

There are six best practices associated with transition planning for youth with special needs. These include:

1. Person-centered Planning
2. Youth Involvement
3. Family Involvement
4. Community Involvement
5. Identification and Use of a Transition Coordinator
6. Inter-agency Collaboration

Six Steps to Person-centered Transition Planning

Youth and their family members are central to the transition planning process. Here are six steps to developing a successful transition plan to adulthood.

- Step 1. **Build a Planning Team**
Choose people who know you best and can assist you with identifying your goals, needs and future services. Consider your parents, teacher, social worker, current service providers, service agencies for adults, and people from your person support network such as peers, friends, classmates and extended family members.
- Step 2. **Gather Information**
Inform your team members about your goals, strengths and needs to ensure the transition plan is centred on you.
- Step 3. **Develop Your Transition Plan**
List the tasks that must be completed to reach your goals as well as the services and supports you use now and those you will need as an adult.
- Step 4. **Put Your Transition Plan Into Action**
Each team member works on his or her assigned tasks.
- Step 5. **Update Your Transition Plan**
Monitor how everyone is doing with his or her tasks and adjust the plan if need be.
- Step 6. **Hold an Exit Meeting**
Arrange a final planning session before you leave high school to finalize your plan and to check to see what tasks are left to complete.

The [Cross-Ministry Transition Planning Protocol for Youth with Special Needs](#) describes how youth and families are supported in the transition planning process.

For more information on these steps see [Your Future Now: A Transition Planning and Resource Guide for Youth with Special Needs and Their Families](#).