

**Are you ready?**

**Planning for the future  
for youth with a  
developmental disability**



**Five Top Reasons Why People Should Plan**

1. To get the best opportunities for the young adult in my life
2. Getting information now will relieve some stress
3. The most successful transitions happen when parents, schools and services along with a young adult work together
4. Preparation means knowledge, skills, strengths and experiences
5. There are other times in life when we all will face changes, and what we learn now in planning together will give experiences to build on

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**Five Top Reasons Why People Don't Plan**

1. Things are too busy now and it's hard to think about the future
2. The belief that there are adult services available when people need them
3. Not knowing what's available
4. Families tend to take care of young people once they've graduated so don't need to plan
5. Belief that the school will do this so I don't have to worry

Did you know children's services end at age 18?

Do you know what is available in the community after graduation from school?

Did you know you should start planning early by at least age 14?

## You should know...

- Planning for the future is a good idea
- Most services will change when a youth turns 18
- There are many adult services to think about
  - residential options based on individuals needs
  - involvement in community life
  - employment or day activities
  - behavioural support
  - respite options
  - advocacy support options
  - family support, assessment; and more
- There are waiting lists for most adult developmental services, including residential; think about other choices too
- Adult developmental services plan by looking at the waiting lists - is the person you know on the waiting list
- Help is available to you for transition planning
- Just call for more information: Contact Brant 519-758-8228 or Contact Haldimand-Norfolk 1-800-265-8087, ext - 350



*The transition to adulthood is an important time because of the significant changes within a person and their environment.*

## Use this checklist for what will happen after graduation

- √ Start at least by age 14 to plan about the changes at graduation from school to community life
- √ Think about ways for the youth to gain experiences now in community life that will help make choices for the future
- √ Develop the ideal transition plan and make changes each school year based on the youth's interests, skills and needs. This plan may include:
  - what activities the young adult would like to participate in during the day
  - a vision for their social life in the future
  - the youth's role within the community
  - where the young adult will live ~ residential options
  - the daily supports necessary
- √ Talk to the youth's teacher and current services for ideas and help with planning for the future
- √ Call Contact Brant or Contact Haldimand-Norfolk for information, referral to services and community options available after graduation

For assistance with transition planning call  
Contact Brant 519-758-8228 or  
Contact Haldimand-Norfolk 1-800-265-8087, ext 350.



*supporting children, families, communities*