

Learning to Be Independent

Chores, Discipline, Expectations

Assign developmentally and physically appropriate chores to the child with a disability and expect them to follow the house rules or be disciplined just like their siblings.

Ask the Child with a disability what they want to be when they grow up

Future goals, whether attainable or not, enable the child to start seeing themselves as productive contributors in the future.

Interpersonal skills

Help the child work on their handshakes, eye contact, and speaking in public so that they'll give a good first impression to new people they meet.

Get organized (priorities, time)

Help the child learn to prioritize what's important to them and work on time management skills

Vocational Rehab/ College

Get the school's vocational rehab counselors involved once the child turns 14 years old so they have enough time to help the child make and attain future educational and employment choices.



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Child to Adult Healthy Transitions



Respecting development across the lifespan, these are some tips to help support this important transition in every child's life.

The information has been adapted from the work of Joshua Alexander, MD

