

Step by Step Approach To Preparing For Transition To Adulthood

- **Step #1 - Environmental Scan - Gather Information**

- Leisure lists taking into consideration the family's interests as well as the student's
- list jobs or service related activities (like those on the video: Transition To Adulthood found on www.pisp.ca)
- list family's routines particularly if the student will continue to live with the family
- investigate day program options and visit a few to see which appeals to the family

- **Step #2 - Begin building a Community Activity Matrix**

- combine the student's motivators, skills & possible activities from a community environmental scan
- see what others are doing by viewing the video: Transition To Adulthood, produced by P.I.S.P. and visiting local Adult Day Programs

- **Step #3 - Dream - Let's get concrete!**

- PATH (What is the date for this process? Who will attend?)
- purpose of PATH is to help create a plan and shape or direct the student's curriculum for the last year in school to model that first year of adult life

- **Step #4 - Scheduling - Living the student's new lifestyle - now!**

- a) implement a Social Calendar (e.g., "Friends of ... Club" video and concept through Inclusion Press)
 - begin to block new adult activities into the student's schedule so that most of his/her adult life will slowly come into focus throughout the last year
- b) schedule changes for last year of school - build changes in to the student's schedule now!
 - refer to a sample "community activity matrix" in the reference section
 - refer to "last year's schedule" in the reference section

- **Step #5 - Refer to the Checklist - Transition To Adulthood Package** - periodically throughout this last year
 - invite CLBC to help move through these checklists
 - meet with the facilitator in the fall, winter and spring to see what needs to happen next (don't wait until the end of the year)
 - determine where does funding for SLP, OT and PT time come from once the student leaves school?
 - explore "Microboards" if the student's family is interested - through VELA (Do a Google search to find out more about VELA services)