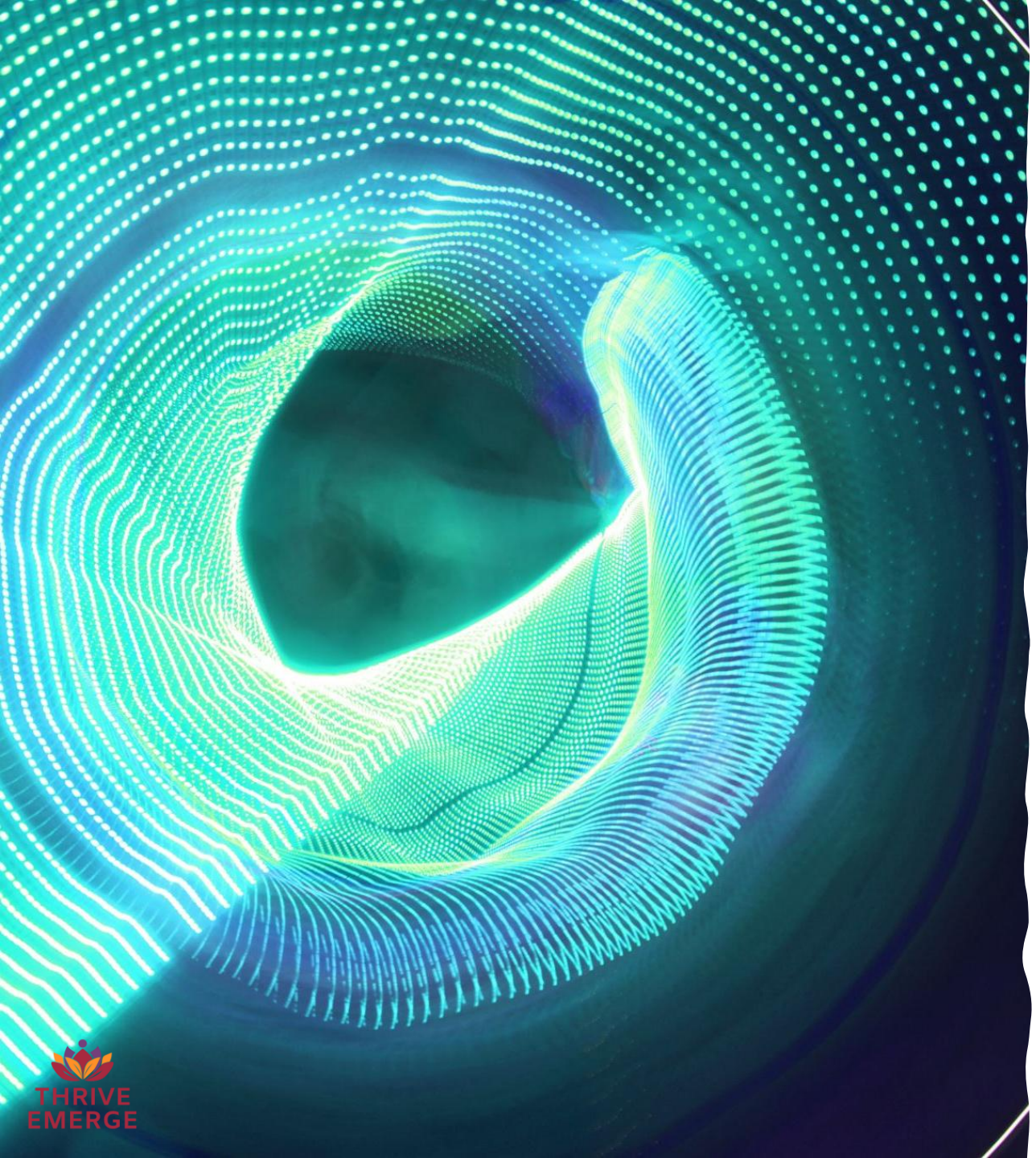


THE NEURODIVERGENT LIFE TRANSITION QUIZ

Created by Rick Silver, MD

Thrive Emerge

THE NEURODIVERGENT LIFE TRANSITION QUIZ

KNOWING MY KID AND THE NEURODIVERGENT DEVELOPMENTAL PATH

- ❑We have discussed and understand the full range of issues related to transition – emotional issues, addictions issues, social issues, confidence, how ND impacts life, resilience, coping mechanisms, preferences, strengths and limitations, back up plans, dealing with setbacks and failure
- ❑I have hunches and hints about what my kid is up to and wants in their life – now and in the future – but that's as far as my understanding goes
- ❑I am clear about what motivates my child
- ❑I know what my child's interests, dreams, preferences and fears are

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THE NEURODIVERGENT LIFE TRANSITION QUIZ

KNOWING MY KID AND THE NEURODIVERGENT DEVELOPMENTAL PATH

- ❑I have taken into account how their neurodivergent brain will change and perhaps slow their course of development
- ❑I know how to balance their need for independence with their need for support, structure, regular monitoring and skill building
- ❑I have figured out how I will gradually transition my child's EF responsibilities to them over time (eg, Avi and rx)
- ❑I know – and am able to talk about – how much and how they suffer

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KNOWING MYSELF

- ❑ I am flexible re: how my YA discovers their life
- ❑ I have the fortitude and patience to stick with what will be a difficult process
- ❑ I accept that this transition will differ from my other kids' transitions
- ❑ I am ready to accept and manage their developmental path – however it unfolds for them
- ❑ I am confident in my ability to handle this transition with my child

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KNOWING MYSELF

- ❑ I am aware of how distressing this transitional time might be
- ❑ I have the distress tolerance skills to manage my own fears
- ❑ I can balance “leaning in” and “stepping back”
- ❑ I often try to overprotect my child from distress and failure
- ❑ I am ready to “case manage” this transition: I have all the resources, coping skills and supports in place

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KNOWING THE WORLD – OPTIONS, RESOURCES

- ❑ I have a regular plan for monitoring, feedback and communications set up with my child
- ❑ I know what the options are for the transitional year and beyond
- ❑ I have planned for the financial aspects of transitioning my neurodivergent child to a more independent life

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THE NEURODIVERGENT LIFE TRANSITION QUIZ

HAVING A GOOD PARTNERSHIP, COMMUNICATIONS

- ❑My child and I have a good working partnership for life planning
- ❑I have clear, in depth, honest and open conversations with my child
- ❑My parenting partner and I are on the same sheet of music re: our kid's transition
- ❑Our family has good problem-solving discussions that don't escalate emotionally

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