

# It's Never Too Late: Transition Planning for Adults with Developmental Disabilities

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# Session Objectives

Participants will learn about:

- The role and function of self-determination in transition planning,
- Planning at any life stage and setting goals to create a life of choice, and
- Resources, tools, and agencies to assist in life transitions toward employment, education, and community integration.

# Life Transitions

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Not just for high school!

- Transition across the life span
- The process of planning anything!
- Skills, resources, and supports for any transition



You are in the driver's seat



# Self-Advocacy and Self- Determination

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# What is Self-Determination?

- A set of skills, beliefs, and knowledge of yourself and the contributions you can make
- Helps you to guide your own life
- Self-Advocacy is one piece of self-determination
- Many other aspects of self-determination

### **Choice Making**

The skill of selecting a path forward between two known options.

**Cm**

### **Decision Making**

The skill of selecting a path forward based on various solutions that have each been thoughtfully considered.

**Dm**

### **Problem Solving**

The skill of finding solutions to difficult or complex issues.

**Ps**

### **Goal Setting & Attainment**

The ability to develop a goal, plan for implementation, and measure success.

**Gs**

### **Self-Regulation**

The ability to monitor and control one's own behaviors, actions, and skills in various situations.

**Re**

### **Self-Advocacy**

The skills necessary to speak up and/or defend a cause or a person.

**Ad**

### **Internal Locus of Control**

The belief that one has control over outcomes that are important to his or her own life.

**Lc**

### **Self-Efficacy**

Belief in one's own ability to succeed in specific situations or accomplish specific tasks.

**Ef**

### **Self-Awareness**

Basic understanding of one's own strengths, needs, and abilities.

**Aw**

# Ways to Practice Self-Determination?

- Make choices – start small if this is a challenge
- Ask questions so you can make decisions yourself.
- Try to solve problems on your own.
- Make a list of your strengths, preferences, interests, and needs (SPIN).
- Tell others what you want and need.



# Planning for Transitions

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# Transition Planning 101

- Transition means changing from one thing/place/routine to another
- Throughout life, there are many transitions
- Can you think of some transitions (when things changed) that you've experienced?
- Transitions go more smoothly when we can plan them

# Questions to ask yourself

- Who am I and where am I presently?
- What do I want in life, now and in the future?
- What steps do I need to take to get there?



# Step 1: Dream!

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# Step 1: Dream of the Life YOU Want!

- What do you want your life to look like?
- Questions to consider
  - Where do I want to live?
  - Who do I want to live with?
  - Where do I want to work?
  - What do I want to do with my free time?



# Step 2: Set Goals

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# Step 2: Set SMART Goals

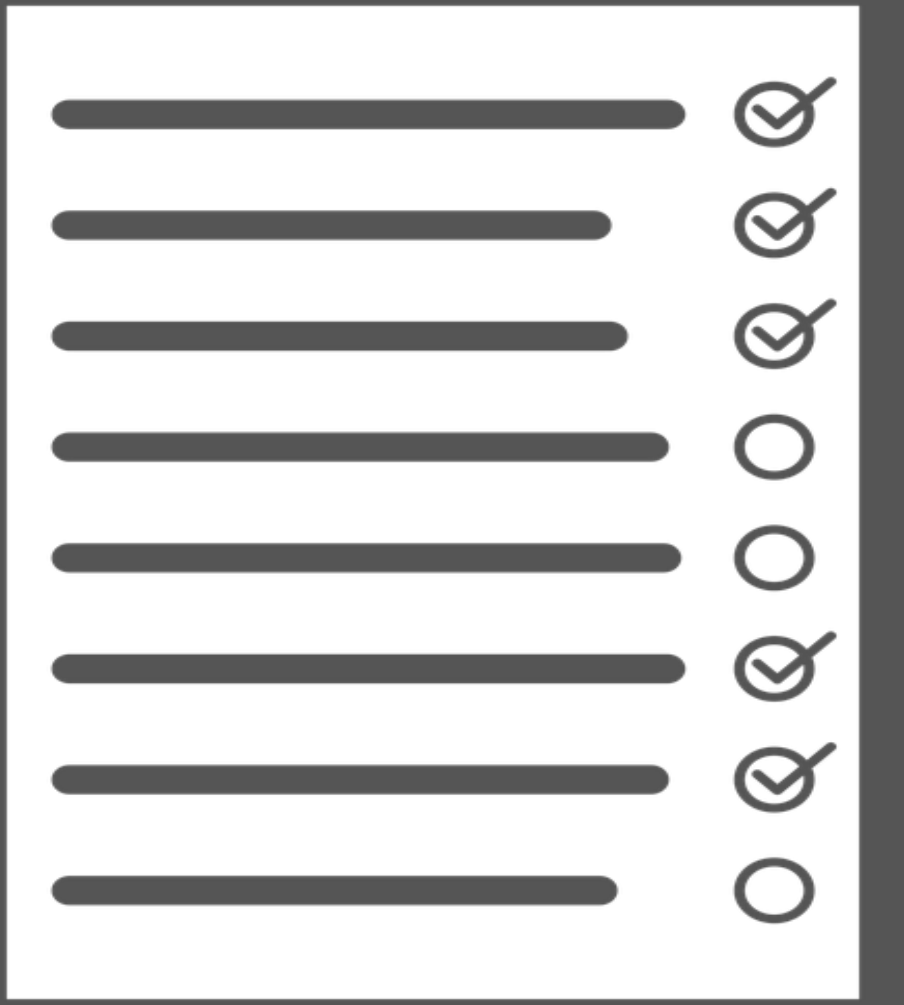
<b>S</b>	Specific	What will be accomplished?	Clearly state what you will do
<b>M</b>	Measurable	How do I know I have met my goal?	Establish a finish line
<b>A</b>	Achievable	Is the goal doable?	Needs to be reachable
<b>R</b>	Relevant	How does the goal connect with bigger goals?	The goal has meaning to you
<b>T</b>	Time	When do you need to complete the goal?	Establish a deadline!

