



GENEVA
CENTRE
FOR
AUTISM

Respite Services Guide



Please note: The information provided is for reference only. It is not intended as a recommendation or endorsement of organizations, or a comprehensive resource list.
This information has been updated as of April 2026.

This guide covers both in-home and community-based respite options for families of autistic individuals and those with developmental disabilities or complex needs in Toronto. It is designed to help families understand available funding, compare programs, and make informed choices that best fit their circumstances.

Respite programs provide children, youth, and adults with opportunities to enjoy social, recreational, and community activities, while offering caregivers a planned and meaningful break. Respite care is intended to ease the physical and emotional demands of caring for a family member with a disability, creating greater balance for the entire family.





It allows parents and caregivers time to rest, attend to personal needs, connect with friends, pursue hobbies, or manage daily responsibilities while knowing their loved one is supported in a safe and engaging environment.





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Understanding your funding options is an important first step. Many families are eligible for government programs that can significantly reduce or fully cover the cost of respite. The table below outlines the most common funding sources, eligibility criteria, and how to apply. If you're unsure where to start, contact us at intake@autism.net and we can help guide you.

Funding Program	Description & Eligibility	How to Apply	Scan QR
<u>Assistance for Children with Severe Disabilities (ACSD)</u>	<ul style="list-style-type: none"> Monthly grant to help families with disability-related costs <p>Eligibility:</p> <ul style="list-style-type: none"> Under 18, living at home, with a severe disability Household income \$76,920 or less Amount: \$25–\$665/month based on family size, severity, and extraordinary costs 	<ul style="list-style-type: none"> Apply online at ontario.ca or submit a paper form to your local ministry office Documents required: proof of immigration status, Ontario residency, health card, medical documentation, CRA notices of assessment, Canada Child Benefit info, direct deposit info 	
<u>Enhanced Respite for Medically Fragile and/or Technology Dependent Children Program</u>	<ul style="list-style-type: none"> For children who are medically fragile and/or technology-dependent requiring 24/7 care <p>Eligibility:</p> <ul style="list-style-type: none"> Under 18, living at home Requires intensive care, constant monitoring, and skilled medical treatment 	<ul style="list-style-type: none"> Contact the regional Ministry of Children, Community and Social Services office (Toronto region): 416-325-0500 	
<u>Family Directed Respite (FDR) Funding</u>	<ul style="list-style-type: none"> Reimbursement program for families with a child with ASD who are not currently connected to ministry-funded respite or camp programs <p>Eligibility:</p> <ul style="list-style-type: none"> Child must have ASD diagnosis, ages 2–18, residing in Toronto Ineligible if already accessing Ministry-funded respite or camp programs Eligible applicants chosen by lottery 	<ul style="list-style-type: none"> Registration opens in February for the fiscal year Email: FDRFunding@autism.net 	
<u>Holland Bloorview Family Support Fund</u>	<ul style="list-style-type: none"> Financial support for Holland Bloorview families during a time of transition or stress Reimbursement for equipment, medication, recreational activities, and respite services <p>Eligibility:</p> <ul style="list-style-type: none"> Under 19, receiving OHIP-covered clinical care or therapy through Holland Bloorview 	<ul style="list-style-type: none"> Complete online application Email: fsfdoc@hollandbloorview.ca or call 416-425-6220 x6303 	

Funding Program	Description & Eligibility	How to Apply	Scan QR
<p><u>Special Services at Home (SSAH)</u></p>	<ul style="list-style-type: none"> • Funding for respite, daily activity support, and personal growth • Reimbursement program <p>Eligibility:</p> <ul style="list-style-type: none"> • Ontario resident, under 18, living at home with caregiver • Must need extra support due to a physical and/or developmental disability 	<ul style="list-style-type: none"> • Apply online at ontario.ca or submit a paper form • Documents required: child’s medical documentation, proof of residency, proof of child’s age 	
<p><u>DSO Passport Funding</u></p>	<ul style="list-style-type: none"> • Annual funding for adults with developmental disabilities to participate in their community • Can be used for respite supports, community participation, and caregiver relief • Individualized funding managed by the family or support network <p>Eligibility:</p> <ul style="list-style-type: none"> • 18 years or older, registered with Developmental Services Ontario (DSO) 	<ul style="list-style-type: none"> • Apply through Developmental Services Ontario (DSO) • Once approved, funding is administered through a Passport agency • Families submit expense claims for reimbursement of eligible supports 	



