

My Transition Timeline

It's never too early to imagine your future.

Talk to adults you trust about healthy relationships and staying safe.

Discuss with adults you trust which decisions you can begin making on your own. Solve your own problems with support. Practice setting and reaching goals.

Start adding your own goals to your education plan, and attend your IEP meetings.

Speak up in meetings that are about you. Remember Nothing about me without me!

Practice leadership. Be involved in school activities that interest you.

Talk to your counselor about college and career opportunities. Include DVR in your IEP meetings.

Begin managing your own finances, even if it's just starting a savings account. Keep your own copies of important records.

Learn everything you can about your culture. Develop an understanding of disability pride, advocacy and disability history.

Try new jobs. Discover what you do and don't like about the work world. Keep a list of your jobs, the skills you learn, and how much you make.

Learn when it's safe and necessary to talk about disability. Learn how to ask for accommodations in school or at work.

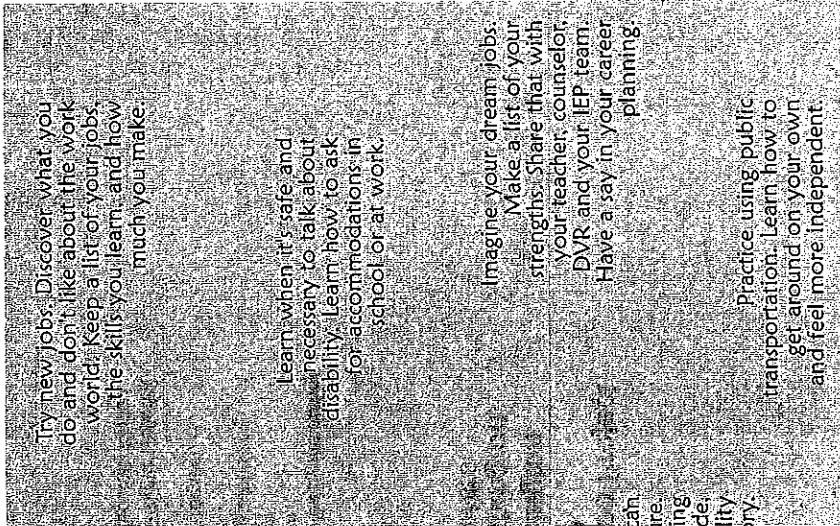
Imagine your dream jobs. Make a list of your strengths. Share that with your teacher, counselor, DVR and your IEP team. Have a say in your career planning.

Practice using public transportation. Learn how to get around on your own and feel more independent.

Learn about the independent living movement. Make your own goals for living as independently as possible. Get to know advocates who live and work independently.

Sign up for SSI by age 18. Work with a benefits planner to see if work incentives are an option for you.

Discuss with adults you trust what supports you still need in making decisions. Talk about the ways that support will work best for you.



pre teen

early to mid teen years

late teen years

18-21

The Self Advocacy in Motion Project
Youth with disAbilities becoming tomorrow's leaders

Grow at your own pace! This is not an exact timeline. Be proud of who you are!