

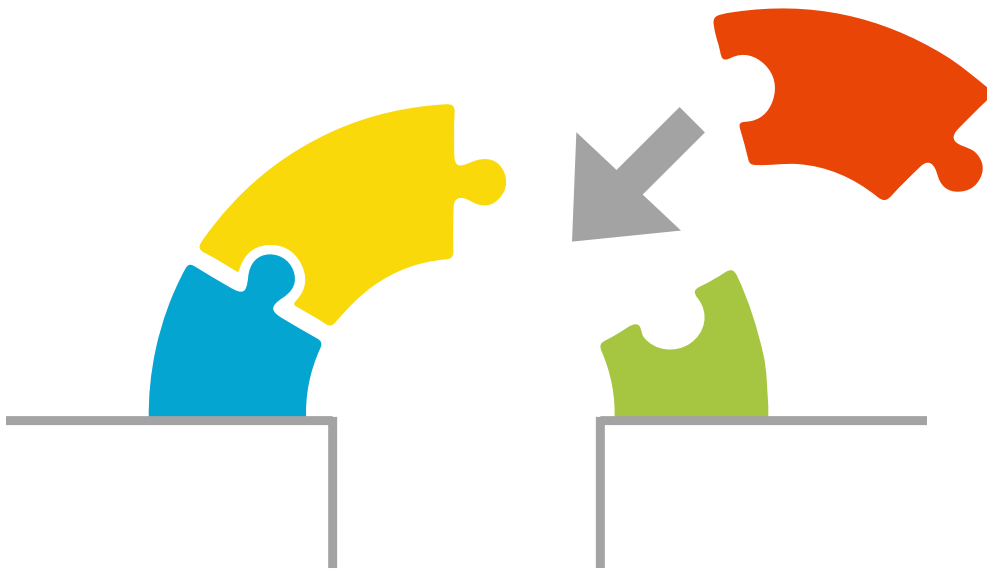
## What is transition planning?

Service Coordination Support (SCS) wants to help you better prepare for life's transitions. A transition is when a person experiences or makes a change in their life, such as starting or leaving school, learning a new skill, getting a job or finding a place to live.

We recognize that everyone experiences transitions at different times in their lives. Change can be exciting and challenging for many people. Transition planning involves looking ahead and planning for the future of your choice.

Making a plan gives you a chance to tell people what's important to you, your strengths, abilities, your support needs and how you want to be supported. SCS can support you in planning for your life transitions, identify opportunities that are available to you in your community and help you reach your goals.

Read on for more information on each transition period, as well as tips and resources to help you plan **in preparation for them.**



## My Search Tool

We have put together examples of resources in our tip sheets to help you plan for each transition period.

For more information, we invite you to visit My Search Tool, an online library of local resources and services for children and adults with developmental disabilities or autism. You can search by topic, location, age, or distance from your home.

You can access My Search Tool at [search.sconline.ca](https://search.sconline.ca).

## Disclaimer

SCS assumes no liability or responsibility for any errors or omission in the content contained in this document.

## Questions?

Please visit [sconline.ca](https://sconline.ca) or contact us at 613-748-1788 for more information.

# TRANSITION PERIOD: RELATIONSHIPS

Having meaningful relationships can help you feel happier and healthier. Building your social network can also help you get the support you need when you need it. Here are some tips to help you develop new relationships.

## Tips

### Finding Opportunities to Meet New People

Have you considered connecting with local youth groups or drop in social groups in your community? There are groups where you can do activities and meet individuals that have similar interests as you. These can be great opportunities to meet others living near you!

<https://www.meetup.com/cities/ca/on/ottawa/>

Are you familiar with ASD Central? It is an online Facebook platform moderated by people with ASD.

<https://www.facebook.com/groups/1710172265882835/>

Did you know that there are online apps available to help differently abled women and men find love, friendship and support in an online dating environment? Here are some tips to consider offered by Easter Seals:

<https://www.easterseals.com/explore-resources/living-with-disability/online-dating-when-you-have-a-disability.html>

## Suggested Resources

### Student Links

<https://communitylivingontario.ca/en/student-links/>

### Teaching Sexual Health

<https://teachingsexualhealth.ca/>

### Planned Parenthood

<https://ppottawa.ca/>

### Social Skills and Lifeskills programs

- [ebbuildingblocks.com](http://ebbuildingblocks.com)
- [tipes.ca](http://tipes.ca)
- [ysowlmaclure.org](http://ysowlmaclure.org)
- [mainstreetcommunityservices.com](http://mainstreetcommunityservices.com)

### LiveWorkPlay: Friday Night Fun!

<https://liveworkplay.ca/>

### ABLE2 - Dovercourt Dances

<https://www.able2.org>

Student Links matches students aged 14-21 with mentors who share a common passion or interest. This is a great opportunity to build community connections where similar interests exist, while exploring future employment opportunities.

Did you know that ABLE2 has a volunteer matching program? You can register and request to be matched with someone who has the same interests as you, someone to visit and do activities with.

<https://www.able2.org/programs/matching-program/>

**Scan QR code to access My Search Tool  
and find more resources:**



### **Ottawa Independent Learning Resource Center (OILRC)**

<https://oilrc.com/calendar/>

### **The SPACE-Games Night**

<https://www.thespaceottawa.ca/>

### **Online Dating When You Have a Disability Online Dating When You Have a Disability**

<https://www.easterseals.com/explore-resources/living-with-disability/online-dating-when-you-have-a-disability.html>