These resources can help reduce the cost and complexity of getting to and from respite programs, and of accessing entertainment and community activities.

Resource	Description	How to Apply	Scan QR
<u>TTC Support Person Assistance Card</u>	<ul style="list-style-type: none"> Allows a person accompanying your child on the TTC to travel at no fare. Bring the form to your family doctor to determine eligibility. 	<ul style="list-style-type: none"> Form completed by your family doctor. Details at ttc.ca 	
<u>WheelTrans</u>	<ul style="list-style-type: none"> TTC's specialized transit service for people with disabilities. Provides pre-booked, shared, door-to-door transportation using accessible buses or contracted taxis. 	<ul style="list-style-type: none"> Form completed by applicant and health care provider. See ttc.ca/wheel-trans 	
<u>Easter Seals - Access2 Entertainment Card</u>	<ul style="list-style-type: none"> Helps ensure entertainment, cultural, and recreational opportunities are accessible to all. Support persons accompanying cardholders receive free or discounted admission. 	<ul style="list-style-type: none"> Complete form at access2card.ca/get-your-card/ 	






The following programs offer structured respite in centre, overnight, or community-based settings. Programs are operated by a mix of non-profit organizations and community agencies. Availability, hours, and eligibility change regularly — we recommend contacting programs directly and joining waitlists early.

Geneva Centre for Autism Programs

Geneva Centre for Autism (GCA) is a Toronto-based charity providing specialized services and support to autistic individuals and their families. The following respite programs are offered directly through GCA from September to June each year.







Sign up for the GCA newsletter to stay up to date on programs and registration:
genevacentre.ca/newsletter

GCA Program	Description & Eligibility	Contact Information	Scan QR
<u>Children & Youth Respite (Ages 4-17)</u>	<ul style="list-style-type: none"> • Ages 4-17 • 1:1 staff ratio • Partially funded and full-fee options • Evening, weekend, and PA day options (September to June) 	<ul style="list-style-type: none"> • 164 Merton Street • Browse and register at Amilia (link on genevacentre.ca) • groupservices@autism.net or 416-322-7877 	
<u>Les & Kae Martin Programs (Adults 18+)</u>	<ul style="list-style-type: none"> • Ages 18+ • 1:1 or 1:2 staff ratio • Day, evening, and weekend options (September to June) 	<ul style="list-style-type: none"> • 164 Merton Street • groupservices@autism.net or 416-322-7877 	
<u>Adult Respite (Ages 18+)</u>	<ul style="list-style-type: none"> • Ages 18+ • 1:1 staff ratio • Partially funded and full-fee options • Day, evening, and weekend options (September to June) 	<ul style="list-style-type: none"> • 164 Merton Street • Browse and register at Amilia (link on genevacentre.ca) • groupservices@autism.net or 416-322-7877 	










Centre-Based Respite Programs – Toronto & Area








These programs are delivered from established centres across Toronto and the surrounding area. Many offer weekend, evening, holiday, and summer options. Contact each organization directly for current availability and waitlist information.

