

teen transition

PLANNING

A guide to building effective transition teams for youth and young adults with Special Needs.

Great tomorrows begin today!



The information contained in this handout is adapted from “Your Future Now”- MCFD, “Transition Planning & Resource Guide for Youth with Special Needs and Their Families” Delta School District, and “Planning for Adulthood”- Campbell River School District.

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Section 1: Introduction

Background

The inspiration for this guide to youth transition planning comes from the experiences of youth with disabilities and their families living in British Columbia. Despite the efforts and good intentions of parents and guardians, educators, government services, and community service providers, transition planning from high school to adulthood continues to present many challenges for youth with disabilities and their families.

Some of the challenges identified by family and community leaders include:

- A lack of transition planning as part of the youth with special needs IEP planning process during graduation years (Gr. 10 -12).
- Youth and their families often did not begin to think about what they were going to do after school completion until the last few months of school and were not connected to community resources that could support them at this stage.
- The Graduation Transition Program (i.e., “Planning 10” plus portfolio) often did not include comprehensive transition planning, nor sufficient information, required for students with disabilities, particularly if they were pursuing a Dogwood graduation certificate.
- Limited funding and resources available in the community to support youth even if they are deemed eligible for disability supports beyond school completion.
- Lack of coordinated planning among government services (education, MCFD, MSD/CLBC, Health) in consultation with youth and their families.

The purpose of the “**Teen Transition Planning System**” is to address these challenges by providing a comprehensive planning tool, mechanism and supports to facilitate the process of youth transition to adulthood.

The Transition Planning System

Collaboration is at the heart of the **Teen Transition Planning** system. We recognize that there are pockets of expertise within each community and it is our goal to link those blocks of expertise to each teen’s unique needs.

We envision a community where all of the little pieces DO come together; where a network of people work together towards a common vision of helping teens successfully transition into the futures of their dreams.

The *Teen Transition Planning* system is working towards that vision by building “Transition Ready” communities, so that parents and families using this **Teen Transition Planning Guide** will have access to the other building blocks necessary for their success. These other building blocks include....



Transition Coordinator Training: Intensive training workshops for professionals and parents who want to become the lead support or “Case Manager” for the **Teen Transition Planning** process.



PATH Facilitator Training: Intensive training workshops that teach parents and professionals how to facilitate a PATH, as the primary planning tool used in **Teen Transition Planning**.



Parent Orientation and Networking Groups: Parent Orientation events inform and empower parents to support their teen through the **Teen Transition Planning** process, while helping parents to network with other parents going through the same process.



HUB of Resources: The **Teen Transition Planning** website links community partners, Transition Coordinators, PATH facilitators, parents, and organizations that are ALL working together to support teens through the transition process. Find resources, ask questions, and come together to support and celebrate!



Collaboration and Community Awareness: The **Teen Transition Planning** system helps to build “transition aware” communities, where all information sources, service providers, resources, and family support systems WORK TOGETHER towards a common vision... making it EASIER for families to get the services and supports they need.



Community Transition Committees: Many communities throughout BC have “Transition Committees” made up of the local experts for their community. The **Teen Transition Planning** system works WITH local committees to build and strengthen their presence, and to help unify their vision while increasing community capacity to support families through the **Teen Transition Planning** process.

KEYs to Successful Transition Planning:

- Begin to plan early (by age 14)
- Use **Person-Centered Planning** tools to engage the youth and their family.
- Establish a transition planning team that meets regularly
- Network with other families and members of the community who can support and mentor them through the transition years.

Why is Transition Planning Important?

Most youth that graduate from high school, look forward with excitement to the many opportunities that are available to them in the world of employment, travel or post-secondary experiences. They dream of falling in love, getting their own place to live, hanging out with friends and attaining independence. Youth with disabilities have the same dreams and hopes as their non-disabled peers: Dreams for a future in which they continue to learn; hopes to grow in their skills and abilities; desires to develop lifelong relationships; and, plans to contribute to their communities in a variety of ways. To achieve this, planning needs to begin early and requires the support of a team of people who will support the young person both during and beyond the high school years.

Students with special needs are more likely to be unemployed, uninvolved in community life, unable to access further education or training and are less likely to lead fulfilling lives unless comprehensive, coordinated transition planning and supports are provided (CCEC, 2012). For youth with disabilities who require additional supports and funding to access training, education, transportation or employment, life beyond high school can be filled with uncertainty.

