

✧ INDEPENDENCE

- The need to look at what your child can do for him/her self, what they need assistance with, and what needs to be delegated to others?
- Guardianship - Is this something you may need for your young adult? What are the different types of guardianship, how expensive is the process, can it be reversed?
- Transportation - how will your young adult get to doctor appointments, therapies, day programs, or even work?
- Medications - How can your adult be as independent as possible. What are some of the tools that can help? Ex. - watch with alarm, pill box with days of weeks and time of day.
- Sex-drugs- rock n' roll - having a disability doesn't mean your child doesn't still have these issues in their minds - teach them responsibility, look to mentors for ideas on how to make your young adult understand consequences.

✧ WHAT ABOUT YOU?

- Who can parents go to with questions and concerns throughout this learning process? Ex. - Local ARC, ILC's (Independent Living Centers) Massachusetts Rehab Commission, state agencies, and of course most important Family TIES Parent to Parent!
- As a parent you need to find what and where your role is as your child goes through the transition process.
- BE CAREFUL not to lose your young adult's identity through all the ups and downs of the transition.
- Keep your sense of humor - you will definitely need it!!!

