



My life, my plan

Transition planning for the future – guiding questions for parents and carers

Personal management					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Select their own clothes for appropriate occasions.					
Fully dress themselves.					
Washing, bathe, shampoo and brush their teeth, comb and brush their hair, apply deodorant, apply make-up and get their hair cut or styled on their own.					
Take care of their own toileting needs.					
Go to the hospital or see a doctor when they are sick.					
Make their own meals.					

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Do their own laundry.					
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Personal business affairs					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Manage their own bank account and finances.					
Buy or own their own home.					
Buy or own their own vehicle.					
Get a driver's license.					
Perform basic maintenance on vehicle and home.					
Order and pay for utilities, rent, lease, mortgagee, phone.					

Friendship and socialising					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Go out on a date.					
Be sexually active.					
Get married.					

Have children.					
Have a combination of friends with and without disabilities.					

Use public services					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Mail letters at the post office.					
Deposit and withdraw money at a bank.					
Use an ATM machine and card.					
Vote during local, state and national elections.					
Shopping for groceries at _____					
Using a credit card.					
Using a mobile phone.					
Buying clothes at _____ or other department stores.					
Use public transportation.					

Living arrangements					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Live in their own home or flat.					
Sharing a house or flat with friends.					
Live at home with family and relatives.					
Live in a group home.					

Employment and health care					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Be employed full/part time in a regular competitive employment position.					
Be employed in a business service.					
Work in a voluntary capacity.					
Earn enough money to support themselves and their family.					
Have health and medical insurance to cover health care and medical costs.					

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Leisure and recreation					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Participate in the same leisure and recreation activities in the home and community as other young adults.					
Participate in leisure and recreation activities offered to young adults with a disability.					
Participate in a combination of the above.					
Plan and go on a holiday.					

Community participation					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Go to a movie with friends.					
Go to a local restaurant and have a meal.					
Have a drink at a local bar or restaurant with friends.					

Attend a _____ game with friends.					
Go to church.					

Post-compulsory education					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Enrol in and take classes at Senior Secondary Collage TAFE, Adult Education, University or with a Private Registered Training Organisation (RTO).					

Community mobility					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Use public transportation such as buses, taxis.					
Get to and from home and work, friends, church, grocery stores, shopping malls and other places in the community on their own.					
Drive themselves using their own vehicle.					

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Self determination					
By the time my child is __, I expect them to have learned and be able to	Yes, with little or no assistance	Yes, with some to moderate assistance	Yes, with much or ongoing assistance	Not able to do this	Not sure
Set and achieve personal goals.					
Speak and advocate for themselves.					
Make responsible adult choices.					
Make responsible adult choices based on their own personal interests and preferences.					
Evaluate and change their behaviour to get better results.					