

CHECKLIST FOR ADULTS 19+

- Celebrate** beginning of new adult life.
- Representation Agreement (RA):** If needed, have RA in place at 19. RA lets the person stay in control of who will help them when they are making important life decisions. RA has two types. RA7 & RA9. RA7 includes authority for routine finances.
- Adult Supports & Services:** Access adult supports & services if eligible and available.
 - If eligible, [CSIL program](#) for respite and home support begins at 19.
 - If eligible and available, [CLBC](#) supports begin at 19.
 - At Home Program (AHP)** respite & other CYSN children's programs end on the last day of the month of a youth's 19th birthday.
- Adult Health Care Needs & Supports:** Establish a system to monitor/address/flag health care needs.
 - Visit the family doctor regularly, at least twice/year.
 - Visit adult specialist(s) once/year.
- Ongoing Planning:** Continue to develop a life plan with meaningful goals. Consider things like living arrangements, community programs, employment & education opportunities, and recreation & social activities.
- Support Team:** Review and adjust the support team & the support plan as the person's needs or interests change.
- Community Connections:** Continue to build, & nurture social networks. Pursue hobbies and opportunities for leisure and recreation.
- Employment & Volunteer Opportunities:** Continue to explore and secure employment & volunteer opportunities in the community.
- Self-Advocacy:** Explore Self-Advocacy opportunities. Research and connect with organizations that specialize in these areas like [Inclusion BC](#).
- Post-Secondary Programs:** Begin post-secondary programs if interested or eligible. Access [RESP](#) funds if applicable.
- RESP:** If post secondary will not be considered, learn about options to transfer funds into other savings vehicles like [RDSP](#).
- Housing:** Research housing options.
- Financial Planning:** Review and explore available savings options & tax credits.
- Income Taxes:** File income taxes.
- ILS Adult Programs including Community Inclusion Services for Seniors:** Explore various ILS adult services as the person ages to build and maintain meaningful relationships.

Benefit Changes

18

[PWD](#) medical and financial benefits begin on the youth's 18th birthday.

On the month of a youth's 18th birthday, [CCB](#) & [CDB](#) benefits end.

On the last day of the month of a youth's 18th birthday, [At Home Program \(AHP\)](#) medical coverage ends.

19

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FIVE TIPS FOR TRANSITION PLANNING

Start Early & Be Flexible!

Begin the transition planning process early & be flexible to allow time to plan, revisit & revise the plan and access the supports & services needed in the future.

Prepare your youth to be flexible can lead to success as plans will change no matter how carefully they are developed.

Develop Self-Advocacy Skills!

Ensure your youth has ample opportunities to learn and practice Self-Advocacy & Self-Determination skills in different settings.

Transition is a great time to explore how they will talk about their support needs & ask for any support or accommodation they will need.

Expand Support Networks!

Support your youth to develop helpful social & community support networks through various social, recreational, work, or volunteer opportunities.

Social relationships & community connections can build a bridge to new friendships, and a wide range of natural community supports.

Seek, Secure & Keep Employment!

Encourage your youth to explore employment opportunities in their community.

They will more likely to find future paid employment if they demonstrates interests, abilities, initiative, and dedication to work through community & volunteer activities.

Practice Money Management Skills!

Support your youth to develop money management skills such as saving, spending, gift giving, and budgeting.

As your youth transition to independent living & adult responsibilities, their experience with spending & saving will allow them to participate more fully in their own quality-of-life decisions.