

For assistance with transition planning:

Did you know....

- Planning for the future is a good idea
- Future planning is thinking about what you want for yourself and making a plan for how to get there
- Planning is about your goals and dreams and how you can achieve them. It is not just about services, although you may want to think about how adult services might help you reach your goals
- There are many things to think about:
 - hopes
 - dreams
 - employment / volunteer / day and evening activities
 - learning new skills
 - being a part of your community in meaningful ways
- Plans can change as you change
- Plans should reflect you
- Help is available to plan for the transition to adulthood
- You are an adult when you are 18 years old
- Most Ministry funded children's services end at age 18

Contact Brant 519-758-8228
www.contactbrant.net



Contact Haldimand-Norfolk
1-800-265-8087 / 519-587-2441 Ext 350
www.hnreach.on.ca



Contact Hamilton 1-905-570-8888
www.contacthamilton.ca



Contact Niagara 1-905-684-3407
www.contactniagara.org



Additional Information:

Creating A Good Life in Community:
Person Directed Planning Guide
www.mcass.gov.on.ca

Partners for Planning
www.partnersforplanning.ca

What Do You See in Your Future?



For Youth with a Developmental Disability planning for the future should begin at age 14

**TRANSITION PLANNING
ARE YOU READY?**

‘Transition’ means life is changing.

When your life will be changing, it is time to make some choices.

Planning for the future includes looking at what you want your life to look like as an adult.



Early planning provides opportunities to learn to make good choices. These choices let you make important decisions that are right for you and your future. Having a “transition” plan helps people in your life know what you want your future to look like, and how to best help you get there.

Consider these tips to start planning

- √ Start by age 14 to plan for the transition to being an adult at age 18
- √ Think about ways to gain experiences now in community life that will help you make choices for the future
- √ Develop your transition plan to community life and make changes each school year based on interests, skills and needs.

This plan may include:

- What activities you would like to participate in
 - A vision for your social life in the future
 - Your role within the community
 - Where you will live
 - The daily supports you may need and who can help you
- √ Talk to teachers and current service providers to help with planning for the future
 - √ Call your local Contact Agency for further information, and referral, to help plan for the future

The transition to adulthood is an important time because there will be significant changes in services and school.



The most successful transitions happen when youth, families, schools, and services work together to develop the plan.

The way of planning for your transition into adulthood is through “Integrated Planning.” This is a way of planning that brings everyone important to you together, to create a plan that will help you and your family ensure you have a good life in the future.