

My Transition Plan

nextSTEP
your life, after high school™

This is YOUR Life.

What Do You Want To Do???



My Goals.

My Dreams.

My Life.

Transition Planning — Your Guide Book

Name:

Today's Date:

This Transition Planning Guide is to help you think about what you want for your future and what you can do to make that happen.

Your Future—Your Way

Call your school to setup your planning meeting.

Who would you like to invite to your planning meeting?



What would you like to discuss at your meeting?

My life
a full life

Did You Know.....

- Transition Planning helps you plan for your future.
- Transition Planning lets you have a voice about what is important to you.
- Your school can help you get connected to a Developmental Service Agency.
- Developmental Service Agencies can help you connect with Adult Services.
- Transition Planning reflects actual opportunities and resources that are likely to be available after you leave school.
- Transition Planning will help you learn about waitlists, the process to access services, and information about funding.
- Transition Planning defines actions that are necessary year by year to help you move toward your goals.



Education

What School Pathway are you on?

- Certificate of Accomplishment
- Ontario Secondary School Certificate (14 Credits)
- Ontario Secondary School Diploma (30 Credits)
- Other: _____

What supports do you need?

- iDevices
- Visual Schedule
- Assistive Technology
- Tutor/Resource Room
- Other: _____

What else would you like to do in school?

Join a club / committee

Participate in events

Drama / Art / Music

Sports / Gym

GET INVOLVED!

Work / Employment

What type of work would you like to do?

What do you plan to do when you are finished school?

College

Work

Stay Home

Community Supports

Other: _____



What do you need to make this happen?

- Job Coaching / Support
- More education / Training
- A resume
- Work experience
- Help to find a job
- Information on services

Other: _____

Other: _____

Home / Living

What do you do to help at home?

- Make the bed
- Clean my room
- Sweep/Vacuum/Dust
- Outdoor work
- Laundry
- Other: _____
- Put out recycling/garbage
- Use a microwave
- Make a snack
- Cook at meal
- Wash and Dry Dishes

What else would you like to work on?

- Cooking
- Shopping
- Care for myself
- Safety
- Use iDevices
- Independence

What are your future plans? Where do you want to live?

MyLife

Respite / Support Network

Who do you spend time with when you are not with your parents?

- Family
- Friends
- Neighbours
- Community
- Church Group

What else would you like to do?

- Sign up for courses/training
- Participate in the community
- Join a sport team / club
- Find more respite workers
- Apply for more funding
- Other: _____
- Other: _____

How do you plan to spend your time when you are no longer in school?

Social / Friends

Who are your friends?

What do you need to make this happen?

What things would you like to do with your friends?

social life

- Calendar
- Meet people
- Social Skills
- Phone / Facebook

Friends

Community Involvement

Do you currently volunteer? Where?

What would you like to try?

What else would you like to do in the community?

- Join a fitness centre
- Charity Work
- Join a club
- Go to special events

Financial Security

What funding supports do you have?

- ACSD
- SSAH
- ODSP
- Respite
- Other:
- Passport Funding—Community Participation
- Passport Funding—Respite
- Registered Disability Savings Plan
- Ontario Works

Do you have a...

- Birth Certificate
- Ontario Photo Card/Passport
- Social Insurance Number
- Health Card
- Substitute Decision Maker
- Power of Attorney

What would you like to learn about money?

Banking

Shopping

Use a debit card



Transportation

What do you use for transportation?

What new things would you like to learn?

What is your plan for transportation when you are no longer in school?

Training with bus

Safety Plan

Get driver's license

More funding

Follow your dreams...

Safety and Security

Do you know how to keep yourself safe?

- At Home
- With Friends
- In the Community
- At Work



Are you interested in taking any workshops?

- Abuse Prevention
- Rights & Responsibilities
- Financial Literacy

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Health & Wellness

Are you using services as a child now that you will need to change to adult services when you turn 18?

- Pediatrician/Doctor
- Dental Care
- Occupational Therapy
- Physiotherapy
- Speech and Language
- Mental Health
- Specialized Doctor: neurologist, urologist, etc.
- Other: _____
- Other: _____



What are your goals for living a healthy lifestyle?

- Eat Healthier
- Join a Fitness Centre
- Go to Church
- See a Counsellor
- Be Physically Active



Produced by the
***Transition From School
to Community Committee***

The Committee consists of School Boards and Developmental Service Agencies working together to assist families and youth to plan for the future and access services.

Go confidently
in the direction
of your dreams!
Live the life
you've imagined.

—Thoreau

Dream
Big!

We are a resource to you:

- Referral to Developmental Services Ontario
- Funding Applications
- Information about services available
- Assist you to plan for the future
- Information about upcoming opportunities
- Answer questions you may have

Your Goals. Your Dreams. Your Life.

To receive support with transition planning and/or get connected to a Developmental Services Agency, contact your Special Education Teacher at your school to sign consent.