

Transition to Adulthood



1. Ask the individuals what their goals and dreams are. Do your best to incorporate these into their supports for adulthood.
2. Ensure that the individual has been assessed by an appropriate professional and has all current diagnostic assessments in place. The assessment results may assist in determining whether or not the individual qualifies for certain supports and services.
3. Apply for Assured Income for Severely Handicapped (AISH) and Persons with Developmental Disabilities (PDD) funding. Help the individual fill out the paperwork and collect required documentation.
4. Start Identifying early the talents and skills of people with FASD, so that they can become aware of the unique contribution they can make and the careers for which they may be suited.
5. Help the individual find a job that suits their body clock. If he or she is an early riser, find a job that starts early, and if they are awake most nights, try finding a job that consists of night shifts. It is easier to go along with their body clock so they are more productive.
6. When young person obtains employment, maintain contact with employer to set simple structure and habitual duties until young person is comfortable with the routine
7. Assist young person in setting schedule for preparing for work each day (time to wake, time to be at bus stop or ready for transport etc.)
8. Encourage young person to use the services of employabilites or similar training programs for persons with disabilities in respect to seeking work if they are not yet employed.
9. Have a family member or trusted adult assist the young person in financial management (setting up an account, setting a schedule for payment of bills, budgeting etc) until young person can be self sufficient
10. Find positive social groups with others who have disabilities.
11. Maintain supports that are already in place if at all possible to maintain consistency.
12. Think about living arrangements. Should the individual live with you, with roommates, with supportive roommates, or in a group home. What supports do they require to be successful.