Organization	Description & Eligibility	Contact Information	Scan QR
<u>Community Living Toronto – Ennerdale</u>	<ul style="list-style-type: none"> Weekend overnight, after school, summer and holiday respite Ages 2–17 Primary diagnosis of Autism Spectrum Disorder (ASD) required 	<ul style="list-style-type: none"> 203 Ennerdale Road 647-729-0447 respite.ennerdale@cltoronto.ca 	
<u>Community Living Toronto – McMillan</u>	<ul style="list-style-type: none"> Weekend overnight, after school, summer and holiday respite Ages 2–17 Must have an intellectual disability 	<ul style="list-style-type: none"> 28 McMillan Avenue 647-729-1657 Mcmillanrespite@cltoronto.ca 	
<u>Community Living Toronto – TRE-ADD</u>	<ul style="list-style-type: none"> For children and youth with ASD who have behavioural challenges and complex needs Referral only 	<ul style="list-style-type: none"> 647-729-0450 	
<u>Corbrook</u>	<ul style="list-style-type: none"> Ages 14–18 Summer, March Break, and Weekend options 	<ul style="list-style-type: none"> 416-245-5565 info@corbrook.com 	
<u>Holland Bloorview – Day Respite</u>	<ul style="list-style-type: none"> Sunday Day Program, 10:00 am – 4:00 pm Ages 4–18 March Break and summer camps also available 	<ul style="list-style-type: none"> 150 Kilgour Road 416-425-6220 x6406 	
<u>Holland Bloorview – Overnight Respite</u>	<ul style="list-style-type: none"> Ages 19 and under Must require care from a nurse or physician Medical equipment or technology 	<ul style="list-style-type: none"> 150 Kilgour Road 416-425-6220 x6406 	

Centre-Based Respite Programs — Toronto & Area

Organization	Description & Eligibility	Contact Information	Scan QR
<u>Inspired Respite</u>	<ul style="list-style-type: none"> • After school program • Autism and developmental disabilities • Children and young adults 	<ul style="list-style-type: none"> • info@inspiredrespite.com • 647-612-6774 	
<u>Kayla's Children Centre (KCC)</u>	<ul style="list-style-type: none"> • Ages 6-21 with a developmental disability • Sundays, overnight, recreational programs 	<ul style="list-style-type: none"> • 36 Atkinson Avenue, Thornhill, ON L4J 8C9 • office@kaylaschildrencentre.org • 905-738-5542 	
<u>Kerry's Place - Overnight Respite</u>	<ul style="list-style-type: none"> • Autistic adults 18+ • 1:1 support during day; 1:4 overnight 	<ul style="list-style-type: none"> • 1-833-775-3779 • intake@kerrysplace.org 	
<u>Kerry's Place - Weekend Day Respite</u>	<ul style="list-style-type: none"> • Autistic adults 18+ • Saturdays and Sundays, 10 am–4 pm • 1:3 ratio 	<ul style="list-style-type: none"> • 1-833-775-3779 • intake@kerrysplace.org 	
<u>Leaps and Bounds</u>	<ul style="list-style-type: none"> • Children, adolescents, and adults • Generalized or specialized therapeutic options available 	<ul style="list-style-type: none"> • 13045 Jane Street, King City • 905-508-6543 	
<u>Lumenus</u>	<ul style="list-style-type: none"> • Ages 12+ • Youth and adults with a developmental disability and/or mental health challenges • Requires support in home, school, and/or community • Offered in spring, fall, and winter; additional opportunities in summer 	<ul style="list-style-type: none"> • 416-222-1153 	
<u>Luso Canadian Charitable Foundation</u>	<ul style="list-style-type: none"> • Ages 18+ • Physical or developmental disability • Day, evening, and overnight options 	<ul style="list-style-type: none"> • 2295 St. Clair Avenue West • 416-761-9761 	