Transition planning is an ongoing process of planning, implementing, evaluating and balancing the details of your family's life with the details of your teen's life (Ankeny et al, 2009). Transition planning can help your teen find a job, find a place to live, get involved in their community, and continue their education. Transition planning gives your family a chance to review and celebrate accomplishments and to create a vision for the future. As your family prepares for your youth's life after leaving high school, the Transition Plan will facilitate the development of a shared

vision and values which will lead to the youth with special needs' successful transition into life as an adult.

Transition Planning facilitates independence by planning for the future!

What is Transition Planning?

Transition planning involves looking ahead and helping to plan for the future of your teen. While your teen is still in school you can help them prepare for the opportunities and experiences of being an adult. Transition planning involves the entire family, your local service providers, school personnel, and government staff who support youth transitioning to adulthood. In these times of reduced resources and funding, it is essential that transition planning for youth begins early and engages the youth and their support networks in coordinated, creative and comprehensive planning beginning at age 14 and continuing into young adulthood.



Should Youth be Involved in Transition Planning?

Yes! As much as possible the youth with special needs should participate in the planning process. The youth knows himself/herself better than anyone else – including friends and family members. If the youth is at the centre of the transition planning process, parents can help make sure the individualized Transition Plan reflects them and what they want to achieve in their life.

Research indicates that outcomes for people with disabilities are enhanced when

they are empowered to voice their preferences and are supported to fully participate in the development of plans that affect their lives. Plans developed from a vision of the youth’s “preferred future” are more likely to be carried out while advanced planning helps to ensure that resources, supports and services are in place by the time the young person finishes high school.



Abridged Copy!!!

This document contains Sections 1, 4, and 7 of the complete Transition Planning Binder... which is provided free with registration into any Teen Transition Planning event (e.g., “Parent Boot Camp”, “Transition Coordinator Training”, or “PATH Facilitator Training”)

