

## Transitions is available for 15-30 year-olds.

- Post graduate participation will be based upon daily work schedules and other activities.
- *Transitions* will include both males and females of similar ages to ensure a diverse social peer group.
- Hours of programming are from 9:00 am to 2:30 pm.

## Transitions begins with careful planning.

- Direct communication among professional staff, each individual, and their families.
- Goal setting and identifying areas of interest to the individual.
- Through the self-direction process, individuals will actively engage in setting their own goals and identifying areas of learning that are important to them.

## Transitions provides opportunities for development in areas including but not limited to:

- Self-advocacy
- Housekeeping Tasks
- Money Skills
- Social Networking
- Overnight Trips
- Grocery Shopping
- Accountability
- Decision Making
- Leisure Pursuits
- Menu Planning
- Interpersonal Skills
- Meal Preparation
- Volunteering in the Community



Services are available at our Canton and Potsdam locations.

*Transitions* works with local school districts to provide after school programming.



### What happens after *Transitions*?

*Transitions* helps young adults develop and apply skill-based strategies which will assist them in becoming as independent as possible.

# St. Lawrence NYSARC

## Transitions

Our mission is to empower young people with intellectual and developmental disabilities through self-directed goal setting, focusing on independent living and community engagement activities.



## Overview of Transitions

- Functional Skills Assessment
- Small Group Programming
- HCBS Waiver Eligibility Not a Requirement
- Promotes Independence
- Explore Natural Community Supports
- Skill Development
- Occasional Friday Night Events and Weekend Trips



*Learning is life-long.*

### Canton Location:

(315) 386-4162  
St. Lawrence NYSARC  
95 Main Street  
Canton, NY 13617

### Potsdam Location:

(315) 286-1003  
St. Lawrence NYSARC  
22 Depot Street  
Potsdam, NY 13676



*St. Lawrence NYSARC is a non-profit membership association dedicated to full inclusion and integration for persons with intellectual and other developmental disabilities in St. Lawrence County.*

[www.slmysarc.org](http://www.slmysarc.org)



St. Lawrence NYSARC's Transitions program empowers young adults with intellectual and developmental disabilities to live full, independent lives.

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