# 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

12–13 → 14 → 15 → 16 → 17 → 18 → 19

Start Here

## 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
- ❑Confirm Adult suppliers for supplies, equipment, and funding

## 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

ON TRAC ONTRACBC.CA | TRANSITIONING RESPONSIBLY TO ADULT CARE

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