

USE **TRANSITION PLANS**

to Support Healthy Habits for Teens and Young Adults with Intellectual and Developmental Disabilities

What is a transition plan?

Schools are required to develop a transition plan as part of the Individual Education Plan (IEP) for individuals with I/DD. The transition plan is completed by the student, family, teachers, and service providers no later than 9th grade or age 16.

The transition out of high school can be a challenging time for young adults with intellectual and developmental disabilities (I/DD). People with I/DD are eligible for different types of services once they turn 21 years old, and may no longer receive the support they are used to. A comprehensive transition plan can ease the shift from high school to adult life.

You can help prepare a young person to lead a healthier, more independent life after high school by including healthy eating and physical activity goals in the IEP transition plan.

Guiding Questions for Setting Healthy Habit Goals:

- Does the student understand the 5-2-1-0 message?
- Does the student understand the difference between healthy and unhealthy choices?
- Can the student plan a healthy meal?
- Can the student follow simple recipes to make healthy meals?
- Does the student understand how to read food labels?
- Does the student understand how to make healthy choices when grocery shopping?
- Is the student aware of different places to buy healthy food in the community?
- Does the student have basic food handling and kitchen safety skills?
- Can the student identify various places and programs to be physically active in the community?
- Can the student complete a membership application for a local recreation facility?



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- Can the student use public transportation to access local recreation facilities?
- Can the student navigate local recreation facilities and communicate with personnel? (e.g. find bathrooms and changing rooms or ask about schedules and fees)
- Can the student inquire about any equipment or activity modifications that he or she needs?

Everyone on a child's team can address healthy habit goals in a young person's transition plan.

Everyone Plays a Role!

- **Educators** can ensure a student has a basic understanding of proper nutrition.
- **Physical Education Teachers** can help a student find opportunities for physical activity outside of school and identify skills a student needs to develop in order to stay active into adulthood.
- **Speech and Language Pathologists or Social Workers** can work with a student to develop the social skills needed to access community resources.
- **Health Care Providers** can work with a student to set personal healthy habit goals.
- **Occupational Therapists** can work with a student to enhance fine motor skills for use in cooking.
- **Case Managers** can align healthy habit goals in the IEP transition plan with goals in the student's Individual Treatment Plan.
- **Families** can model healthy habits and identify ways their child can become more independent.

