My Transition Support Network: People

List the people and places you can turn to for help, now and after high school.

Name _____ · Date _____

Natural supports are friends, family, coworkers, teachers and other people in the community who you can turn to or count on when you need help.

Think about all the places where you spend time with people. Write down who your personal supports are and how each one can help.

Where	My personal supports (names)	What they can help with
Home		
School		
Work		
Community		
Other: _____		

My school's resources

Make an appointment with your school's guidance or career development professional. Then fill in the chart.

Resource	Services offered	What I want to learn more about

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My Transition Support Network: Organizations

These organizations can help after high school. Find the one closest to you, online or in person.

Organization	What they can do for me	Where to find them (website, phone or address)	Want to contact?
Vocational Rehabilitation (VR) agency Your state agency that helps people with disabilities get ready for, find and keep a job.			☐ Yes ☐ No
American Job Center Free help with finding a job, writing a resume and getting job training.			☐ Yes ☐ No
Center for Independent Living (CIL) Run by and for people with disabilities. Help with living on your own, peer support and advocacy.			☐ Yes ☐ No
State developmental disabilities agency Services for people with intellectual or developmental disabilities. The name is different in each state.			☐ Yes ☐ No
Social Security Disability benefits, such as SSI, and rules for working while you get them.			☐ Yes ☐ No
Other: _____			☐ Yes ☐ No

With a family member or someone you trust

Visit one organization in person or online.

Organization I visited:

What can they offer to help me after high school?

How will I ask for help?

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