

Youth in Transition

Community Living British Columbia (CLBC) helps eligible adults build a meaningful life by connecting them to their community and to CLBC funded services. This information sheet answers some common questions about CLBC's role for supporting youth transition to adult life.

What is transition?

Transition planning is about preparing for the move from one part of life to another. Preparing for the change from childhood to adult life is important.

To have a smooth transition from childhood to adult life, it's important for youth with disabilities and their families to start planning well before the youth turns 19.

What is transition planning for youth?

Transition planning for youth includes connecting to opportunities and resources in the community, as well as putting together a network of family and friends who can support you through transition and into adult life. Transition planning may also include applying for income assistance, creating a Representation Agreement, and connecting to CLBC and learning about the supports we can offer.

When should transition planning start with CLBC?

Transition planning with CLBC should begin after a youth's 16th birthday, when you can begin the process to see if you are eligible for CLBC. Getting information about CLBC and attending the Welcome Workshop series can happen before 16. If you are accessing Ministry of Children and Family Development (MCFD) supports and services, once you turn 14 your MCFD worker can support you and your family with transition planning, including when to apply for CLBC eligibility.



How does CLBC support transition planning for youth?

CLBC provides support so you can learn about CLBC services and how to get involved in your community before you turn 19. This can happen by meeting with a CLBC facilitator and/or by attending a CLBC Welcome Workshop series. Even though CLBC funded services cannot be accessed until age 19, we want to plan and support you earlier so your transition goes smoothly.

What if my family member is already 16, 17 or 18 and we haven't started transition planning yet?

If you are age 16 or over, a CLBC facilitator can provide you with information about the next steps for your situation. The earlier you begin transition planning the better.

What is the CLBC Welcome Workshop series?

The Welcome Workshop series is where you learn about your options when planning for adult life. The Welcome Workshops also help you find opportunities and resources in the community, complete a Personal Summary, and learn about CLBC's services and how to apply for services.

If you are not able to attend the Welcome Workshops a CLBC facilitator can support and connect you to the same information.

To find out about the Welcome Workshop series contact your local CLBC office or visit the CLBC website under **How do I get support? > Attend the CLBC Welcome Workshop series.**

What is a Personal Summary?

A Personal Summary is a document that tells others about your strengths, what is important to, and for, you in your life, what you need help with, and other information that can help people, including CLBC understand how to best support you.

There are different ways to get help to create a Personal Summary. One way is to attend the Welcome Workshop series. Another way is to get help from your CLBC facilitator once you are eligible for CLBC. A third way is to use the About Me online booklet on FindSupportBC.com. If you choose to use the booklet on the FindSupportBC website and need help, you can call the Family Support Institute at 1-800-441-5403.

What are CLBC funded services?

CLBC pays for different kinds of services to support eligible adults with developmental disabilities with things like, living in community, finding a job, learning new skills, and making friends. CLBC also pays for respite support for families and other specialized supports.

What about other Transition Planning resources?

Services to Adults with Developmental Disabilities (STADD) offers Navigator services for youth aged 16 to 24 and their families in many communities across B.C. Navigators can help youth and their families plan for the future and transition to adulthood. They can help form a planning team and coordinate services from government and agencies. You can learn more at: 1-855-356-5609.

The Family Support Institute has an on-line transition timeline that can support you to know about the steps involved in transitioning from childhood to adult life. Find the timeline at: FindSupportBC.com/timeline. If you receive support from MCFD, a Child and Youth with Special Needs (CYSN) Social Worker can also assist with the transition process and connecting you to CLBC.

What are the steps involved in the transition process with CLBC?

The transition process for CLBC has 3 steps:

Step 1 After your 16th birthday

- Begin the eligibility process to show you are eligible for CLBC adult services.
- Please see the Information for Families on Eligibility sheet.
- Register for a Welcome Workshop Series to learn about what's involved in planning for adult life, including connecting to community, adult rights, planning tools, completing a Personal Summary and information about CLBC's services and the process of applying for services.
- You can register for the Welcome Workshops before or after becoming eligible for CLBC services.

Step 2 After your 17th birthday

- Develop a Personal Summary to share information about your strengths, goals and support needs.
- Visit FindsupportBC.com
- Attend Welcome Workshop Series (if you haven't already, or attend again).

Step 3 After your 18th birthday

- Meet with your facilitator and share your Personal Summary. With your facilitator's support, decide if, how and with whom you would like to plan, how you would like to connect to community, and whether you want to request CLBC funded services. See Information for Families on Getting CLBC Services for more information.

CONTACTING CLBC

To find the contact information for your local CLBC office, please visit www.communitylivingbc.ca.

You can also contact CLBC toll free at 1-877-660-2522.