



Navigating the Transition: A Compass for the Future

A Holistic Approach to Adulthood for Young Adults with IDD

The transition from the school system into the adult world is often one of the most complex seasons a family will navigate. While the "cliff" of graduating out of mandated services is real, it does not have to be a drop into the unknown. By moving beyond traditional educational metrics, we can focus on what truly matters: your child's lived experience and their long-term quality of life.

At our organization, we use the **LEAQ-Y (Life Experience & Outcomes Assessment)** framework. This is a strengths-based, outcome-focused approach that serves as a compass for navigating the transition. Rather than focusing solely on "what services can we get," we focus on "how is the young adult experiencing their life?".

The Six Domains of the Transition Compass

We utilize six aligned domains to help families identify where their young adult is thriving and where they may need a sturdier bridge to independence.

1. Capability & Daily Independence

This domain looks at the practical "how" of daily life. Transitioning to adulthood requires a shift from academic performance to functional autonomy.

- **Focus:** Can they navigate their neighborhood? Manage basic personal needs? Make simple choices that affect their day?
- **The Goal:** Moving from dependence on caregivers to a level of mastery that honors their unique abilities.

2. Emotional Resilience & Regulation

Adulthood brings new stressors, from workplace expectations to social complexities. Resilience is the engine that keeps a young adult moving forward when challenges arise.

- **Focus:** How does the young adult handle frustration? Do they have the tools to self-soothe or seek help appropriately?



- **The Goal:** Developing the internal resources to manage the "ups and downs" of adult life without constant external intervention.

3. Purpose & Engagement

A life well-lived requires a reason to get out of bed in the morning. This domain goes beyond "having a job" to finding true vocation and meaning.

- **Focus:** Is the young adult participating in activities that make them feel valued? Are they contributing their talents to a community or workplace?
- **The Goal:** Shifting from "occupying time" to "investing time" in roles that build self-worth.

4. Growth & Learning Development

Learning does not stop when the bus stops coming. This domain focuses on the continuous adaptation and skill acquisition required for an evolving life.

- **Focus:** Is the young adult still being challenged? Are they learning new ways to interact with technology, people, or their environment?
- **The Goal:** A lifelong commitment to adaptation and capability development.

5. Well-Being & Relaxation

An overlooked part of transition is the right to rest and enjoy life. True independence includes the ability to choose how to unwind and maintain physical and mental health.

- **Focus:** Does the young adult have access to hobbies? Do they understand how to care for their body and mind through rest and renewal?
- **The Goal:** Ensuring that "productivity" never comes at the expense of a person's fundamental well-being.

6. Connection & Belonging

Loneliness is one of the greatest risks after high school. This domain focuses on the social fabric that supports a person throughout their life.



- **Focus:** Does the young adult have friendships outside of their family? Do they feel like they belong to a tribe or a community?
 - **The Goal:** Moving from being "in the community" to being "of the community"—having a genuine sense of belonging.
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How We Help You Navigate

Our organization doesn't just provide a map; we walk with you as you use this compass to build a future. We offer three specific pillars of support to ensure your family is prepared for the years ahead.

Comprehensive Transition Assessments

We utilize the LEAQ-Y assessment to get a baseline of your young adult's current lived experience.

- **Non-Diagnostic:** This isn't about clinical labels or performance evaluations.
- **Strengths-Based:** We highlight resilience and purpose alongside the challenges.
- **Repeatable:** We can track changes over time to ensure your transition plan is actually working.

Strategic Referrals & Navigation

Once we identify where support is needed most, we help you find the right partners.

- We connect you to organizations that specialize in the specific domains of the Compass—whether that is a job coach for Purpose & Engagement or a social club for Connection & Belonging.
- We help you navigate the complex systems of "Habilitative Services" and "Social Infrastructure" to ensure you are accessing every available benefit.



Parent & Caregiver Education

Transitioning is a family shift. We provide the education you need to move from being a "case manager" to a "supporter" of an adult.

- Understand how to use outcomes—not just service checklists—to measure your child's success.
 - Learn how to facilitate self-advocacy and independence while maintaining the safety net your child needs.
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An Invitation to Families

The road to adulthood for a person with an intellectual or developmental disability is not a straight line, but it is a path worth walking with intention. Our goal is to make the connections between these six domains visible so that your family can respond more thoughtfully and effectively to the future.

We invite you to reach out to our team to schedule an initial consultation. Let us help you move from a place of uncertainty to a place of patterns and possibilities.

Empowering people to live their fullest life.

Connect With Our Transition Team:

- **Web:** www.wwwwy.org
- **Email:** programs@wwwwy.org