Centre-Based Respite Programs — Toronto & Area

Organization	Description & Eligibility	Contact Information	Scan QR
<u>Meta Centre</u>	<ul style="list-style-type: none"> • Adult services (18+) in Toronto; Children, Youth, and Adult services in Vaughan • Evening social club, holiday and March Break, and Summer Camp options 	<ul style="list-style-type: none"> • Toronto: 401 Champagne Drive • Vaughan: 7465 Kipling Avenue (inside Veneto Centre) 	
<u>Montage Support Services</u>	<ul style="list-style-type: none"> • Individuals 18+ with a Developmental Disability and complex physical/health care needs requiring a wheelchair-accessible setting • Day, evening, and overnight options 	<ul style="list-style-type: none"> • respite@montagesupport.ca 	
<u>Reena</u>	<ul style="list-style-type: none"> • Overnight respite for individuals with developmental disabilities • Ages 7–17: Friday to Sunday • Adults 18+: Friday to Sunday 	<ul style="list-style-type: none"> • 905-889-6484 x2115 • Reenarespite@reena.org 	
<u>SAAAC Autism Centre</u>	<ul style="list-style-type: none"> • Children: Fit and Fun, Visual Arts programs • Youth: Visual Arts program • Adults: Healthy Living, Visual Arts, Living 'N' Learning Adult Day Program 	<ul style="list-style-type: none"> • 705 Progress Avenue, Unit 63, Scarborough, ON M1H 2X1 • 416-289-0100 • info@saaac.org 	
<u>Safehaven</u>	<ul style="list-style-type: none"> • 24/7 respite care for disabled or medically complex children 	<ul style="list-style-type: none"> • 416-535-8525 • respite@safehaven.to 	
<u>Strides Toronto – AYCES Saturday Program</u>	<ul style="list-style-type: none"> • Ages 12–18 • High-functioning autism (ASD Level 1) diagnosis • Alternate Saturdays, 9 am–4 pm 	<ul style="list-style-type: none"> • 184 Galloway Road • 416-438-3697, select option 1 for Autism and Developmental Services 	
<u>Strides</u>	<ul style="list-style-type: none"> • Autism or developmental disability diagnosis • For Ages 12-18 - After School, School breaks, Saturdays • For Adults 18-35, Saturday Respite & Adult Day Program 	<ul style="list-style-type: none"> • 184 Galloway Road • 416-438-3697 select option 1 for Autism and Developmental Services 	

Centre-Based Respite Programs — Toronto & Area



Organization	Description & Eligibility	Contact Information	Scan QR
<u>Sunflower Developmental Services</u>	<ul style="list-style-type: none"> • For children (ages 4 & up), youth & adults with developmental or intellectual disabilities • After school, Saturday program, overnight respite, summer camp 	<ul style="list-style-type: none"> • Unit 1, 1970 Ellesmere Road • 416-289-2223 	
<u>Surrey Place</u>	<ul style="list-style-type: none"> • Ages 3–12 • 4–7 hours per week • Cost: \$49–\$392 • Weeknights, full days, and Saturdays available • Group activities at 1:3 staff-to-child ratio 	<ul style="list-style-type: none"> • Register online at surreyplace.ca • 1-833-575-5437 for more information 	
<u>TheraBounce</u>	<ul style="list-style-type: none"> • Ages 2–10 • Evening respite, PA days, Summer Camp 	<ul style="list-style-type: none"> • 37 Densley Ave, North York ON • 705-928-7079 	
<u>Variety Village</u>	<ul style="list-style-type: none"> • Ages 4+ • March Break, Summer Camp, After-school respite, Full day respite, PA day respite 	<ul style="list-style-type: none"> • 3701 Danforth Ave, Scarborough, ON M1N 2G2 • 416-699-7167 	



The following options allow families to access respite support at home or in the community. There are two main approaches: hiring an independent provider directly (more flexible, but families manage screening and scheduling), or working through an agency (staff are pre-screened and trained, with coordinated scheduling).





Hire an Independent Provider

These platforms connect families directly with independent caregivers. Families manage their own vetting, scheduling, and rates. This approach offers the most flexibility and is often a good fit for families who know exactly what they're looking for.

