



TIME FOR... Transition

Transition is moving from one stage in life to another. We experience a multitude of transitions throughout our lives. Some important transition points are exiting birth to three services, starting school for the first time, going to middle and high school, graduation, college, employment, moving, or getting married.

Charting the LifeCourse Experiences and Questions Booklet **Guide for Individuals, Families, and Professionals**

Throughout our lives, we face questions and search for answers that will help us on our journey to a full and meaningful life. This is true for everyone, especially when you or someone you care about experiences a disability or special health care need.

Charting the LifeCourse is a tool to assist you in creating a vision for the future. It is designed to help you think about the questions to ask as well as the choices, options and life experiences to consider as you “plot a course” to a full and meaningful life. It is intended to be a starting point no matter where you are in your life journey.

We hope this ***LifeCourse Experiences and Questions Booklet*** helps you realize that even when your child is very young, and wherever you are on the journey as he or she ages and grows into adulthood, their life experiences and environment can shape how they will live life in the future.

www.ct.gov/dds/lib/dds/family/ct_lc_experiences_booklet.pdf

Charting the LifeCourse: Daily Life & Employment Guide

Before you know it, school will be ending and adult life beginning. Transition is a time to think about what adult life will look like and explore what you will be doing as part of daily life when the school bus stops coming! You will likely make choices based on what you like and what you want to do. This guide is designed to help you and your family think about questions to ask, things to do, and resources to lead you to a job, career, volunteering, college or continuing education, and ultimately, the life you want.

www.ct.gov/dds/lib/dds/family/ct_daily_life_and_employment_guide_final_3-2016.pdf

The LifeCourse Framework was created BY FAMILIES to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. More LifeCourse Planning Information: <http://supportstofamilies.org/resources/lifecourse-toolkit>

Connecticut Department of Developmental Services (DDS) has established a **Help Line** in each of the DDS Regions to assist families who do not have a case manager to help access services. **Help Line** staff will assist you to apply for DDS Family Support Services or refer you to appropriate community resources and services.

North Region

Help Line 1-877-437-4577

email: dds.nr.ifshelpline@ct.gov

South Region

Help Line 1-877-437-4567

email: dds.sr.ifshelpline@ct.gov

West Region

Help Line 1-877-491-2720

email: dds.wr.ifshelpline@ct.gov

