

# Transition to Independence

**It's your life. How do you want to live it?**

**So you have a disability.... That doesn't mean you don't have dreams.**

Living the life you want takes knowing yourself....It takes trying new things...

It takes planning....It takes telling others what your dreams are....

**This worksheet is designed to help you get started on the life you want to live.**

Some of these questions seem basic. But there are parents and teachers who may be trying to help you plan. They need to know more about you to be able to help.

## Who am I?

**What do you like?**

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**What do you hate?**

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# What are my dreams?

**If I could do anything, what would it be?** Say it, even if you think it sounds crazy. \_\_\_\_\_

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**What kind of place would I like to live in?**

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## What are Some Things I Have Done?

shared ideas in front of a group of people

participated in my IEP meeting

done volunteer work

had a job

made things: writing, artwork, inventions, etc.

organized things: a photo album, your school papers, your desk, etc.

helped others: tutoring, helping little kids, etc.

planned something: a weekly shopping list, a surprise party, etc.



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## So now what?

These questions are a starting point. You have been thinking about yourself and your dreams. Now you may have some things you want to think more about. You may not have all the answers you want. You may also have some things you'd like to try out.

Take this information about yourself and do something with it. If you have things you don't know about yourself yet, plan to find them out. Share this information with people who want to help you.

You can shape your future to match your dreams. It will take work on your part. It will take telling others what you want. But you can do it. It will take becoming the best you can be.

Go for it!

## AAAction Steps

- **Tell the people who want to help what you have learned.**
- **If you found things you have never done but want to, try doing some of them.**
- **If communication stops you from doing what you want, work hard on communicating better. Maybe you need to change the way your AAC device is set up. Maybe you need to learn to program it. Take charge of your communication!**

AAC Institute is a not-for-profit 501c3 charitable organization dedicated to the most effective communication possible for people who rely on AAC. AAC Institute offers many free and low cost resources to support achieving high performance communication. Resources include methods, tools, evidence, directories, services, education, and more. For access to these resources, the current listing of the many sponsors that support AAC Institute, or to register to receive the **AAC Institute Update** email announcement, visit the web site at [www.aac institute.org](http://www.aac institute.org).



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