Platform	Description	Contact / Website	Scan QR
Care.com	<ul style="list-style-type: none"> • Online platform where families hire independent caregivers directly • Families manage their own screening, rates, and scheduling 	<ul style="list-style-type: none"> • www.care.com 	
Respite Now	<ul style="list-style-type: none"> • Connects families with independent respite providers for flexible, short-term or ongoing support • Download the Respite Now app via the App Store or Google Play 	<ul style="list-style-type: none"> • www.respitenow.com 	

Agency-Employed Staff








These agencies employ and screen their own staff, providing families with trained, supported workers. Scheduling is coordinated through the agency. This is a good option for families who want vetted, consistent support without managing the hiring process themselves.

Organization	Description & Eligibility	Contact Information	Scan QR
Agile Healthcare Solutions	<ul style="list-style-type: none"> • Community care and facility staffing 	<ul style="list-style-type: none"> • 647-484-5612 • info@agilehealthcare.ca 	
AJA Support Services	<ul style="list-style-type: none"> • For youth and adults needing complex care 	<ul style="list-style-type: none"> • 647-268-8212 • info@ajasupportservices.com 	
Ask4Care	<ul style="list-style-type: none"> • At home respite care • Programs can include overnight support, day support or short-term social groups for children and youth • Adult and senior care supported 	<ul style="list-style-type: none"> • 647-557-3321 • info@ask4care.com 	
Axisis Integrated Support Services	<ul style="list-style-type: none"> • Supports for adolescents, adults and seniors • Specializing in behaviour management and client safety 	<ul style="list-style-type: none"> • 1-866-250-4536 • admin@axisis.ca 	

Agency-Employed Staff

Organization	Description & Eligibility	Contact Information	Scan QR
<u>Bartimaeus Inc</u>	<ul style="list-style-type: none"> Specialized support for children, adolescents, adults, and seniors with challenging behaviours Services available in Ontario, Quebec, and Nova Scotia 	<ul style="list-style-type: none"> 416-243-3330 	
<u>Cadence's Staffing Services</u>	<ul style="list-style-type: none"> Community and residential settings 	<ul style="list-style-type: none"> 647-458-2298 admin@cadencestaffing.ca 	
<u>Delore Quality Healthcare Services</u>	<ul style="list-style-type: none"> All ages Day, overnight and weekend respite services Behavioural support, personal care and daily living activities, childcare support 	<ul style="list-style-type: none"> 416-295-9981 	
<u>Diverse Community Support Services</u>	<ul style="list-style-type: none"> Specialized care services to individuals of all ages who experience complex needs 	<ul style="list-style-type: none"> 437-799-1454 info@diversecommunity.ca 	
<u>Dorvict Home & Healthcare Services</u>	<ul style="list-style-type: none"> In-home and community based care for individuals with developmental disabilities, autism spectrum disorders and complex needs Respite care for family caregivers Parental relief and home support programs for children and youth 	<ul style="list-style-type: none"> 416-661-1740 info@dorvict.com 	
<u>Genesis Support Services, Inc</u>	<ul style="list-style-type: none"> Specialized support services to individuals of all ages with mental health issues, complex needs, autism, developmental disabilities 	<ul style="list-style-type: none"> 1-888-267-0559 	
<u>Improving Lives</u>	<ul style="list-style-type: none"> In-home respite 	<ul style="list-style-type: none"> 1-866-221-0501 info@improvinglives.ca 	
<u>Just Like Family Home Care</u>	<ul style="list-style-type: none"> Home care services for children, youth and adults with disabilities 	<ul style="list-style-type: none"> 1-800-728-9801 	
<u>Kinnect Support Services</u>	<ul style="list-style-type: none"> Support with youth, adults and seniors who experience behavioural, social, emotional, physical and psychiatric difficulties On Call 24/7 	<ul style="list-style-type: none"> 416-223-1000 info@kinnectsupport.com 	

