

COMMON SHORT FORMS:

Odsp- Ontario disability support program
Dau - Disability Adjudication Unit
DDP - disability determination package
IR- Internal review
Appeal - appeal to the Social Benefits Tribunal
SBT - Social Benefits Tribunal
Legal Clinic -1 800 263 4819

Applying for ODSP:

Timelines - 90 days to complete application

- If denied 30 days to request Internal Review
- If denied or within 10 day have not heard back - 30 days to file appeal to Social Benefits Tribunal
- Keep a copy of all correspondence.
- If denied - pay attention to deadlines
- Get help or file the Internal Review immediately
- Call the legal clinic for help 1 800 263 4819

Key things to remember when completing the DDP (Disability Determination Package)

Speak honestly with your health care practitioner about the restrictions in your life - complete the **ACTIVITIES OF DAILY LIVING (ADL)** with your health practitioner. Can you do stairs, do you lift the laundry basket, can you pick up and or carry your grandchild, encourage her/him to write a narrative including the degree of severity if your restrictions/challenges are not listed.

If on medications, get a copy from your pharmacists that lists all medications for the past year.

If using other services, like community mental health, addiction services, chiropractic etc - get reports.

Ensure that your health practitioner includes all of your conditions not just the most recent flair up.

Include copies of all tests, x-rays etc.

Keep a copy of your DDP