire SR-004, à compléter avec le médecin de votre enfant pour être capable d'administrer l'aide financière de ce dernier lorsqu'il aura atteint l'âge de la majorité. Je suggère également que vous obteniez une lettre du médecin expliquant l'inaptitude et qui mentionne que vous êtes la personne désignée pour votre enfant. Cette lettre facilitera les échanges avec l'hôpital, l'école, les institutions financières, le CLE, etc. Il sera éventuellement question d'ouvrir un régime de protection.

Programme de revenu de base

Le Programme de revenu de base s'adresse à des personnes qui ont des contraintes à l'emploi sévères et persistantes.

Le Programme de revenu de base permet à votre enfant, s'il est admissible, d'avoir un revenu de base plus élevé. Il lui sera possible de gagner plus d'argent en travaillant, sans que cela modifie le montant de sa prestation. Il pourra aussi disposer de plus de biens et de plus d'argent sans que sa prestation soit diminuée.

Les contraintes sévères à l'emploi, c'est quoi?

Les contraintes sévères à l'emploi correspondent à des problèmes de santé graves qui limitent les possibilités de travailler d'un adulte. Ces problèmes de santé peuvent concerner l'état physique ou l'état mental d'un adulte et doivent être constatés par un médecin dans un rapport médical. Les limitations fonctionnelles sont des pertes ou des diminutions des fonctions corporelles, qu'elles soient physiques, cognitives, ou sensorielles. Ces limitations peuvent être totales ou partielles. Elles empêchent une personne d'accomplir une activité d'une façon acceptable ou dans les limites considérées comme normales pour un être humain. Les limitations fonctionnelles peuvent être liées de façon directe ou indirecte à des activités de travail.

Voici quelques exemples de contraintes sévères à l'emploi :

- les troubles mentaux, comme la névrose ou la psychose;
- la déficience intellectuelle, le retard mental ou l'amnésie;
- la maladie chronique;
- les déficiences auditives;
- les séquelles d'un accident;
- l'incapacité de se déplacer;
- l'incapacité de comprendre les symboles linguistiques en raison de perturbation du langage.

Aptitude ou inaptitude?
Les personnes majeures et **aptes**

Au Québec, toute personne est présumée « apte » jusqu'à preuve du contraire. Cela implique que nous soyons habituellement en mesure de veiller sur nous-mêmes, de gérer nos affaires et d'exercer nos droits. Toutefois, que se passe-t-il lorsque cette autonomie est compromise, notamment pour les personnes vulnérables et ayant des besoins particuliers?

LES PERSONNES APTES ÂGÉES D'AU MOINS 18 ANS PEUVENT NOMMER D'AUTRES PERSONNES POUR ACCOMPLIR CERTAINES TÂCHES EN LEUR NOM.

Une procuration pour gérer les biens de la personne : La personne, malgré les défis auxquels elle est confrontée, possède encore heureusement toute sa capacité de discernement et son autonomie pour prendre des décisions éclairées concernant sa vie et ses affaires. Cependant, compte tenu de la complexité et de la multitude des tâches à gérer au quotidien, il devient évident que confier la gestion de certaines de ses responsabilités à une personne de confiance serait une démarche pratique. Cette transition permettrait non seulement d'alléger son fardeau, mais aussi de lui offrir l'opportunité de se concentrer sur ce qui est essentiel pour elle, en sachant que ses affaires sont entre bonnes mains.

Une mesure d'assistance pour choisir de se faire aider : La personne, confrontée à des défis notables dans son quotidien, se retrouve dans une situation où les difficultés qu'elle rencontre entravent sa capacité à mener à bien certaines démarches importantes. Face à cette réalité, elle exprime le souhait de bénéficier d'un accompagnement personnalisé. Ainsi, elle désire être assistée par un intermédiaire, qui agira comme un pont entre elle et les tiers, tels que les entreprises, les ministères et les organismes divers. Ce soutien spécialisé lui offrirait non seulement une aide précieuse, mais aussi une présence rassurante qui lui permettrait de surmonter les obstacles avec confiance.

