

# For Youth YOUR JOURNEY TO ADULTHOOD

## 14 – 15 YEARS OLD

Early planning can go a long way to prepare for the transition to adulthood. Who are the important people in your life who can help? What are your long term goals?

If you have an MCFD/DAA worker, they can help you start thinking about the future and explain upcoming transition tasks.

Your school can help you identify your goals and put together an Individualized Education Plan (IEP). Find out what school supports may be available.

This is a good time to explore financial supports. Ask your bank or credit union about the Disability Tax Credit, the Gas Tax Rebate, trust funds, an RDSP and an RESP.

You can apply for CLBC-funded adult services and supports. Your MCFD/DAA worker can start this process with you. You can also contact CLBC directly.

A team can help. A STADD Navigator can help coordinate your team. Your teacher or MCFD/DAA worker can refer you to STADD, or contact STADD directly.

Your team will get to know you and your family. Your Navigator will ask your team to share information about past assessments and services.



## 16 YEARS OLD

Some funding and supports may end or change when you are an adult. Ask your MCFD/DAA worker for more information.

This is a good time to get a government ID and a Social Insurance Number (SIN). You will need your SIN for work and for other programs and documents.

Your school can help you determine if you need to complete a new or an updated psycho-educational assessment.

Your team will help you develop goals that support what you want and need. They will help put together a plan so you know what tasks need to be done and who can help.

Share your ideas with your team about what you would like to try, such as go to school, get a job, or do a community activity. Talk about your hopes and your concerns.

Meet with your CLBC worker to talk about CLBC services and the process they use to determine services.

Plan for graduation. Your school can help you build your independence and connections for further study, employment and life skills.

## 17 – 18 YEARS OLD

Discuss your health needs with your team. You may need to be referred to a family doctor, specialists, a mental health counsellor or HSCL.

Health specialists can help review and make referrals for assessments, medical supplies, medication and equipment needs. It's a good time to talk about available funding for medical needs.

Six months before you finish high school, a WorkBC Centre worker can help you start looking for a job and is a good addition to your team.

At age 17 1/2, you can apply for PWD benefits to begin at age 18. Your transition team can provide more information and support.

Discuss housing needs with your transition team. CLBC, BC Housing, other community housing programs may be able to help.



**CLBC:** Community Living BC

**CYSN:** Children and Youth with Special Needs

**DAA:** Delegated Aboriginal Agencies

**HSCL:** Health Services for Community Living

**MCFD:** Ministry of Children and Family Development

**PGT:** Public Guardian and Trustee

**PWD:** Persons with Disabilities

**RDSP:** Registered Disability Savings Plan

**RESP:** Registered Education Savings Plan

**STADD:** Services to Adults with Developmental Disabilities

**SDPR:** Ministry of Social Development and Poverty Reduction

CLBC services can begin at 19. These services may include housing support, community inclusion, employment support, and respite care.

Talk to your transition team about options available to you for financial, legal and health matters.

Keep working with your WorkBC Centre to find work and stay employed.

Think about the important people in your life, and who can help you make decisions when you are an adult.

Your transition team may change now that you are an adult. This is a good time to add other people to your team.

Time to celebrate graduation from high school! How will you celebrate with the people who are important to you?

Your Navigator will help various agencies work together so you are supported in planning for your goals and in finding the services you need.

## 19 – 24 YEARS OLD

Review any changes to your health with your health care provider. They can give information about adult services and how to access these.

Do you have new ideas about what you want to do? Talk to your STADD Navigator if you want to explore going back to school, finding a job or try something new.

Your Navigator will keep working with you to determine who needs to be added to your team and adjust your plan as your needs or interests change.

**19 and now an adult – WELL DONE!**

Your team can continue to support you until age 24 – congratulations on completing the early steps in your journey!

