

Overview

Transition is a process of change. Transitions are a part of everyone's life.

When people are young, they go from elementary school to middle school to high school. Moving from one school to another is a transition.

Have you ever thought about living somewhere different than you do today? Would you like to live with someone other than your parents or guardians? Many people eventually move out of their parents' home, even if they need help every day in some way. Changing where you live is another transition in life.

When you are an adult, it is a great idea to keep learning new things. Some adults keep learning the best ways to spend their money or take classes to learn new job skills for the future. Other adults keep learning about their hobbies and interests, such as playing video games, caring for a pet, or trying a new recipe.

Everyone is different. Think about your desires and dreams, and about how you would like to live your life. Think about all of your abilities, as well as your challenges and needs.

Everyone needs help sometimes. Everyone has challenges. Your community has services and supports that adults may use when they need them. You may need support with daily living, or only during emergencies, or during scheduled appointments. The supports you need may change from year to year too.

As an adult, you can make choices and plans about:

- Where you will live
- Who you will live with
- How you will pay for everything
- What you will do during free time
- Who you will help and who will help you
- When you will try something new

It is a good idea to make a plan that is just right for you. Your plan will need to include all of the choices just mentioned. You can ask adults that you trust to help you make your plan.

This guide will help you learn and then make many decisions or choices about living somewhere different than your family’s home. Read through this guide and think about each section. This guide may include things that you do not need or that are not available to you.

As you read, decide if each part is either something for **“My List”** or it is not something that you need to work on. A **“My List”** worksheet for each chapter is located in the separate folder on your flash drive called **“Worksheets.”**

Learning about things on your list, and then doing them, will help you make **“My Plan for Getting My Own Address.”**

WHEN-My List

  Making Progress Step by Step

When I find something in this chapter that may be helpful to me, I will put it on My List. I will make progress toward my goals when I do the things on My List. I may need help. I will use this worksheet to know what I need to do or learn from this chapter.

Start Date: _____

These are things that I will do or learn about:

These people will help:

Web sites, books or resources that I may use:

Notes about what happened or what I learned:

My next step is:

Check this box when I am finished. I did it!

Sometimes a part of the plan may not work. It takes a while to get used to new places, new people and many changes. Remember the saying “When at first you don’t succeed, **Try, Try Again.**” If you have a problem, you will need to adjust your decisions or start all over.

Located in the folder “**Worksheets**” on your flash drive you will find a **When Something Does Not Work** worksheet.

Use the worksheets to help you think through problems or new ideas. Adults that you trust or your family will help you.

The worksheets help you make decisions. Then you will plan how to make your new idea or choice happen.

You can do it!

WHEN SOMETHING DOES NOT WORK
Trying New Ideas

It takes a while to get used to new places, new people and many changes. Sometimes there is a better idea or a problem. When I need to, I plan to try something different. I will use this worksheet to help me think of new ideas, make decisions and plan how to make them happen.

1. Explain the better idea or problem:

2. I will ask _____ to help me think about what to do. Together we thought of these choices:
a. _____
b. _____
c. _____

3. Write why each of the new ideas or choices is either good or bad.
a. _____
b. _____
c. _____

4. I decided to try this new idea or choice:

5. I will ask _____ to help me plan how to make this new idea or choice happen.

6. This is the new plan:

This guide will help you think about, learn, plan and get ready for changes during the big transition of getting your own address. You will take many small steps to be able to make **My Plan for Getting My Own Address** with the help of adults that you trust.

The following chart shows you eight parts of a great plan. This guide helps you understand and do each one of these parts. You and adults that you trust can do this work at a speed that is just right for you. You should get started. Someday you can live in a different place, maybe a home of your very own.

My Plan for Getting My Own Address

<p>WHEN</p>  <p>Taking many small steps will help me make progress. This is when I will work on each part of my plan.</p>	<p>HOW I WILL PAY</p>  <p>This is how I plan to receive or earn money. This is how I plan to spend my money.</p>	<p>WHAT I WILL DO FOR FUN</p>  <p>These are the activities that I plan to do each month or week at home and in the community.</p>	<p>WHAT I WILL DO TO HELP</p>  <p>This is how I am able and willing to care for myself. I can help at home, work or do tasks in the community.</p>
<p>WHO WILL HELP ME</p>  <p>These are the people that plan to help me do the things that I cannot do by myself.</p>	<p>WHERE I WILL LIVE</p>  <p>This is where I will live. I have learned the rules for living in this new home. I will have the things that I need to live there safely and comfortably.</p>	<p>WHO I WILL LIVE WITH</p>  <p>These people will live with me. (Or I may plan to live alone.) This is how we plan to share expenses, supports, chores and enjoy companionship.</p>	<p>WHEN SOMETHING DOES NOT WORK</p>  <p>It takes a while to get used to new places, people and other changes. Sometimes there is a better idea or a problem. When I need to, I plan to try something different.</p>

A great plan considers and uses all eight of these sections.