

Transition Planning Tip Sheet

For Youth

It's all about YOU!

When you are 16 you and other kids your age start planning for when you become an adult at age 18. Some people call it “Transitioning to Adulthood.” This is exciting but it takes some planning!

What is transition planning?

- People are going to ask you about your plans for the future.
- Think about what you like to do, what you're good at, and what you're interested in.
- Think about whether you want to go to school, where you'd like to work, and where you want to live.
- People are going to meet with you and your family to talk about your plans for the future. There may be meetings where it's only a few of you, or some where everyone gets together to talk with you!

Who's going to be at the meeting?

- At the meetings there may be some people you know and some that you don't.
- If you want to know who's coming to meet with you, just ask!

What do I have to do?

- All of these support people will help write a plan of how everyone is going to help you achieve your goals.
- Talk to your family about your hopes for the future.
- Let everyone know what will make you comfortable to be at a meeting?
- If there are things you are asked to do, let everyone know what help you need.
- You will only have to do and say what you feel comfortable with.

What if I have questions?

- Make sure you ask someone – either your family or another support person – if you have any questions about planning for your future, how to talk about what you want, and any help you might need.