Section 1: Introduction

- Full section content provided above

Section 2: Person Centered Planning

Section 3: Planning for the PATH

Section 4: The PATH

- Full section content provided below

Section 5: Putting Goals into Action

Section 6: Key Domains

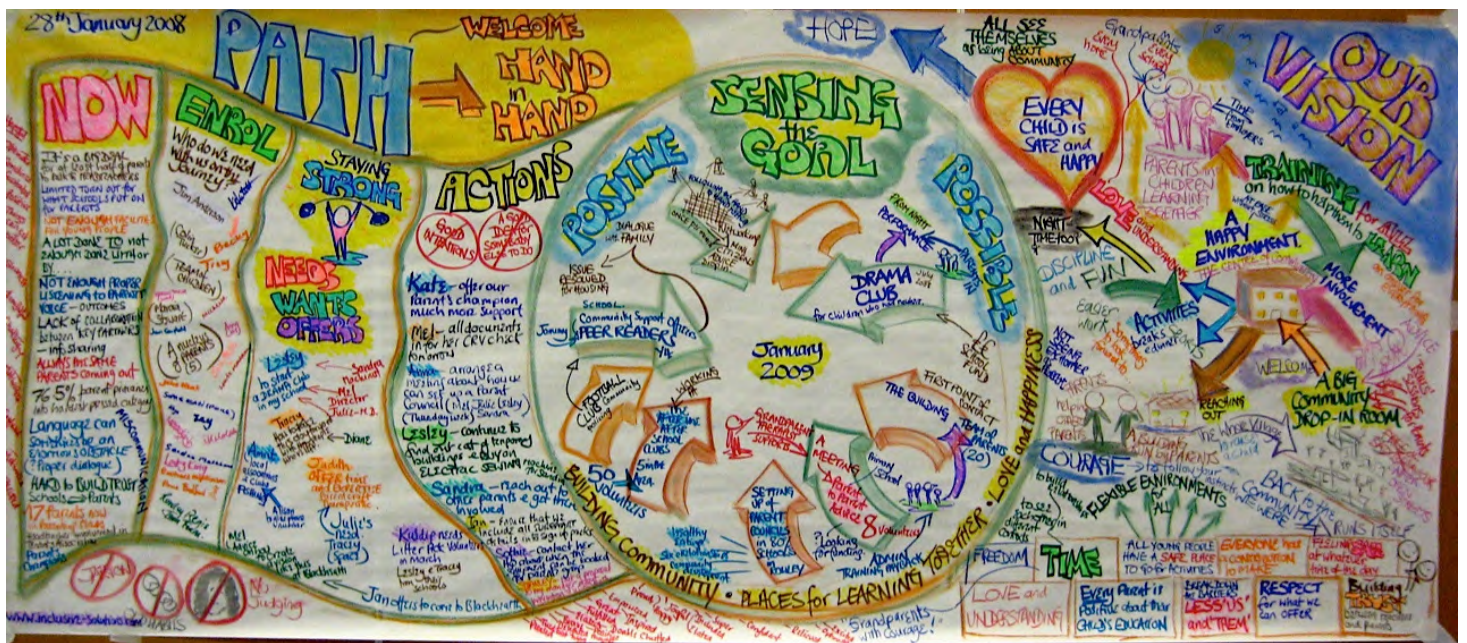
Section 7: The Hub

- Full section content provided below

Section 4: The PATH

This section contains a (photo-reduced) copy of the PATH graphic that is produced at the first PATH meeting, and updated year after year. The PATH (represented by the graphic recording) is a working document, thus frequent reference to the PATH is critical to keep team members invigorated and on track. Initial goals from the PATH document should be summarized into Table 4 by the Transition Coordinator who is responsible for the tracking of these goals.

NOTE: It is critical that goals from the PATH are kept relevant and that the team keeps on track – record current goals (in the chronological age group for the youth).



SUMMARY OF PATH GOALS and PLAN and PREPARE TASKS

This checklist includes both the goals from your teen’s PATH and some “Plan and Prepare” tasks that support your teen’s transition. These may or may not be included in your individual Transition Plan but they can often help make the transition to adulthood easier. The Plan and Prepare goals are based on the Cross Ministry Transition Planning Protocol.



Transfer goals from the PATH to this section to summarize this year’s needs!

TASK CHECKLIST AGE 14-15 (Grade 9 & 10)	Person Responsible	Due Date	Check When Completed
PATH GOALS			



CHECKLIST AGE 14-15 (Grade 9 & 10)	Person Responsible	Due Date	Check When Completed
FIRST STEPS			

AGE: 14-15 Develop a Transition Plan
YOUTH AND/OR PARENTS/FOSTER CAREGIVERS
<ul style="list-style-type: none"> • Learn about person centered planning, transition planning and related supports and services • Begin transition process by establishing a transition team and selecting a coordinator • Determine if assessments are needed • Ensure youth has legal documentation for identification • Learn about long-term financial planning needs (e.g., Will & Estate planning) • Learn about and apply for, financial tools (e.g., Registered Disability Savings Plan, Registered Education Savings Plan, trust funds)

TASK CHECKLIST AGE 14-15 (Grade 9 & 10)	Person Responsible	Due Date	Check When Completed
PLAN & PREPARE			
Apply for a Social Insurance Number: (http://www1.servicecanada.gc.ca/en/cs/sin/0200/0200_010.shtml)			
Obtain a birth certificate			
Participate in the school-directed Grade 10 Planning course to learn about planning for education and career transitions, financial planning, and decision-making skills.			
Work with your family to make a long-term financial plan that will help you transition to adulthood.			
Obtain copies of assessments for CLBC eligibility to have assessment done.			

Transfer goals from the PATH to this section to summarize this year's needs!



TASK CHECKLIST AGE 16-17 (Grade 11 & 12)	Person Responsible	Due Date	Check When Completed
PATH GOALS			



CHECKLIST AGE 16-17 (Grade 11 & 12)	Person Responsible	Due Date	Check When Completed
FIRST STEPS			

AGE: 16
Continue Transition Planning

- Research adult supports and services
- Plan for post-secondary education/training, vocational skills/ employment preparation, and community inclusion supports
- Complete required assessments
- Complete applications for adult supports and services (e.g., CLBC)*
- Learn about scholarships, grants and bursaries

TASK CHECKLIST AGE 16-17 (Grade 11 & 12)	Person Responsible	Due Date	Check When Completed
PLAN & PREPARE			
6 Months before you turn 18 years old... apply for your Person with Disability Benefits (PWD)? NOTE: <i>If you're currently receiving 'At Home Medical Benefits' and you're applying for PWD: upon initial phone call to the Ministry of Housing & Social Development Office (MHSD), inform the worker of this. Discuss the process of applying for medical supplies with the worker at MHSD.</i>			
Make arrangements to visit agencies in your community that can offer day program opportunities, supported employment or volunteer opportunities.			
Open a bank account, if you haven't already done so and obtain an ATM card.			
Apply for a British Columbia Identification Card (B.C. I.D. Card). www.icbc.com/licensing/lic_utility_id_cardPU.asp			
Complete assessments for eligibility for CLBC Services and apply for services.			

Transfer goals from the PATH to this section to summarize this year's needs!



