DSO Assessment Preparation Checklist

A practical worksheet for individuals and families navigating adult developmental services in Ontario.

Use this checklist before your Application for Developmental Services and Supports (ADSS) and Supports Intensity Scale (SIS) meetings.

Preparation checklist

- [ ] Gather eligibility letters and relevant medical, psychological and professional reports.
- [ ] List the individual's strengths, interests, preferences and goals.
- [ ] Describe daily activities that require assistance, prompting or supervision.
- [ ] Explain typical days and difficult days, including frequency and safety concerns.
- [ ] Document medical, behavioural, communication and personal care support needs.
- [ ] Record the support currently provided by family members and unpaid caregivers.
- [ ] Identify supports that may end, including school, employment or day programs.
- [ ] Consider current and future housing, community participation and respite needs.
- [ ] Arrange for people who know the individual well to attend, with consent.
- [ ] Write down questions for the assessor and request clarification where needed.

Notes or questions for the assessor

Tip: Describe what support is needed, how often it is needed, and what happens when support is unavailable. Include strengths and goals as well as challenges.