



Why Planning Matters

Have you ever been on a trip, vacation or even an overnight stay?

To prepare, you need to know:

- **Where** you're going
- **What** you need to take
- **When** you're going
- **Why** are you going
- **How** you are getting there

Where you are going

Is this a family visit? A vacation? A school trip?

No matter what the trip, you need to know where you are going so you can plan the what, when, why and how. Whether you're going across the country, across the state, across the city or across the street - it helps to plan it out.

What do you need

Are you going somewhere cold? Hot? Rainy? You need to plan what to wear. Are you engaging in any activities? You know to know what equipment to bring - fishing pole, hiking boots, assistive devices etc.

Do you need anything for down time? Maybe you will have free time and should pack some games, books, movies etc.

When are you going

What you need to get there depends largely on when and what time of year you take a trip. Consider weather, how busy the area will be with other travellers, will the trip interfere with school, work or other obligations and are there time requirements on when you arrive or depart. All of these details are needed to plan your trip.

Why are you going

Think about the purpose and see how that changes how you prepare and pack. Is this a trip just for fun? Is it a school trip that requires more planning? Is it a conference or training that may require you to bring your own supplies?

How are you getting there

Are you going to drive? Fly? Take a bus or train? The type of transportation you use is important. Are there better travel and ticket rates on certain dates? What identification do you need? What you can take on the plane, train or bus? How long will it take to get there?

THE SAME IS TRUE FOR TRANSITION PLANNING!



FOR EFFECTIVE TRANSITION PLANNING YOU NEED TO KNOW...

Where you are going

Are you transitioning from one school or one grade to another? Are you transitioning out of high school on into higher education or work? Are you transitioning into a supported 18-21 program or other post-highschool program? Identifying where you are going and what the next steps are is critical to successful and effective transition planning. This involves creating goals, setting expectations and figuring out how to get there. And you have an entire bucket full of resources, people and support systems to help figure this out!

What do you need

What you need depends upon your goals and hopes for the future. Do you want to work? Do you want to drive? Do you want to go to college, training or technical school? Do you want to learn how to live more independently? Resources like Centers for Independent Living, school staff you may already know, parents, families, caregivers and other community organizations can create a transition plan based on your goals and work with you to acquire the tools, paperwork, documentation, knowledge and information you need.

When are you going

What is your timeline? Are you preparing to transition to middle school or high school next year? Are you preparing for life after graduation? Is your goal to gain skills in communication, relationship-building and problem-solving before you make these transitions? A timeline matters and your support system can help you create one.

Why are you going

Have you given thought to why you're setting the goals and preparing for whatever transition is coming up? Is it because this is what YOU want? Or are you going along with what you see or hear others doing? Are your goals in line with your interests, talents and needs? Through transition planning, you can better define the "Why" and make sure you're planning for the right reason.

How are you getting there

This is the nuts and bolts of transition planning. This is the roadmap - the directions, just like when you take a trip. If you want to go somewhere, you have to figure out how you're going to get there. And you are NOT alone! With the proper resources, supports, assistance and training, you can get to where you want to go.

Executive Function skills to help you transition

- **Effective Listening and Communication**
- **Adaptability and Flexible Thinking**
- **Problem-solving and Critical Thinking**
- **Organization and Time Management**
- **Attention, Focus and Self-regulation**