TASK CHECKLIST AGE 18 & 19	Person Responsible	Due Date	Check When Completed
PATH GOALS			



CHECKLIST AGE 18 & 19	Person Responsible	Due Date	Check When Completed
FIRST STEPS			

AGE: 17-18 Continue Transition Planning
YOUTH AND/OR PARENTS/FOSTER CAREGIVERS
<ul style="list-style-type: none"> • Apply for post-secondary education/vocational skills training and adult special education programs • Apply for scholarships, grants and bursaries • Complete applications for adult supports and services (e.g., Income Assistance Programs for Persons with Disabilities at age 17 ½, Mental Health and Addictions, Home and Community Care and home living options) <p>Learn about legal agreements and tools to be in place when the youth turns 19 (e.g., Representation Agreement)</p>

TASK CHECKLIST AGE 18 & 19	Person Responsible	Due Date	Check When Completed
PREPARE AND PLAN			
With your family and school, determine whether or not you are eligible to attend an additional year of school.			
If you are eligible for the CLBC Adult Community Living Services take your transition plan to the CLBC office and request the assistance of a Coordinator to review your plan which will then be submitted to the Quality Service Office to determine if requested CLBC funded supports are approved.			
Establish strong connections in your community by volunteering and by exploring recreational, social and cultural opportunities.			
Complete a personal portfolio of work and volunteer experience, such as your Graduation Transitions .			
Ask your family, your lawyer, financial planner and/or transition coordinator to help you understand adult guardianship and will and estate planning.			
For youth who will not be actively participating or directing their health care and other life decisions, consider preparing a Representation Agreement for when the youth turns 19 years of age).			

Section 7 The Hub

What is the HUB?

The HUB is the repository for all information related to Teen Transitioning in the province! Come to the HUB to find resources in your community, download data sheets, blog with other Transition Coordinators or parents, find out what's going on in your community with regards to transition related fairs, presentations and resources!

What is the purpose of the HUB?

The purpose of the HUB is to provide a centralized location for information storage to make it easier for parents and service providers to find and access information. The strength of the Hub comes from the centralized sharing for resources and information. Please feel free to contact the webmaster to upload information from your community or to share resources.



HUB of Resources: The **Teen Transition Planning** website links community partners, Transition Coordinators, PATH facilitators, parents, and organizations that are ALL working together to support teens through the transition process. Find resources, ask questions, and come together to support and celebrate!

Collaboration and Community Awareness: The **Teen Transition Planning** system helps to build “transition aware” communities, where all information sources, service providers, resources, and family support systems WORK TOGETHER towards a common vision... making it EASIER for families to get the services and supports they need.

Collaborative Partners include but are not limited to:



- MCFD
- CLBC
- School Districts
- Community Service Providers

Guiding Principles:

Person centered planning principles form the foundation of Teen Transition Planning. Focussing on the **strengths**, interests, **life-long wellness** and the **participation** and **inclusion** of youth in the community, Teen Transition Planning **engages families and youth** to create a **comprehensive, integrated, innovative,**

individualized plan of transition involving community partners in a coordinated manner.

Putting the Pieces Together

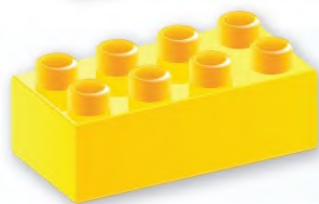
- We recognize that there are “blocks” of expertise within our community.
- The challenge has been bringing all the blocks together to build a meaningful transition process.
- The Teen Transition Planning system endeavors to provide the framework for a coordinated transition process to better serve families and youth with special needs.
- Collaboration is the key to success!

Community Transition Committees: Many communities throughout BC have “Transition Committees” made up of the local experts for their community. The **Teen Transition Planning** system works WITH local committees to build and strengthen their presence, and to help unify their vision while increasing community capacity to support families through the **Teen Transition Planning** process.

We honour the hard work of local community committees by augmenting your community’s initiatives.

Why Collaborate?

When you complete the PATH process you will likely have a need for expertise from other people not currently on your transition team. Finding these experts, and recruiting them from within your community... to JOIN your transition team... will greatly strengthen your team, and assist in maximizing the potential of the youth with special needs to meet all the goals outlined in the PATH.



Community Transition Committees: Many communities throughout BC have “Transition Committees” made up of the local experts for their community. The **Teen Transition Planning** system works WITH local committees to build and strengthen their presence, and to help unify their vision while increasing community capacity to support families through the **Teen Transition Planning** process.

How to Collaborate

Find others with like needs by reaching out to others who are going through the same process. The Teen Transition Planning website: teentransitionplanning.ca is the first place to look for links to agencies, parent groups and online resources. This resource is updated regularly with ideas and links provided by others in the community. Click the drop down box for your community and check out the resources listed there. Make recommendations, use the contacts provided and contact others through the blog for ideas.

