TRANSITION
PLANNING

Supporting Youth with Disabilities
in Transitioning to Adulthood

Alberta Government

The transition from childhood to adulthood can be both exciting and challenging for youth and their families.

Considering future employment options, whether or not to go to take training or post-secondary education, where to live and how they will support themselves are big questions for young people as they prepare for adulthood.

For youth with a disability, this transition may present some unique challenges and require extra planning to arrange for the supports and services they will need after age 18.

Transitions are more likely to be successful when planning starts early and the youth and their family have a lead role in the planning and decision making.

Starting when the youth is 16 years old, the Family Support for Children with Disabilities (FSCD) program and government programs for adults will work together with youth and their families to plan for the transition to adulthood and adult services.

What is TRANSITION PLANNING?

- Planning for a youth's transition from child to adult services at age 18.
- Providing supports and taking action prior to age 18 that will help build the youth's capacity to achieve their goals as an adult.
- Talking about what supports and services a youth will need to promote their independence and participation in the community as an adult.
- Ensuring that youth and their families are aware of the adult supports and services that will be available to them and have the information they need to plan ahead and make decisions.
- Working together to arrange for the necessary supports to be in place when the youth turns 18.

What is a TRANSITION PLAN?

A road map to the future that:

- is developed together with the youth and their family (or in some circumstances the youth's guardians or caregivers)
- reflects the youth's interests and vision for their future
- focuses on proactive planning for adulthood and the shift from child to adult services
- identifies and builds upon the youth's strengths and natural support systems
- promotes the youth's greatest level of independence and inclusion in their community
- identifies and addresses the youth and their family's needs during the transition period
- prepares for the necessary supports and services to be in place when the youth turns 18

Who's involved in the TRANSITION PLANNING?

- The youth and their family, or where applicable a guardian or caregiver.
- Staff from the FSCD program and/or other government or community programs the youth and their family are involved with.
- Staff from relevant government programs the youth may access after they turn 18 such as:
  - > Persons with Developmental Disabilities (PDD)
  - > Assured Income for the Severely Handicapped (AISH)
  - > Office of the Public Guardian (OPG)
  - > Office of the Public Trustee (OPT)
  - > Alberta Works Programs
  - > Alberta Health Services
- Teachers, service providers and other people who the youth and their family identify as being important to include in transition planning.

What is MY ROLE as a parent or guardian?

- Talk to your youth about his or her goals and dreams for the future.
- Help your youth to share their vision for the future with teachers, support workers, government and community programs you work with and other important people who have a role in supporting your youth with transitioning to adulthood.
- Work together with others to identify and plan for the supports or services your youth will need as an adult.
- Think about what might change for you and your family after your son or daughter turns 18 and is legally able to make decisions on his or her own.
- **Be sure to ask questions if you need more information.**

For more information on
supporting youth with disabilities
in transitioning to adulthood
contact your FSCD worker

or

visit the following websites:
albertasupports.ca
**humanservices.alberta.ca/
transition**

or

call toll free **1-877-644-9992**
Edmonton direct **780-644-9992**

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