

Transition Planning Tip Sheet

For Families

Now that you are beginning the Transition Planning process with your young adult, you may have a Case Conference coming up. To prepare for that meeting, here are some things you may want to think about ...

- What is your vision for your child's future? Where do you see them living? How will they be spending their days?
- Have you talked with your child about their vision of the future so you can help them share it with others? Where do they see themselves living and working? Is this vision the same as yours or do you need to talk more with your child about future planning?
- Have you talked about having a "Plan B"? What would your child do if the original plan you had developed did not work out?
- Do you have all of the necessary documents ready, or know which ones you still have to get?
- Have you thought about the best ways to include your child in the case conference? Consider things such as what time of day is better for them, the set up of the room, etc.
- Have you thought about the ways that might help to promote your child's independence and participation in preparing for the transition to adulthood? Consider skills they may need to learn, information they may need, etc.
- Have you thought about all the ways that things may change when your child turns 18? For example, will they be able to make medical decisions on their own if you are no longer "allowed" in the doctor's office with them? Will they need to have someone else looking out for them, attending doctor appointments, etc. if you are no longer able to do so?
- Have you spoken with your other children and extended family regarding your child's transition to adulthood? Do they want to be involved in this process? Do they have questions about it? Will anything change for them as their loved one transitions to adulthood?
- Is there anyone else you'd like involved in the transition planning process and case conference? For example, other family members, advocates or other support people, teachers, service providers who know your child and family, etc.

Transition Planning Tip Sheet

For Families

- If any of this information has created any questions for you, have you written them down so you can be sure to get information and answers from the people around the table at the case conference?
- If you have any questions make sure you ask. If things change throughout the transition planning period, be sure to let your team or contact person know so the planning can change to continue to meet your needs.
- Will you be able to follow through on any tasks or activities outlined on the Transition to Adulthood Plan in order to meet your child's goals? Will you need any support or information in order to follow through?