



Community Transition Planning Worksheet for Caregivers

Youth Name: _____

Current Age: _____

Strengths:

Needs Support With:

My Vision for My Youth's Adult Life

Imagine your youth at age 21 and picture what a meaningful, fulfilling weekday might look like for them. Use the space below to briefly describe your hopes for where they are living, how they spend their time, and the supports or relationships that are important in their life.



My Youth's Top 3 Priority Goals

Write down the three most important goals you would like your youth to work toward as they transition into adulthood and the community.

1.

2.

3.

Skills Checklist

Based on your youth's top 3 goals, identify their biggest strengths and needs for each of the skills categories below. You can reference the [Life Skills Inventory: Independent Living Skills Assessment Tool](#) for examples of skills that can go into these categories.

	Daily Living	Community	Employment
Strengths			
Needs			



Goal Planning

Based on your vision for your youth's adult life, and their current strengths and needs, what goal would you like to work on at this time?

Goal: _____

Target Date: _____

Steps:

1.

2.

3.

4.

Ontario Adult Services Planning

Review the items below and check off the steps you have already completed as you begin planning for Ontario adult services.

- ☐ Confirmed documentation of disability
- ☐ Contacted Developmental Services Ontario
- ☐ Explored supported employment
- ☐ Reviewed ODSP application process



Community Transition Planning Worksheet for Caregivers - Sample

Youth Name: *Jordan*

Current Age: *16*

Strengths: *Friendly, loves animals, strong visual memory*

Needs Support With: *Money, travel, safety awareness*

My Vision for My Youth's Adult Life

Imagine your youth at age 21 and picture what a meaningful, fulfilling weekday might look like for them. Use the space below to briefly describe your hopes for where they are living, how they spend their time, and the supports or relationships that are important in their life.

When I imagine Jordan at 21, I see him living in a supportive environment where he feels comfortable and confident. I hope he has a part-time job and participates in a structured daytime program that gives his week purpose and routine, along with community recreation activities he enjoys. Most importantly, I see our family continuing to be actively involved in his life, offering encouragement, connection, and support as he grows into adulthood.

My Youth's Top 3 Priority Goals

Write down the three most important goals you would like your youth to work toward as they transition into adulthood and the community.

1. *Spending time with animals*
2. *Seeing Friends*
3. *Having something to do everyday*



Skills Checklist

Based on your youth's top 3 goals, identify their biggest strengths and needs (areas to strengthen to attain identified goals) for each of the skills categories below. You can reference the [Life Skills Inventory: Independent Living Skills Assessment Tool](#) for example of skills that can go into these categories.

	Daily Living	Community	Employment
Strengths	<i>Friendly and social</i>	<i>Enjoys spending time with friends</i>	<i>Following visual task list</i>
	<i>Strong visual memory</i>	<i>Engages in group activities</i>	<i>Positive with others</i>
	<i>Motivated by routine</i>		<i>Animal-related interests</i>
Needs	<i>Cooking simple meals</i>	<i>Asking for help in stores</i>	<i>Dressing appropriately for the interviews/job</i>
	<i>Making transactions at local stores with a debit card.</i>	<i>Travelling independently on public transit</i>	<i>Showing up to work on time</i>
	<i>Doing laundry independently</i>	<i>Knowing who to contact if injured or sick</i>	

Goal Planning

Based on your vision for your youth's adult life, and their current strengths and needs, what goals would you like to work on at this time?

Goal: Jordan will independently take Bus Route #7 to the recreation centre.

Target Date: June 2026

Steps:

1. Practice route with parent
2. Practice with school staff
3. Travel independently with check-in call
4. Independent travel 3 times/week



Ontario Adult Services Planning

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