Un mandat de protection peut être rédigé : la personne, consciente des aléas de la vie et des éventuelles difficultés futures, souhaite prendre une décision empreinte de prévoyance. Elle envisage avec sérieux de désigner une personne de confiance, ayant à cœur ses intérêts et son bien-être, pour prendre des décisions importantes en son nom dans l'éventualité où, pour des raisons de santé ou autres circonstances imprévues, elle se trouverait dans l'incapacité de gérer ses biens et ses soins.

Note: Votre notaire pourra vous assister dans la mise en place des trois possibilités.

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– Sonia Lemieux, notaire, 2024

Aptitude ou inaptitude?
Les personnes majeures et **inaptes**

Lorsqu'on parle d'**inaptitude**, on évoque souvent la question de la vulnérabilité. En effet, une personne jugée inapte peut se retrouver face à des risques accrus, qu'il s'agisse de prendre des décisions qui ne seraient pas dans son meilleur intérêt ou de devenir la cible d'abus. Face à cette réalité, il existe une multitude de solutions pour assurer sa protection. Le choix de la stratégie la plus appropriée variera grandement en fonction des circonstances spécifiques de chaque cas. Quelle est donc la meilleure approche à adopter? La réponse est nuancée et dépend entièrement du contexte unique de chaque situation.

LA TUTELLE AU MAJEUR

La procédure pour l'ouverture d'une tutelle :

- Obtention des évaluations médicale et psychosociale.
- Rédaction et dépôt de la demande d'ouverture de la tutelle au tribunal.
- Interrogatoire de la personne concernée par la demande.
- Convocation d'une assemblée de parents, d'alliés ou d'amis.

Le tribunal détermine le type de tutelle nécessaire, qui peut couvrir la personne, ses biens, ou les deux. À noter qu'il est maintenant possible que les deux parents de la personne jugée inapte soient nommés tuteurs à leur enfant majeur. Les décisions du tribunal sont prises en tenant compte de l'intérêt et des volontés de la personne concernée.

La loi prévoit certains actes qu'une personne représentée peut ou ne peut pas faire. **Le tribunal peut modifier ou préciser ces actes en fonction des capacités de la personne.** La décision est prise en considérant les évaluations médicale et psychosociale de la personne, l'interrogatoire réalisé avec elle, ainsi que les avis recueillis lors d'une réunion avec ses parents, alliés ou amis.

Le rôle du curateur public :

Le curateur public est un organisme gouvernemental qui protège les personnes inaptes en s'assurant que les décisions qui les concernent sont prises dans leur intérêt et préservent leur autonomie.

La curatelle :

Depuis le 1er novembre 2022, ce n'est plus possible d'obtenir une curatelle pour une personne inapte. Le tribunal nommera plutôt un tuteur pour cette personne. Les curatelles qui existaient déjà sont automatiquement devenues des tutelles.

Le testament adapté

Un **testament fiduciaire**, dit adapté, est un moyen de transférer un héritage de façon sécuritaire dans le testament. On peut y mettre des biens, des immeubles, de l'argent, des placements, etc. Dans le but d'accompagner votre enfant dans la gestion de son héritage plus tard, on nommera des fiduciaires pour s'occuper de la gestion de la fiducie (de l'héritage de votre enfant à protéger). Il pourra s'agir de membres de la famille, d'amis, de la fratrie, de professionnel et même de compagnies de gestion de fiducies.

Plusieurs éléments sont à considérer :

- Dynamique familiale
- Ressources pour les parents
- Besoins spéciaux
- Supplément pour enfant handicapé nécessitant des soins exceptionnels (SEHNSE)
- Solidarité sociale
- Programme de revenu de base
- Crédit d'impôt pour personnes handicapées (CIPH)
- Régime enregistré d'épargne-invalidité (REEI)
- Roulement de REER

Les sommes ne seront pas léguées à une autre personne dans l'espoir que cette dernière les remette à votre enfant.

Il est important de souligner que depuis 2014, au Québec, il est possible de mettre en place une **fiducie 'Henson'**. Cette option est particulièrement avantageuse pour les parents ne disposant pas d'un capital suffisant pour constituer un patrimoine apte à assurer un niveau de vie décent à leur enfant handicapé. La fiducie 'Henson' permet d'offrir une aide financière complémentaire à l'enfant, venant s'ajouter aux sommes remises à ce dernier en vertu de la Loi.

