

# Your Personalized Transition Plan



**About:** a document for you and your family to envision, work towards, and track your transition-to-adulthood preparation, from age 14 onwards.

## Supports Include:

- Lots of prompts and direct links to relevant resources within the plan if you want to complete parts of it by yourself
- Group support and also 1:1 coaching for personalized staff support when completing your plan



## How Do I Get Help with My Plan?

1. Download your plan online using this [link](#)
2. Holland Bloorview clients/families can get help with completing their plan by:  
→ [Signing up](#) for the **Pop-Up: Work on my Personalized Transition Plan**

## Where to Learn More:



Find more information on our [website](#) or by scanning the QR code.

Staff Contact: Cooper Dupre 416-425-6220 ext. 3099 or

[Cdupre@hollandbloorview.ca](mailto:Cdupre@hollandbloorview.ca)

