

Transition to Adulthood: Having an Active Social Life

General Information:

Having an active social life is an important part of adult life. Social activities can help you meet people, make friends and find new hobbies and interests. An active social life can help make life more fun and help you feel better about yourself.

How can the IEP help?

If you have an IEP (Individualized Education Plan), public schools are required by law to include and carry out a transition plan at age 14. This plan includes activities that help prepare you for life after high school. It is important that you 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. This is called self advocacy.
- Explain your needs (accommodations) and interests.
- Develop skills you need to function on your own.
- Meet new people and make friends.
- Use community agencies and resources that have group activities.

What are my options?

Many communities have social or fun group activities. These may include:

- Travel
- Sports
- Arts
- Classes on self improvement, such as personal development or self advocacy.

More information about social options:

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

- IndependenceFirst: <http://www.independencefirst.org/>
- Special Olympics Wisconsin: <http://www.specialolympicswisconsin.org/>
- Very Special Arts Wisconsin: <http://www.vsawis.org/>
- Easter Seals Wisconsin:
<http://eastersealswisconsin.com/> Contact your community recreation department.

If you do not have a computer or internet access, you can use a computer in The Daniel M. Soref Family Resource Center at Children's Hospital. Your local public library might have computers as well.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.