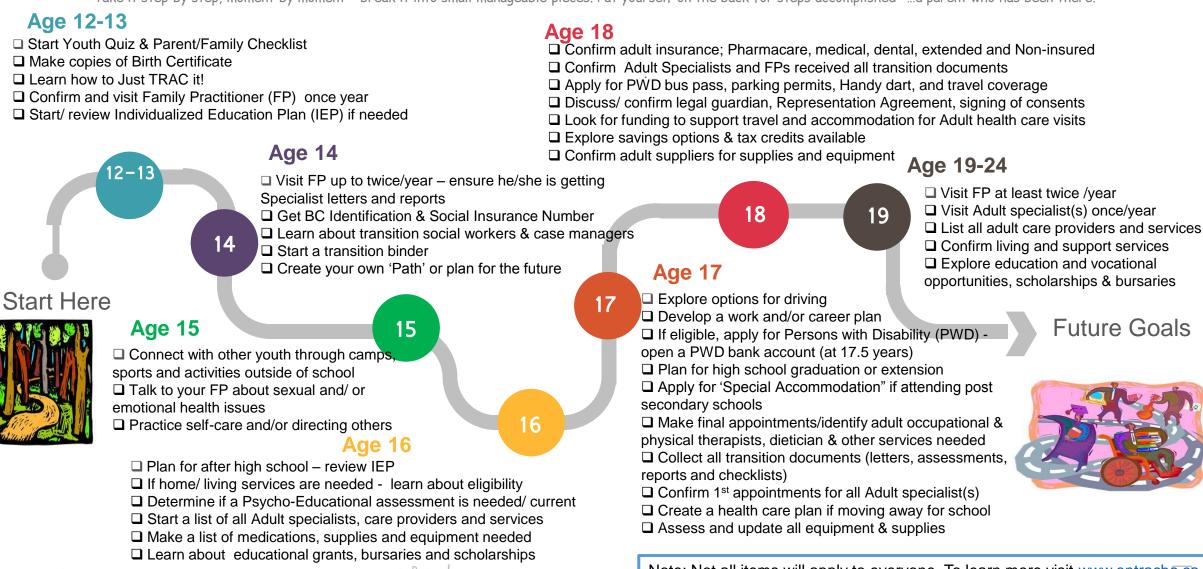
## ON TRAC Transition to Adult Care Timeline

"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.







ON TRAC

Note: Not all items will apply to everyone. To learn more visit <a href="www.ontracbc.ca">www.ontracbc.ca</a> **Family Toolkit** for explanations, tips, handouts and resources.