

Transition to Adulthood: Having an Active Social Life

General Information:

Having an active social life is an important part of adult life. Activities can help you connect with others, develop friendships and discover hobbies and interests. An active social life can help make life more fun and help you feel better about yourself.

Using the IEP to plan and prepare for an active social life

If you have an IEP (Individualized Education Plan), public schools are required by law (starting at age 14) to include and carry out a plan. This plan includes a “coordinated set of activities” that help prepare you for life after high school. It is important that you actively take part in the IEP process. Examples of IEP goals and activities that support the development of an active social life include learning how to:

- Express yourself (self advocacy) and how to explain your needs (accommodations) and interests.
- Take care of your health.
- Develop skills you need to function on your own.
- Meet new people and form friendships.
- Use community agencies and resources that offer fun or learning group activities.

What are my options?

Many communities have a variety of social or fun group activities. These often include:

- Travel
- Sports
- Arts
- Classes on self improvement (personal development or self advocacy).

For more information about recreation options:

- Contact your local Regional Center for Children and Youth with Special Health Care Needs for local agencies and organizations in your area:
<http://dhs.wisconsin.gov/health/children/resourcecenters/index.htm>
- ARC Wisconsin: <http://www.arc-wisconsin.org/>
- ARC of Greater Milwaukee: <http://www.arcmilwaukee.org/>

- IndependenceFirst: <http://www.independencefirst.org/home/index.asp>
- Special Olympics Wisconsin: http://www.specialolympicswisconsin.org/contact_us.html
- Very Special Arts Wisconsin: <http://www.vsawis.org/>
- Easter Seals: http://wi-se.easterseals.com/site/PageServer?pagename=WISE_homepage
- Contact your community recreation department.

If you do not have a computer or internet access, computer stations are available in The Daniel M. Soref Family Resource Center on the first floor of Children's Hospital or at your local public library.

This teaching sheet is meant to provide you with additional information about your care. Diagnosis, treatment, and follow-up should be provided by your health care professional.