Transition Timeline

“Take it step by step, moment by moment - break it into small manageable pieces. Pat yourself on the back for steps accomplished” ... a parent who has been there.

Age 12-13
- Start Youth Quiz & Parent/Family Checklist
- Make copies of Birth Certificate
- Learn how to Just TRAC it!
- Confirm and visit Family Physician (FP) 2x/ year
- Review/Start an Individualized Education Plan (IEP) if needed

Age 14
- Visit FP up to twice/year – ensure he/she is getting Specialist letters and reports
- Get BC ID & Social Insurance Number
- Identify your Transition team /CYSN social worker
- Start a Transition Binder
- Create your own ‘Path’ for the future

Age 15
- Connect with other youth through camps, sports and activities outside of school
- Talk to your FP about sexual health and/or emotional health issues
- Practice self-care and/or directing others

Age 16
- Plan for after high school – review IEP
- If home/ living services are needed - review eligibility (CLBC or CSIL)
- Determine if a Psycho-educational assessment is needed/ current
- Start a list of all Adult Specialists, care providers and services
- Make a list of medications, supplies and equipment needed
- Learn about grants, bursaries and scholarships

Age 17
- Explore options for driving
- Develop a work and/or career plan
- If eligible, apply for Persons with Disability (PWD) - open a PWD bank account (at 17.5 years)
- Apply for “Special Accommodation” if attending post secondary schools
- Plan for high school graduation or extension
- Collect all Transition documents (checklists/reports)
- Make final appointments/identify Adult occupational & physical therapists, social worker, dietician, other
- Confirm First appointments for all Adult Specialist(s)
- Create a health care plan if moving away for school

Age 18
- Confirm fair Pharmacare, medical, dental, extended & Non-insured (NIHB) benefits
- Give all Transition documents to Adult Specialists and Family Physician
- Apply for PWD bus pass, SPARC parking, Handy dart, travel coverage
- Discuss/ confirm legal guardian, Representation Agreement, signing of consents
- Look for funding to support travel and accommodation for Adult health care visits
- Explore savings options & tax credits – PWD, RDSP, RESP

Age 19
- Visit FP at least 2x/year
- Visit Adult Specialist(s) 2x/year
- Confirm living, support, insurance coverage
- Look into Will & Estate planning

Future Goals
- Explore options for driving
- Plan for after high school – review IEP
- If home/ living services are needed - review eligibility (CLBC or CSIL)
- Determine if a Psycho-educational assessment is needed/ current
- Start a list of all Adult Specialists, care providers and services
- Make a list of medications, supplies and equipment needed
- Learn about grants, bursaries and scholarships

Use www.ontracbc.ca Family Toolbox for tips, activities and resources