

Ability Online Programs:

| Kids and Teens | Young Adults | Parents/Professionals |
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| Connectedness <i>Reduce social isolation</i> | | |
| <p>Forums - to connect with peers for friendship and support</p> <p>Role models and mentors share information and inspire participation.</p> | <p>Forums - to connect with peers for friendship and support</p> <p>Role models and mentors share information and inspire participation.</p> | <p>Forums - to connect with other parents for friendship and support as well as information;</p> <p>Connect to content specialists for information</p> |
| <p>Chat rooms: for live interactions with peers or guest speakers</p> | <p>Chat rooms: for live interactions with peers or guest speakers</p> | <p>Chat rooms: for live interactions with peers or guest speakers</p> |
| <p>Volunteer Opportunities: High schools students can earn community service hours for their online involvement. Opportunities include: friendship mentors, specialty mentors or Hosts.</p> | <p>Volunteer Opportunities: Young adults can gain some valuable job experience as mentors, content specialists or Hosts. There are also leadership opportunities including advisory committees and content development.</p> | <p>Volunteer Opportunities: Parents and Professionals can help online as Mentors or content specialists; opportunities as well to assist with: fundraising, building awareness and events.</p> |
| Gift of Independence <i>Skill development & equipment grants</i> | | |
| <p>Bully Bouncers - help deal with bullying on or offline. Confidential, personalized support.</p> | <p>Healthy Minds: help young adults dealing with mental health challenges and in many cases, dealing with mental health challenges AND a disability. Various content sections, tips, strategies, videos and forums to connect and share experiences</p> | <p>Ability Gives: Special grant program for parents who are members of Ability Online to get equipment for their child that promotes independence and enhanced quality of life. Focus on items that are typically not covered by other sources.</p> |

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| <p>Friendship Builder: for youth with social communication challenges (including Autism/Aspergers) to learn about social thinking and social skills</p> | <p>Friendship Builder: for youth with social communication challenges (including Autism/Aspergers) to learn about social thinking and social skills</p> | <p>Friendship Builder: for youth with social communication challenges (including Autism/Aspergers) to learn about social thinking and social skills. Great resource for teachers and parents to use with their student/kids.</p> |
| <p>Transitions Plus- tips and strategies for managing the changes that come with the journey to adulthood. Connections to role models and mentors who've been there. Focus on transition to high school and life after high school</p> | <p>Transitions Plus- tips and strategies for managing the changes that come with the journey to adulthood. Connections to role models and mentors who've been there. Focus on life after high school, employment tips, living on your own, personal finance etc.</p> | <p>Resources: Links to Guides for skill development and other helpful sources of information.</p> |
| <p>Active Mind, Active Body: Holistic approach to health and well-being. Promote healthy eating, positive thinking and an active lifestyle. Activity tracking tool allows members to track progress and set personal goals. Links to forums and activity profiles as well as role models and mentors for inspired participation.</p> | <p>Active Mind, Active Body: Holistic approach to health and well-being. Promote healthy eating, positive thinking and an active lifestyle. Activity tracking tool allows members to track progress and set personal goals. Links to forums and activity profiles as well as role models and mentors for inspired participation.</p> | <p>e-Communities: Available for professionals from partner organizations. Option to create PRIVATE pages, forums and chat rooms for exclusive use with client group.</p> |

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| <p>Tumblebooks: library of books and videos for every level reader through high school; includes new math section. Books can be read to you.</p> | <p>Tumblebooks: library of books and videos for every level reader through high school; includes new math section. Books can be read to you.</p> | <p>Tumblebooks: library of books and videos for every level reader through high school; includes new math section. Books can be read to the child. Excellent resource for teachers as includes curriculum activities.</p> |
| <p>Fun Stuff: Games chosen for skill development qualities, Athlete, Artist and Activity Profiles, fun recipes and craft ideas as well as links to recreation opportunities across the country</p> | <p>Fun Stuff: Games chosen for skill development qualities, Athlete, Artist and Activity Profiles, fun recipes and craft ideas as well as links to recreation opportunities across the country</p> | <p>Fun Stuff: Games chosen for skill development qualities, Athlete, Artist and Activity Profiles, fun recipes and craft ideas as well as links to recreation opportunities across the country. Great for parents for fun ideas to do as a family.</p> |