



## Transition Tip List

- 1. Start early**
  - Think about the future now!
  - Include financial planning.
  - Get appropriate identification for community programs and personal needs.
- 2. Get to know community resources and programs**
  - Service Co-ordination is a great place to start! Look at both public (funded) and private programs.
  - Attend information fairs.
- 3. Join a Group!** You don't have to do it all alone.
  - Start or join a parent group.
  - Check into Families Matter and Focus on Transition
- 4. Focus on developing independence and socially appropriate behavior.**
  - Look for opportunities to increase independence in daily life
  - Insist on socially appropriate behavior at all times
  - Think about independence and social skills that will increase access to the community (i.e. ability to take care of personal grooming, wait patiently, communicate needs, travel safely and independently, use a cell phone, spend time alone, make plans, make and sustain friendships, cook/microwave/open snacks.)
  - Use your support network (school, community, family) to identify and support goals
- 5. Encourage community participation to develop interests, skills and social connections**
  - These activities and connections may make a big difference in post 21 life.
- 6. Work closely with teachers, service coordination and service providers to create a person-directed transition plan** (a plan that focuses on the skills needed to achieve future goals).
  - Include the individual. For some people, this means first hand involvement. Planning for others involves interpretation of their desires.
  - The plans should include work, social, academic, community, gifts and talents, abilities, needs.
  - **DREAM THE DREAM!** Think outside of the box and be creative!
- 7. Transition is a life-long process.**
  - These tips are relevant throughout an individual's life.

**Take a Deep Breath. Roll up your Sleeves and Dive Right In!**