# TRANSITION PLANNING FOR INDIVIDUALS WITH FETAL ALCOHOL SPECTRUM DISORDERS (FASD)

The Canada FASD Research Network (CanFASD) has reviewed Canada's existing transition planning tools for youth with disabilities, including FASD. We have developed a set of six core principles for transition planning. These principles can be used to create an individualized transition plan for individuals with FASD and make recommendations for the transition to adulthood.

# EMERGING FRAMEWORK OF PRINCIPLES

#### IT SHOULD BE DONE

<u>PLANNING IS NECESSARY:</u> An agreement that planning is necessary to support youth with FASD in their transition to adulthood.

#### AN EARLY START

PERSON-CENTERED EARLY PLANNING:

Casual planning should begin during the preteen years, and a formal plan should be completed around age 14.

# **A TIMELINE**

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<u>A STRUCTURED TIMELINE OF TASKS</u>: A detailed developmental timeline should be created with specific tasks for parents and caregivers, the individual with FASD, and the staff members.

#### A MULTI-DIMENSIONAL APPROACH

**COLLABORATIONS WITH STAKEHOLDERS:** 

The transition plan should address *all* aspects of support and care for the individual with FASD, as well as proactive, planned actions for responding to a crisis.

#### THE VOICE OF THE YOUTH

INCLUSION IN DECISION-MAKING: In addition to case conferences, youth should be actively participating in the transition planning process to set realistic and attainable goals

#### A DESIGNATED COORDINATOR

**PARENT, GUARDIAN, OR STAFF:** One person should be responsible for initiation, implementation, monitoring, maintaining collaborations, and managing resources to ensure the plan addresses the individual's unique needs.

**1 2 TRANSITION PROGRAMS/GUIDES** IN CANADA

## BRITISH COLUMBIA

- 1. Information for Families: Youth in Transition
- 2. The Cross-Ministry Transition Planning Protocol for Youth with Special Needs
- Your Future Now: A Transition Planning and Resource Guide for Youth with Special Needs and Their Families Who Live in Delta

#### ALBERTA

- 4. Integrated Transition Planning for Youth with Disabilities
- 5. Strategies Not Solutions
- Transition to Adulthood: Transition Planning-----Tip Sheet
- 7. Youth with FASD Transitioning Initiative Toolkit

#### MANITOBA

 Bridging to Adulthood: A Protocol for Transitioning Students with Exceptional Needs from School to Community.

## ONTARIO

- Complex Care Transition Resource Guide: Help Them Grow... So, They Are Good 2 Go!
- A Guide to Transition Planning for Parents
  of Children with Developmental Disability.
- 11. Health Watch Table: Fetal Alcohol Spectrum Disorder.
- Ministry of Community and Social Services (MCSS), Ministry of Children and Youth Services (MCYS), and Ministry of Education (EDU) Integrated Transition Planning for Young People with Developmental Disabilities.



Coons-Harding, K. D., Azulai, A., & McFarlane, A. (2019). State-of-the-art review of transition planning tools for youth with Fetal Alcohol Spectrum Disorder in Canada. *Journal on Developmental Disabilities*, 24(1), 81-98. Retrieved from http://oadd.org/wp-content/uploads/2019/11/41026-JoDD-24-1-v11f-81-98-Coons-Harding-et-al.pdf