

TRANSITION PLANNING

Preparing Children with NDD for Adulthood

Making Transitions Easier



Positive experiences



Skill development



Emotional regulation



Social pragmatics



Supportive community



A transition timeline helps parents know what to work towards next. It is a checklist of skills, supports and things to consider at each age to lead to thriving healthy adulthood. Visit Find Support BC Transitions Timeline for more information: <https://findsupportbc.com/timeline/>



Parents need to plan for changes in:



Programs and specialists



Privacy and consent



Social and professional relationships



Funding



Their own ability to care as they age

Supports independence with daily living skills, health, daily routines, social connection, living arrangements, recreational interests, career and educational pursuits

Makes meaningful adult connections:

- Connects to community
- Continues support needs
- Encourages independent relationships
- Is individualized
- Includes family, peers, supports and NDD individual
- Balances safety and support needs with
- Respect for abilities and independence

A Good Transition Plan to Adulthood

All children need to learn:

- Social skills
- Self advocacy
- Autonomy
- Independence

Find creative ways to help an NDD adult thrive:

- Become their advisor
- Collaborate with others
- Make a social support network
- Create opportunities and meaningful connections
- Build career advisory teams
- Find a job support worker
- Go into business together