

TRANSITION TIPS PART 4

*For a smoother transition to
adulthood*



1 Build on Daily Living Skills

Start with one task at a time to build consistency

- 1 household chore at a time, on a schedule eg: laundry every Sunday
- Create checklists for morning and evening routines
- Work on planning and preparing one meal or snack a week including finding recipe, creating a shopping list, budgeting and purchasing items, then preparing them.

2 Practice Communication Skills

Create opportunities to allow children and teens to use their voice whether it's verbal, written, or with use of a gesture or device

- Review menus and allow them to order their own meal at a restaurant
- Role play! Practice before you head out [Video](#)
- Encourage and model asking for help while in the community.

3 Practice Transportation Independence Before Graduation

Utilize NJ Transit Training Hub and NJ Transit Safety Education Programs

- [NJ Transit Regional Training Center](#)
- [NJ Transit Safety Education Program](#)