

Need help planning for the future?

Moving into adulthood is an exciting and important time. It can also be scary to make decisions about things like:

- » where you are going to live
- » whether you want to continue your education or find a job
- » what kinds of activities you may want to try
- » how to meet new friends

What is a navigator?

A navigator is a person who can help you and your family plan for your goals and access the supports available for young adults with developmental disabilities. This is part of the B.C. government's Services to Adults with Developmental Disabilities program.

How can a navigator help?

Navigators work with you and your family to make a plan that's all about you. They can:

- » help you identify your interests and future goals, what you want to do and what you might need to achieve your goals
- » bring together your support network
- » help you find government and community services
- » "build a picture" of you and your goals that helps you share your story more easily with different people who work with you

What do you want to do?

The navigator can support you and help get the right people—your support team—involved. Planning will help you do things like get job experience, enroll in school and participate in your community.

Am I eligible for navigator support?

You can get help from a navigator if:

- » you have a developmental disability*
- » you are between the ages of 16 and 24
- » you would like help in planning your transition into adulthood

*Individuals eligible for Community Living BC's Personal Support Initiative are also eligible for navigator support.

A navigator can help explain how to become eligible for Community Living BC services at age 19.



STADD

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Where can I find a navigator?

Navigator supports are currently available in:

- » Prince George and some surrounding communities
- » Haida Gwaii
- » Kamloops/Merritt and some surrounding communities
- » Nanaimo and some surrounding communities
- » Courtenay
- » Surrey
- » Langley
- » Delta

The navigator program is expanding to other communities across the Fraser Region and work is underway to expand access to services in the North and Interior through enhanced use of technology. Please contact 1-855-356-5609 for more information on specific communities or areas, or check the STADD website at www.gov.bc.ca/adultdevelopmentaldisabilityservices.

How do I get started with a navigator?

- » Call 1-855-356-5609 to connect to a navigator in your area.
- » Talk to a school teacher or your Ministry of Children and Family Development or Delegated Aboriginal Agency social worker and ask for a referral.
- » Talk to your facilitator at Community Living BC and ask for a referral.
- » If you are receiving services from a local health authority, ask for a referral.



For More Information

Contact the Services to Adults with Developmental Disabilities program by calling toll-free:

1-855-356-5609

Or visit the website at:

www.gov.bc.ca/adultdevelopmentaldisabilityservices



Would you like help planning for your future?

Are you 16-24 years old?

Do you have a developmental disability?

Navigator support may be available to help you.

Navigator Support for Youth and Young Adults with Developmental Disabilities

