

***Acknowledge Challenges *Describe a Desired Outcome *Ask 4 Questions *Turn the Situation Around**

The Transition Treatment Plan (TTP) is a practical process to help you and your young adult find solutions for the new life after high school. The TTP is truly aligned to your young adult's challenges, needs, and desired outcomes. The TTP will help you see options and next steps to real solutions. Answer the questions below to help you turn the stressful or less desired situation around into a new and positive outcome for your young adult. **If you need more space to write, use the back of this paper.**

Current Situation: Write a brief description of a stressful or less than desirable situation your young adult is currently experiencing.

***Acknowledge Challenges:** Write a description of your young adult's challenges within that situation and its effect on well-being

***Acknowledge Strengths:** List your young adult's interests, strengths, or talents: _____

***Describe a Desired Outcome:** Picture in your mind your young adult reaching higher capability in the same situation. Describe the most positive benefits your young adult is now experiencing (i.e, adapting in a daily choice-making skill, practicing a life skill, or experiencing an event or setting with relief or joy).

To reach the new desired outcome....*Ask 4 Questions

1) A person support might be helpful to my young adult achieving this new outcome. Yes ___ No ___ If yes, list how. _____

2) A structure support might be helpful to my young adult achieving this new outcome. Yes ___ No ___ If yes, describe. _____

3) A tool or visual support might be helpful to my young adult achieving this new outcome. Yes ___ No ___ If yes, list type. _____

4) Specific settings or environments might be helpful to my young adult achieving this new outcome. Yes ___ No ___ If yes, describe. _____

Traditional supports that may help my young adult reach the desired outcomes (i.e., SSI, SSDI, Michelle P. Waiver, Vocational Rehabilitation, Hart Supported Living, Supports for Community Living).

List: _____

***Turn the Situation Around:** List the next steps that you and your young adult may pursue to reach the desired outcome. Consider using both traditional AND Broad Creative Supports with your YA's interests and strengths. Don't allow 'not possible' beliefs to interfere. Write the first thing that comes to your mind, for example, if your young adult loves being outdoors and around plants, ask the neighbor if your young adult can water her flowers.

1. _____ 2. _____

3. _____ 4. _____

BROAD CREATIVE SUPPORTS

Visual/other: pictures, drawings, photographs, devices to improve functioning (i.e., glasses for vision); technical assistance to self regulate behavior in order to manage the stimuli or stay organized within a setting (i.e., visual checklists); or communication tools (i.e., an Apple I'Touch, or I'pad);

Structural—routine set, arrangement of the order of daily activities, or list of events that have purpose, meaning, or enjoyment;

Environment—exposure to preferred or different settings to increase the individual's participation in daily living, developing interests, community adaptation, skill maintenance, personal contribution to community or others; and

People supports—peer mentor, career mentor, peer student, coworker support, each could provide positive feedback, support, or suggestions to benefit the young adult's responses. This person promotes the acceptance of the individual with a disability to participate in a particular setting.