

This is Your Life!

Looking Forward to Your Next Transition

The questions on these two pages are designed to help you bring together your thoughts about a transition strategy and some first steps to take towards realizing the best possible future after that transition. Remember, this is your plan or if you are the parent of a minor, then this may not be the plan that your son or daughter has in mind, so you need to have a family discussion about it as soon as you can. This strategy planning process is built on the following values: 1) all things are possible with the right types of support; 2) support can come from all parts of the community, e.g., parents, family, friends, community services; 3) given lead time, support services can adapt to individual preferences or new support service options can be created; 4) most important, that we don't know how to plan for the future unless we ask people with disabilities and their families what it will look like. (Revised 8/94)

1

Who is this about?

2

What's the next transition?

3

All things possible, what would life look after that transition?

Completed by: _____

Date: _____

4 What kinds of help do you think would be needed to make that transition a smooth one?

5 What worries you the most about the next transition?

6 What are some first steps that you could take to start moving towards the next Transition?