Agency-Employed Staff

Organization	Description & Eligibility	Contact Information	Scan QR
<u>NHI Nursing & Homemakers Inc</u>	<ul style="list-style-type: none"> Professional nursing, home support and special services Individuals of all ages with intellectual or developmental disabilities 	<ul style="list-style-type: none"> 416-754-0700 staffing@nhihealthcare.com 	
<u>Option One Staffing Agency Inc</u>	<ul style="list-style-type: none"> Children, youth and adults Individuals experiencing behaviour, complex needs and social difficulties 	<ul style="list-style-type: none"> 647-510-9870 	
<u>Provide Home Healthcare</u>	<ul style="list-style-type: none"> Respite care, overnight care, rehabilitative therapy, specialized supports, medication dispensing, mobility assistance, dressing and personal hygiene, escort to and from appointments 	<ul style="list-style-type: none"> 416-309-1919 info@providehomehealth.com 	
<u>Recreational Respite</u>	<ul style="list-style-type: none"> Children, youth and adults In-home or community based Individuals with a disability, mental health concerns, or facing social isolation 	<ul style="list-style-type: none"> 1-877-855-7070 info@recrespite.com 	
<u>Renewed Family Services</u>	<ul style="list-style-type: none"> Children, youth and adults with disabilities Home and community in GTA Available 24/7 	<ul style="list-style-type: none"> 647-309-2402 info@renewedfamilyservices.com 	
<u>Trillium Support Services</u>	<ul style="list-style-type: none"> In-home and community-based respite Behaviour supports available 	<ul style="list-style-type: none"> 289-208-2029 info@trilliumsupport.com 	
<u>WM+A</u>	<ul style="list-style-type: none"> In-home and community-based respite Specialize in behaviour-based services and complex special needs Children, youth and adults 	<ul style="list-style-type: none"> 416-367-5968 info@wmanda.com 	

These are some of the most common questions families ask when getting started with respite care in Toronto. For more personalized guidance, reach out to Geneva Centre for Autism at intake@autism.net or 416-322-7877.

What is respite care and who is it for?

Respite care provides temporary relief for primary caregivers of children, youth, or adults with disabilities or complex needs. It can take many forms, from a few hours of in-home support to overnight stays at a centre — and is available for individuals with autism, developmental disabilities, intellectual disabilities, and other complex needs.

How do I get funded respite care in Ontario?

Several Ontario government programs can help cover the cost of respite, including Special Services at Home (SSAH), Assistance for Children with Severe Disabilities (ACSD), and DSO Passport Funding for adults. Eligibility varies by age, diagnosis, and income. See the Funding section of this guide for details, or contact your local Ministry of Children, Community and Social Services office.

What autism respite programs are available in Toronto?

Toronto has a wide range of respite programs for autistic individuals across all ages, including programs at Geneva Centre for Autism, Community Living Toronto, Kerry's Place, SAAAC Autism Centre, Strides Toronto, and many others. See the Program Directory section of this guide for a complete list.

What if my child has complex medical needs?

Several programs specialize in medically complex or technology-dependent individuals, including Safehaven (24/7 care), Holland Bloorview Overnight Respite, and the Enhanced Respite for Medically Fragile Children provincial funding program.

Are there respite options for autistic adults (18+) in Toronto?

Yes. Programs specifically serving adults 18+ include GCA's Les & Kae Martin Programs, GCA Adult Respite, Kerry's Place Overnight and Weekend Day Respite, Luso Canadian Charitable Foundation, Meta Centre, Montage Support Services, Reena, and many of the in-home agency providers listed in this guide.

How early should I apply for funding?

Many funding options may include waitlists. It's recommended to apply as early as possible, even if you don't need funding right away. Some funding programs (such as FDR Funding) only open for applications once a year, typically in February.

Who can I contact at Geneva Centre for Autism for help navigating options?

Contact our Group Services team at groupservices@autism.net or 416-322-7877. You can also sign up for the GCA newsletter at genevacentre.ca/newsletter to receive updates on program availability and registration.



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