

Transition is a Social Thing

Transition planning has many components—social opportunities are a key part of the process. Feel welcome to share successes, dreams, questions and challenges for the young adults in your family or school.

Social Skills Impact

- Independent living
- Heath
- Vocational
- Recreation
- Further education
- Transportation
- Accessing resources

Considerations to Enhance Social Success

- Diversify social outlets
- Diversify caregivers
- Build in down time and time for yourself (care for the caregiver)

Build & Maintain Social Connections

- Co-Workers
- Community Organizations
- Family Friends
- Fellow Alumni, Classmates
- Local Friends
- Family

“Friendships typically grow and develop through shared recreation experiences”
-from “Together is Better”

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Think About:

How often does your young adult see friends now? What do you anticipate later?

Where does your young adult socialize now? Where in future?

What supports does your young adult require to socialize?

What are some of the barriers to social opportunities?

What are the possible social outlets for your young adult?

Anticipate challenges along with change

Seek positive Gatekeepers

Adapt activities as needed

Social Capital

- Participation—active in a local group
- Reciprocity—doing or receiving favors, looking out for one another
- Trust and Safety—feeling of safety at home and in community
- Social Connections—friendships, people to talk to, acquaintances
- Citizen Power—complaining about a local service, joining a committee to fight for a cause, influencing change
- Community Perception—attitudes and behavior

The Four Elements of Community Groups

- Ritual— “it is essential to assist the person who you are trying to assimilate into a group in learning that group’s rituals” (p 36)
- Social Patterns—where does a group meet, how do members interact in the space?
- Language or Jargon—words or phrases that the group uses
- History or Memory—stories, photos, folklore, yearbooks

References

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