Vous allez trouver que je me répète, mais il est **TRÈS** important d'être prudent et de consulter un notaire qui pourra vous guider et mettre en place avec vous un testament adapté.

Il est essentiel de créer une **structure organisée** pour votre entourage qui s'occupera de la gestion des biens de votre enfant.

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- Sonia Lemieux, notaire, 2024

NOTAIRE ATYPIQUE
SONIA LEMIEUX

Courriel : sonia.lemieux@notaireatypique.ca
Téléphone : (354) 201-0017

Sur rendez-vous uniquement
65, rue Principale
Châteauguay (Québec)
J6K 1E9

Appendix 2

A BETTER ORGANIZATION FOR A BETTER SUPPORT

This document was inspired and written by Debbie Neumann, a caregiver support worker for seniors experiencing loss of autonomy, and adapted by Sylvie Desgroseilliers, "All caregiver" support worker at Les Aidants du Haut-Saint-Laurent.

For more information,
you can communicate with:

SYLVIE DESGROSEILLIERS
450 826-1243

sdesgroseilliers@aidantshsl.org

Information in case of emergency

Personal information of your cared-for

Last name: ____________________ First name: ____________________

Address: ____

Telephone: ______________ Date of birth (DD/MM/YY): ______________

Health insurance number: ______________________________

Hospital card number: ______________________________

Medical situation of the person you care for

Known illnesses: ______________________________

Diagnoses: ______________________________

Allergies : ______________________________

To contact in case of emergency

Name: ____________________ Telephone: ______________

Relationship: ____________________ Cell phone: ______________

Name: ____________________ Telephone : ______________

Relationship: ____________________ Cell phone: ______________

Name: ____________________ Telephone : ______________

Relationship: ____________________ Cell phone: ______________

Name: ____________________ Telephone : ______________

Relationship: ____________________ Cell phone: ______________

Important information

Hospital:____________________ ☎ ______________

CLSC (CISSSMO): ____________________ ☎ ______________

CLSC (CISSSMO): ____________________ ☎ ______________

CLSC (CISSSMO): ____________________ ☎ ______________

Family doctor: ____________________ ☎ ______________

Medical clinic: ____________________ ☎ ______________

Pharmacy: ____________________ ☎ ______________

Personal journal

My life story

Each person has their own preferences and tastes. Taking the time to understand and respect them can bring comfort to the person you are caring for, especially during a period of transition or respite. It is important to share this information with your family and the various people who will be supporting your loved one.

This form will allow you to quickly pass on the information and preferences of your loved one during respite, a stay in a care facility, or when being relieved by another member of your circle.

Favorite music

____
____
____
____
____
____

Favorite food

I like	I don't like

Lifestyle habits

AM	PM

Favorite hobbies

____
____
____
____
____

List and dosage of medications

The medications are located at this place in the house: ______________________________

Medications	Dosage (schedule)	Medical issues

We suggest that you contact your pharmacist to obtain the complete list of medications and update it regularly.

List and dosage of over-the-counter medications

The medications are located at this place in the house: ______________________________

Medications	Dosage (schedule)	Medical issues

Important contact information

Contact information of specialists

Family doctor: ____________________

Name: ____________________

Telephone: ____________________

Address: ____________________

Email: ____________________

Notes: ____________________

Specialist doctor: ____________________

Name: ____________________

Telephone: ____________________

Address: ____________________

Email: ____________________

Notes: ____________________

Specialist doctor: ____________________

Name: ____________________

Telephone: ____________________

Address: ____________________

Email: ____________________

Notes: ____________________

Hospital: ____________________

Name: ____________________

Telephone: ____________________

Address: ____________________

Email: ____________________

Notes: ____________________

Hospital: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Dental clinic: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes : ______________________________

Pharmacie : ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Occupational therapist: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Physiotherapist: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Speech therapist: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Social worker: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Psychoeducator: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Other: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Other: ______________________________

Name: ______________________________

Telephone: ______________________________

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Email: ______________________________

Notes: ______________________________

Other: ______________________________

Name: ______________________________

Telephone: ______________________________

Address: ______________________________

Email: ______________________________

Notes: ______________________________

Appointments

Date	Time	Place

Appointments

Date	Time	Place