



FASD Transition to Adulthood Checklist

Start early. Transition planning should reflect the young person's goals, strengths and support needs across home, school, health, money, housing, community and decision-making.

By about age 15 to 16

- ☐ Ask the young person what they want adult life to look like.
- ☐ Identify strengths, interests and environments where the young person succeeds.
- ☐ List current child services and which ones may end or change at 18.
- ☐ Begin disability-benefit and tax planning if DTC or other programs may apply.
- ☐ Identify a transition coordinator or one person who will keep the plan moving.

By about age 16 to 17

- ☐ Review legal decision-making and what support may be needed after 18.
- ☐ Explore education, training, employment and supported work options.
- ☐ Build practical skills using repeated real-world practice, not one-time instruction.
- ☐ Review medication, health, mental health and primary-care transition needs.
- ☐ Plan transportation, housing and community supports.



FASD Transition: The Year Around 18

- ☐ Confirm which PEI child programs end at 18 and which adult programs require a new application.
- ☐ Review CCB ending and adult disability-benefit eligibility.
- ☐ Review RDSP holder / beneficiary arrangements where applicable.
- ☐ Make a written plan for money, banking, identification and important documents.
- ☐ Confirm school / training plan and who helps when a problem occurs.
- ☐ Identify safe adults and natural supports beyond the primary caregiver.
- ☐ Create a crisis plan before a crisis happens.
- ☐ Set a date to review the plan after the first major adult transition.

Young person's priorities

Who is responsible for the next steps?