



TRANSITION

From Youth TO To Adult

It's about YOU

Transition is about YOU, the young adult who is on the journey to adulthood. You are the most important person in the transition plan! Now is the time to start to explore who you are. What do you love to do? What do you not like to do? What makes you happy? What are you good at? Is there something you want to learn how to do?

Regardless of who is helping with planning, **You- the person who the transition plan is for, has to be the centre of the plan.** Decisions should always be made by, or with, YOU.

With your Team

Your team is the circle of people around you who helps you to achieve your goals, provides support, and lends a hand when needed.

It is important for you and your parents / caregivers to take the time to build relationships and establish a team who will be there to support you during your transition to adulthood.

Your team should include:

- People close to you, that you feel safe with and that you are able to be open with,
- Good friends that you'd share a coffee or have a shared interest with,
- Acquaintances including school, and work colleagues,
- Paid professionals such as support workers, teachers, therapists, etc.

Going Step by Step

Transition is a journey. It doesn't happen all at once. Focus on one thing at a time, or group similar items and work on them together. Plan ahead, set goals, know deadlines, and stick to your plan.

Having a plan can help prevent you from getting overloaded or being overwhelmed with too many things at the same time!

Hint - Avoid information overload. Make sure you have the information you need and then stop looking!

Putting things in Place

Transition includes completing forms and paperwork. You will need to complete the same legal documents that all youth do - Ontario Health Card, Ontario ID card, possibly a driver's license. You and/or your parents/caregivers may also need to complete other forms required by the government to access additional funding/supports.

Other forms for you or your parents/ caregivers to consider include: Registering with the DSO (Developmental Services Ontario), registering for ODSP (Ontario Disability Support Program), Applying for Canada Disability Tax Credit, Opening a Registered Disability Savings Plan, Considering Guardianship vs. Power of Attorney & Henson Trusts.

Building on Your Strengths

There are many different activities you might choose to do as part of your transition journey. These may include assessing and building on your interests, academic skills, social skills, vocational (Job) skills, independent living skills, and identifying supports for independence.

This might include formal assessments, such as vocational or educational assessments. Or you may prefer informal assessments like creating lists of skills, interests, and things you want to learn. Or both!

These assessments can help identify the skills you already have, and the skills you want to learn or improve in order to meet your future goals.

Connecting to your Community

Community involvement helps you to connect with local supports, identify your strengths and interests, and connect to people that might help you now or in the future. It may also open doors to volunteering, employment, and new friendships!

Look for chances to get involved in your community. Check out community groups and activities. Consider local volunteer opportunities and/or a school co-op placement. Learn how to use your local transit.

Autism Ontario has regional chapters that offer community based activities. This can be a great starting place in your community!

Moving into YOUR Future

Transition is about a forward focus. You can never start to plan too early. In fact, most transition plans recommend looking at least 10 years ahead! Think about: What do you hope life will look like 10 years from now? Where do you hope to be living? What do you hope to be doing? Who do you hope will be a part of your life?

The period from youth to adult is a vast unknown that can overwhelm anyone. But transition does not have to be hard or scary.

Working with your parents/caregivers, you can find the information and resources you need to achieve your goals.

The transition to adulthood is a time to try new activities, explore your community, embrace life, and CELEBRATE your future!

For information and/or resources please see:

www.autismontario.com



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