



**Virginia Intercommunity Transition Council**  
A COMMUNITY OF PRACTICE

**VITC**

Transition Services for Students with Disabilities

## **LIVING MORE INDEPENDENTLY**

### **What can adult life include?**

Young people with disabilities look forward to adult lives in the community that include:

- Friends and family
- Relaxation and fun
- A home of their own
- Work or volunteering
- Lifelong learning
- Making choices
- Travel or move around your community
- Faith-based participation

This is a good picture of the future. It can happen when young people have a team planning with them.

### **What can students do?**

Students are the most important part of the team. Their hopes and dreams are at the center of planning. Young people must be leaders in making decisions that affect their lives.

Students can:

- Share their interests, abilities and goals
- Identify the supports they need to participate in the community
- Decide where to live
- Choose their friends
- Let others know when they need help, encouragement and support
- Learn skills of independence
- Explore ways to have fun
- Be responsible for their decisions

### **How do families fit in?**

- Be role models
- Provide opportunities to learn skills of independence
- Provide opportunities for choices
- Listen to what students have to say
- Organize family resources
- Help youth recognize that decisions have consequences
- Plan for future legal and financial needs
- Serve as a link between school and agencies
- Learn about community resources
- Identify supports that work for the student
- Be active team members

**Take the steps to person-centered thinking**  
**ASK, LISTEN, RESPECT, COMMIT!**