



# Transition to Adulthood Timeline

## The transition to adulthood is **HARD!** Connections California can make it a little easier!

Parents Helping Parents understands how overwhelming and complex the transition to adulthood for people with disabilities of any kind can be. Connections California: Transition to Adulthood is here to help!

You'll find important information in Connections California. We want to help **YOU** create the smoothest transition to adulthood possible alongside your loved one!

The path toward the transition to adulthood for every individual is unique, with many factors to consider:

- Age
- Diagnosis
- Strengths
- Interests
- Support System

This timeline provides you with a **GENERAL** guide of what to do, when. Take it slowly. Don't feel overwhelmed. Everything will happen at the right time it needs to.

Is your child college-bound? You might explore schools at a young age. Regional Center client? Housing may be a priority. Heading to work? Discover career interests.

## You and your loved one know what will work **BEST.**

### In Connections California #cca you'll find:

- Relevant webinars
- Robust online content
- E-Learning videos you can access 24/7
- Critical resources and support
- Up-to-date website information
- Frequent announcements

## Timeline Tips!

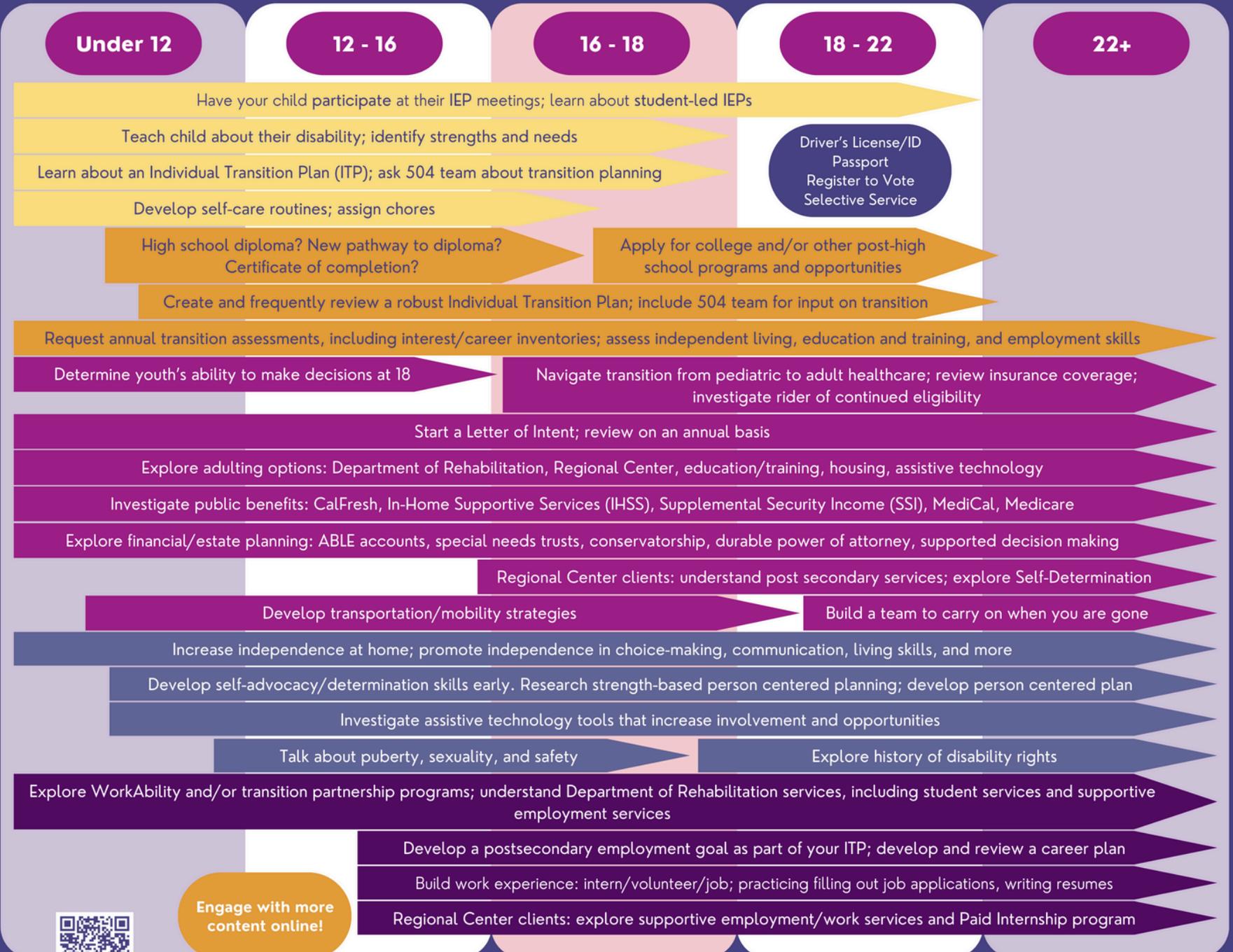
- Look at **ONE** category at a time.
- Go slowly!
- Don't feel overwhelmed!
- Transition suggestions are presented by **AGE...**
  - Under 12
  - 12-16
  - 16-18
  - 18-22
  - 22+
- And by **CATEGORY**
  - Transition Planning
  - Education & Training
  - Adult Life
  - Self-Advocacy
  - Work Preparation
- Need help? Call PHP!



Engage with  
more content  
online!



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## Transition Planning



## Education and Training



## Adult Life



## Self-Advocacy



## Work Preparation



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