

# My Goals

Date \_\_\_\_\_

I want to live.....

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I will support myself by...

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I will get around by.....

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I will participate in.....

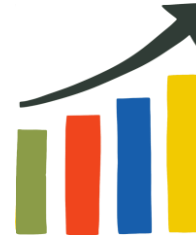
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# 5 Steps to prepare for your TRANSITION

## 1 DETERMINE YOUR GOALS

- Residence
- Income
- Transportation
- Social / friendship activities
- Community involvement
- Financial independence



## 2 IDENTIFY YOUR SUPPORT TEAM



- Parents or caregivers
- Teachers
- Doctors or therapists
- Friends
- Social workers
- Counselors

## 3 DETERMINE YOUR COMMUNITY RESOURCES

- Center for Accessible Living
- Vocational Rehabilitation
- Public Library
- Parks and Recreation
- Clubs & Organizations
- Health Care



## 4 CREATE YOUR PLAN

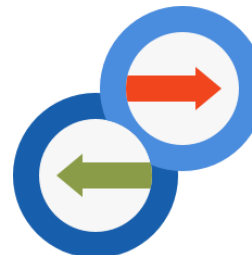
(From STEP 1)

- Identify a goal
- Write down 3 things you think will help you reach your goal
- Write down who/what can help you reach that goal



## 5 UPDATE YOUR PLAN

- Review your goals every 6 months
- Add new goals
- Remove goals you completed or no longer need
- Keep growing!



# Resources

**KY-SPIN**  
[kyspin.com](http://kyspin.com)

**Vocational Rehabilitation**  
[kcc.ky.gov](http://kcc.ky.gov)

**Center for Accessible Living**  
[calky.org](http://calky.org)

**Kynect Benefits**  
[kynect.ky.gov](http://kynect.ky.gov)

**Social Security (SSI)**  
[ssa.gov](http://ssa.gov)

