

Transition to Adulthood
From Family Ties of Massachusetts

Always see your child as a person first, disabilities second and other people will see him/her that way too.

T – Taking the time to listen to what your child wants.

R – Remember that you are the constant in your child's life. Agency people don't stay forever – you do!

A – Advocate! No one knows your family like you do. Don't let anyone second-guess your vision!

N – Natural supports only work when they are REALLY natural! Make sure you are comfortable with what you are asking people to do.

S – Support yourself with your family and friends. Don't let the transition process take over your whole life. Tell the professionals to back off when you need “downtime” as a family.

I – Initiate your own ideas. Dare to dream, and don't let ANYONE take those dreams away from you. Your child is counting on you.

T – Tell your support agencies what your negotiables and non-negotiables are. Stand your ground!

I – Identify supports from your community but don't be discouraged if people don't line up to help. Everyone has their own problems and their own lives.

O – Operate on the assumption that your vision WILL come to fruition-think positive and positive things will eventually come along.

N – NEVER GIVE UP! Persistence, patience and positive attitude are your best attributes in the transition process (and a great sense of humor doesn't hurt!).