

# What is Transition?

Transition is a bridge from one situation to another. Transition is about change and movement. People go through many transitions in their lives.

**Adult life is much more than receiving services. It is about living a full life, with family and friends and doing what is meaningful “to me”.**

There is transition from family life to school. In school, students move from one grade to another. There is the move from elementary school to high school. Then there is the big move from high school to the rest of adult life and doing things that other adults do in the community. This might include getting a job, attending post-secondary training at a university or college, finding a place to live, being involved in the life of the community, developing personal relationships with other adults, getting married, starting a family, and much more. Not everyone does all of these things at the same time. Some people, for example, continue living with their parents after they finish school.

All young people leaving high school go through a transition period. For some, this period is smooth and for others, it is difficult.

For young people with disabilities there are many extra questions and challenges. People with disabilities often find it harder to get a job and they might be unable to go to university or college. Often, they are not very involved in the life of their community. When young people leave the school system, they and their families leave behind a relatively organized system of services and become almost solely responsible for finding information to prepare for adult life.

In the past, many young people with disabilities left school and entered a service system where they participated in sheltered workshops and lived in institutions or group homes. Some adults with disabilities do require services in the community, but adult life is much more than receiving services. It is about living a full life, with family and friends and doing things that are enjoyable, rewarding and meaningful.

Planning transition from school to adult life is about making decisions where to live, how to find work and how to get involved in the community. It is about what to do in one’s spare time and for fun. It is about how to develop and keep relationships.