

## Developing a Transition Timeline for Families: A Parent Professional Partnership

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The ability of young adults with developmental disabilities and their families to successfully navigate the transition to adult life and the various systems through which supports are available hinges upon clear and accurate information. *Transition to Adulthood for Young Adults with Developmental Disabilities: A Timeline for Parents* provides a one-page overview of considerations at different points throughout transition, national resources, and information about services in New Jersey. Partnering with a diverse group of parent leaders to develop and design this resource helped our UCEDD/LEND to ensure that the information included is applicable, accessible, and actionable.

### The Process

The resource development process began with identification of an informational need by stakeholders, as well as thorough planning to determine the audience, intended impact, and most appropriate format. Content was then created by subject matter experts at The Boggs Center and vetted through focus groups with a diverse group of parents of transition-age youth with disabilities.

Focus group participants were asked to review the draft, and provide guidance on:

- Overall impressions of design and content
- Balance of helpfulness vs. prescriptiveness
- Relevance and applicability to their own children
- Missing content

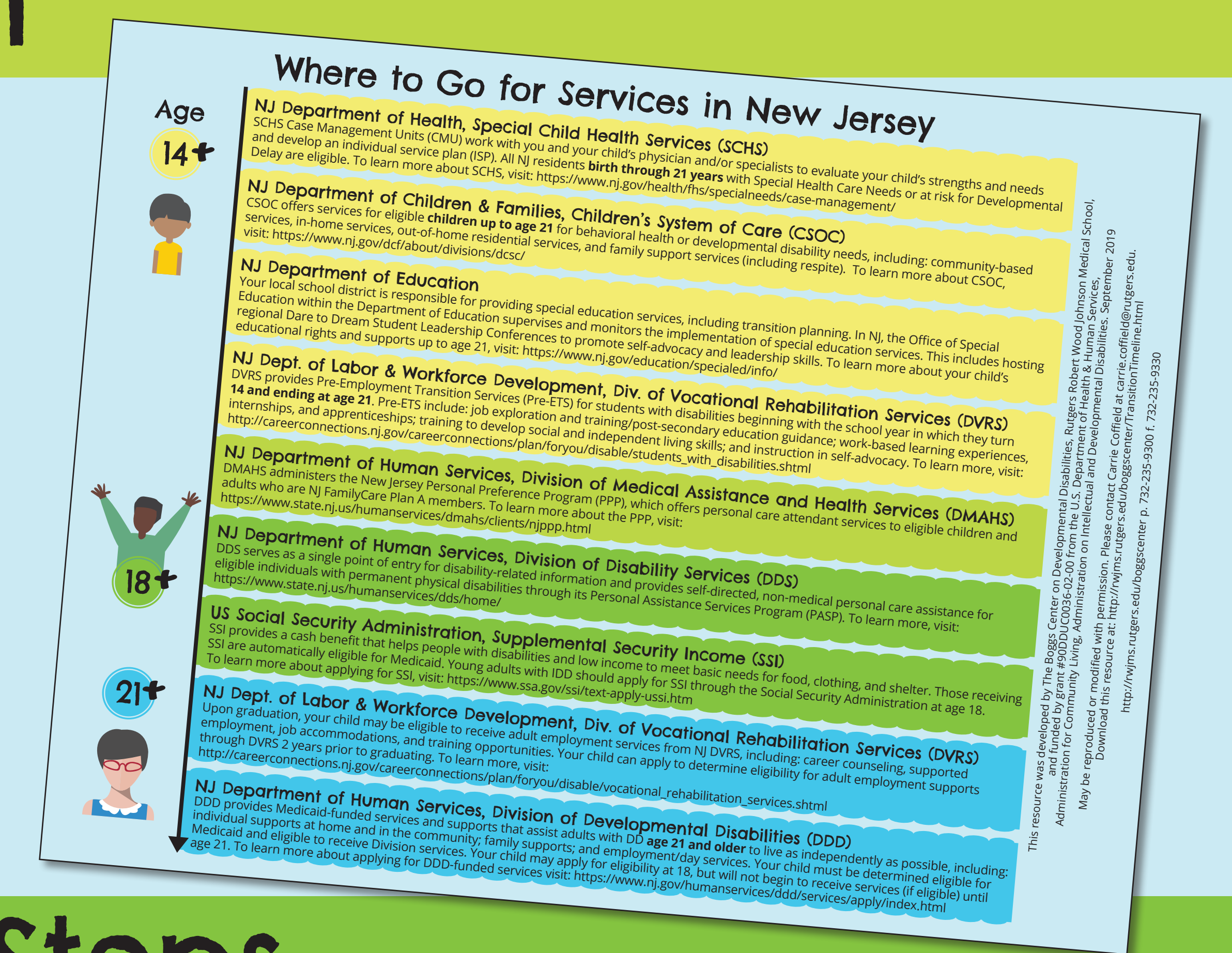
### What We Learned

- Jargon like “post-secondary goals” and “supported-decision making” were not well understood by participating parents.
- The process should involve both parents of transition-aged youth and parents whose children have successfully transitioned.
- State government and the services it offers are confusing and in constant flux, making it both hard to navigate for families and challenging to create a resource about. In the 3 months since the *Timeline* was published, a change in auspice for one of the programs listed prompted a reprint.

### The “Final” Product



FRONT



BACK

### Dissemination & Next Steps

An announcement about the *Timeline for Families* was distributed to The Boggs Center's mailing list and Consumer Advisory Council. This resource is available electronically on the Center's website and hard copies can be ordered free-of-charge. It has been widely distributed by Transition Coordinators and was included in a mailing for families served by one county's Special Child Health Services Case Management Unit. Plans to translate the *Timeline* into Spanish are in progress.

### Replication

This resource and the process to revise and refine it based on parent feedback can be utilized by centers across the network. The front page contains major considerations promoted as current best practices in transition, beginning at age 14, that are nationally applicable. The reverse side contains state-specific agencies, and can be customized based on state and as determined relevant to stakeholders.

To learn more about modifying and reproducing this resource, contact Carrie Coffield at [carrie.coffield@rutgers.edu](mailto:carrie.coffield@rutgers.edu).