# SMART Goal Example

- SMART goal for waking up earlier
  - **Specific:** I want to wake up earlier so I am not late for my job.
  - **Measurable:** I'll snap a picture of myself next to my clock when I wake up.
  - **Attainable:** My schedule allows me to go to sleep early, so I can still maintain at least eight hours of sleep.
  - **Relevant:** I feel rushed trying to get to work each day. Developing better sleep would help me not feel cranky.
  - **Time-bound:** In four weeks, I want to wake up 30 minutes earlier than I usually wake up now.

# Step 3: Develop a Plan to Achieve your Goal

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# Goal Plan

Use this as a facilitation guide to complete the Goal Plan tool, or to help someone else complete it. The questions below can be used as prompts to help you arrive at answers. Focusing on one column at a time may also help. We encourage you to share your finished Goal Plan with others!

## Step 3: Set a Goal Plan – How you will reach your goal?

### My Goal

- What is one of my goals?
- What is something that I want to do?
- Where is a place I want to go?
- You can write a goal to reach soon or several months or years away.
- Pick one goal to start with.

### Outcomes

- How do you know you have reached your goal?
- What are some results of getting this goal done?
- How will I benefit from finishing this goal?
- What are some new things I can do after attaining this goal?

### Next Steps

- What do I need to do to reach my goal?
- If I were to break my goal into pieces, what would those pieces be?
- What is one thing I can do today that gets me closer to my goal?

### People Who Can Support

- Who are the people in my life who can help me reach my goal?
- Which step of my goal can each person help me with?
- Who will encourage me to reach this goal and check to be sure I made it?



# Step 4: Who Can Help Me?

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- Family
- Friends
- Community members
- Co-workers
- Service providers
- Who else?



# Decision Making Spectrum

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- Autonomous Decision-Making
- Supporting Decision-Making
- Supported Decision-Making
- Substitute Decision-Making



## Step 5: Just DO IT!

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You can set goals and develop plans, but nothing will happen if you don't work the plan.

# Step 6: Attain Goals and Celebrate!

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# Resources and Tools to Support Me

- [Center on Transition Innovations](#)
- [I'm Determined](#)
- [Supported Decision-Making Fast Fact](#)
- [Get Ready for Independent Living Course](#)
- [Goal Setting and Action Planning Fast Fact](#)
- [PEATC Life Skills Checklist](#)
- [Workplace Readiness Skills Toolkit](#)
- [Early Transition Planning: Strategies for PreK-5](#)

# State Agencies

- [DBHDS-Department of Behavioral Health & Developmental Services](#)
- [DARS- VA Department for Aging and Rehabilitative Services](#)
- [Community Services Boards](#)
- [Center for Independent Living](#)

# Presentation Feedback

Please take a moment to scan the QR code and complete the feedback survey. Thank you!

Title:

**It's Never Too Late: Transition  
Planning for Adults with  
Developmental Disabilities**



# *THANK YOU*

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