

# CHECKLIST FOR CHILDREN & YOUTH 7-18

## AGES 7-12

- Vision for the Future:** Begin asking your child what they want to be when they grow up & develop a vision for the future.
- Community Connections:** Support your child to involve in community activities with other children, through camps, sports & activities outside of school.
- School/IEP:** Start, review and update Individualized Education Plan (IEP) regularly.
- Self-Description:** Teach your child how to describe their uniqueness & support needs.
- ALL ABOUT ME Binder:** Keep track of records and update the binder as your child grows. Contact ILS for more information.
- Financial Planning:** Explore long term financial supports like will & estate planning, trust funds, RDSP and RESP.
- Legal Identification:** Ensure your child has valid ID such as birth certificate and SIN.
- ILS Family Support Advisor:** Contact ILS Family Support Advisor for information and support.
- Talk to/inform/support your youth about Sexual and/or emotional health issues.
- Encourage your youth to explore hobbies and social & recreation opportunities based on their interests and preferences.
- Start the transition binder & collect important transition documents & info (letters, assessments, reports, checklists).
- Attend transition workshops and network with others who recently experienced or are currently in transition planning.
- School:** Ask your school team for a referral to ILS Youth Services if appropriate.
- CLBC:** Start transition planning with CLBC. Confirm eligibility with CLBC.
- Transportation:** Introduce your youth to the option for driving and/or the public transit system & [HandyDART](#) service. Apply for [Fuel Tax Refund](#) for Persons with Disabilities if eligible (refund up to \$500/year).
- Legal Identification:** Apply for government-issued ID if your youth doesn't have one yet. For a picture ID, consider a [BCID](#).
- Money Management Skills:** Open a bank account in your youth's name. Encourage them to practice budgeting & banking skills.
- PWD:** At 17.5, apply for PWD. Use a simplified PWD application process if eligible.
- Adult Services/Support:** Learn about the adult services and how to access them.
  - Research and apply adult funded supports and services.
  - Learn about the changes in adult health care services like changing from paediatrician to family doctor.
  - Confirm 1st appointments for all adult specialist(s).

## AGES 13-15

- Transition Planning:** Pull together a transition team and start transition planning.
- Documentation:** Determine what assessments are needed to effectively transition into adult services. Complete or update Psycho-Educational Assessment privately or through Langley School District (SD 35).
- School/IEP:** Add transition goals in the IEP and review & update them regularly.
- Community Connections:** Continue to build social networks for your youth.
- Self-Advocacy:** Teach your youth to speak up for themselves & make decisions.
- Life Skills:** Teach your youth life skills, such as money management & shopping skills.
- Employment Opportunities:** Begin to talk about work/volunteer opportunities based on your youth's interests & strengths.
- Transition Planning:** Review steps under age 16 & continue transition planning.
  - Plan regular transition meetings and review & update transition goals & plan regularly. Add new member(s) to your youth's transition team as needed.
  - Develop a plan & set goals for the life after high school with your youth.
  - Support your youth to develop a personal portfolio/resume. Explore [ILS Youth Services and YouthWorks Employment program](#) if appropriate.
- RDSP & Income Taxes:** If your youth has a [RDSP](#), file income taxes at ages 16 and 17 to maximize government contributions.
- Legal Identification:** Apply for government-issued ID if your youth doesn't have one yet. For a picture ID, consider a [BCID](#).
- Money Management Skills:** Open a bank account in your youth's name. Encourage them to practice budgeting & banking skills.
- Self-Advocacy:** Support your youth to build & explore Self-Advocacy opportunities to clearly communicate their needs and wants.
- CLBC:** Meet with a CLBC facilitator & develop a Person-Centred Plan. Discuss the eligible & available services like HSCL, housing support, community inclusion, employment support, and respite care. Ask for a referral to [ILS adult services](#) if appropriate.
- Self-Advocacy:** Encourage your youth to strengthen their independence & their ability to advocate on their own behalf.
- Community Connections:** Continue to build social networks through volunteering, working, and leisure & recreation activities.
- BC Services Card:** Renew and replace your youth's BC Services Card with a new Photo BC Services Card before your youth turns 19 years of age.
- School:** Request additional year of high school if eligible. Talk to the school team about Youth Service Diversion Program for your youth if eligible.
- Post-Secondary Programs:** Apply for post-secondary education or [Adult Special Education \(ASE\)](#) programs. Learn about educational grants, bursaries & scholarships.
- PWD:** PWD medical & financial benefits begin on your youth's 18th birthday. Please note that [At Home Program \(AHP\)](#) medical coverage ends on the last day of the month of a youth's 18th birthday.

## AGE 16

- Transition Planning:** Begin the planning.
  - Support your youth to play an active role in transition planning & develop their own vision/path/plan for life after high school.
  - Complete required assessments such as Psycho-Educational Assessment.
  - Review/update IEP transition goals regularly with the school team.
  - Support your youth to start exploring employment opportunities.
- School:** Plan for high school graduation or extension. Consider Youth Service Diversion Program for your youth if eligible.
- DTC:** Confirm DTC expiry date & add your youth's name and SIN to their DTC.
- Self-Advocacy:** Support your youth to build and explore Self-Advocacy opportunities.
- Bank Account:** Open a bank account in the youth's name if you haven't already done so. Please note 60 day bank statement is needed for PWD deposits.
- Income Taxes:** File an income tax return.
- Adult Health Care Services:** Visit adult specialist(s) once/year and ensure your family doctor received all transition documents.
- Legal Agreement:** Discuss about legal guardian and signing of consents with your youth. Consider preparing a [Representation Agreement \(RA\)](#) if appropriate.

For more information about this resource, please contact:

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