



## Tools for the IDD Post-Secondary Journey

*Navigating the path from school to adult life with confidence and community.*

The transition from the routine of school to adult life is a significant journey. At **We Will Walk With You**, we believe this path shouldn't be a "cliff"—it should be a navigable passage supported by a reliable community. We offer **Life-on-Life Navigation**, coming alongside your family to prioritize belonging, confidence, and emotional well-being.

### Your Navigation Toolbox

We provide specific resources designed to equip you for the road ahead, regardless of your current benefit or Medicaid status.

- **LEAQ-Y Assessment & Personal Roadmap:** Use our common-sense tool to measure "Vital Signs" like connection and purpose. We use the results to build a **custom roadmap** that informs your choices and identifies areas of friction.
- **Campfire Parent Support:** Join our virtual monthly Zoom meetings to connect with other "climbing parties." This is a space to share stories, trade resources, and find mutual support.
- **Wayfinder Speaker Series:** Expert-led sessions designed to provide actionable insights for families navigating the transition to adulthood.
- **The Waystation Newsletter:** Our monthly publication featuring real-world perspectives on quality of life and community resource updates.

### Collaborative Skill Building

We believe in building robust, natural systems of support. We partner with local organizations to offer **Community Living Skills** classes focused on health and nutrition:

- **Durham Exchange Club Industries (DECI):** Weekly cooking classes focused on nutrition and kitchen skills to support home and community based living.
- **ACCESS Cary:** Specialized programming to foster independence and healthy habits, including cooking, fitness, and recreation.



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## **Our "Walking With You" Approach**

We look at the health of the entire "climbing party," ensuring both the youth and their caregivers are supported. We move beyond "checking boxes" to focus on what truly matters: a life that feels good from the inside, not just one that looks successful from the outside.

## **Let's Connect**

Whether you are just beginning to think about the future or are in the middle of a transition, we are ready to walk with you.

**Email us to learn more and join our community:** [programs@wwwwy.org](mailto:programs@wwwwy.org)

We Will Walk With You is a nonprofit organization dedicated to ensuring families of children with disabilities are accepted, equipped, and supported every step of their journey