









## Tool for Developing a Vision for Transition to Adulthood

Forming a vision and beginning to plan for the future in each of the life domains helps create a path for a full, expansive, quality life in the community. This tool is to help individuals with disabilities of all ages start to think about a vision for how they want to live their life as an adult.

Life Domain	My Vision for My Future	Current Situation	Things to Work on
 Employment / Day Support	What do I think I will do/want to do during my adult life?		
 Community Living	Where would I like to live in my adult life? What supports will I need?		
 Social & Spirituality	How will I connect with spiritual and leisure activities? How will I make and keep friendships and relationships in my adult life?		
 Healthy Living	How will I live a healthy lifestyle and manage health care needs in my life? (Dental, General, Mental, etc.)		

 <p>Safety &amp; Security</p>	<p>How will I stay safe from financial, emotional, physical or sexual harm in my adult life?</p>		
 <p>Citizenship &amp; Advocacy</p>	<p>In my adult life, what kind of responsibilities will I have, and how will I make sure I have control of how my own life is lived?</p>		
 <p>Supports for Family</p>	<p>How will my family be involved and engaged in my adult life?</p>		
 <p>Supports &amp; Services</p>	<p>What types of support will I need to live as independently as possible in my adult life, and where will my supports come from? (Transportation, Accommodations, etc.)</p>		

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