

What is transition?

Transition is about change. All youth who attend school and eventually leave school go through some kind of transition. Transitioning into education, training or employment can be a challenge for youth living with a mobility disability. Transition NB is an Ability NB provincial program that helps youth make this transition smooth as possible.

What do we do?

Transition Planners work one on one with youth ages 16 to 30 living with a mobility disability to reach education and career goals.

We can help:

- Build a planning team. A team helps youth create a path to reach goals and includes people they trust, rely on, and find supportive.
- Complete a formal PATH (Planning Alternative Tomorrows with Hope) plan. A PATH is when the youth, family and support network help design and implement a positive visual plan with goals that can be reached through short and long term planning.
- Identify careers by finding out what jobs are in demand and reviewing what skills and training may be needed.
- Research employers and the job market (e.g., information on companies that are hiring, the services/products they offer, hiring policies, skills required, key contacts).
- Develop a resume, cover letter, portfolio, LinkedIn profile and prepare for interviews.
- Find jobs (e.g., summer employment, co-op placements, internships and/or apprenticeship opportunities).
- Review accessibility requirements for university, college, other training, and employment, complete accessibility reviews and work with these organizations to find solutions that work.
- Coordinate tours of training, post-secondary and education facilities to get insight into services, facilities and accessibility.
- Connect to student accessibility and accommodation centres and services.
- Connect with Occupational Therapists, augmentative communications specialists, assistive technology specialists and accessibility/accommodation centres to determine equipment, technology,

assistive devices, educational assistants, tutors and/or note takers that may be helpful for studies.



- Connect with peer mentors (i.e. programs at universities, community colleges, other training institutes; other youth with a disability with similar goals).
- Complete student loan, Canada Student Grant, Training & Employment Support Services (TESS), scholarship and bursary applications.
- Help develop money and budget skills (e.g., how to budget, how to save, how to invest, learn about fraud, be aware of credit and debt issues, find insurance coverage, understand taxes and tax credits).
- Complete applications for the Disability Support Program (DSP). The DSP plan may request services needed outside of school hours for help with personal activities (e.g., bathing, dressing, ventilator care, help with housework).



- Find accessible and affordable housing and transportation. This may include help with applications for housing and housing modifications, and getting drives for school, jobs, and social events.
- Get involved and have fun! Discover social, cultural, sports, groups, associations, societies, and other events and activities in the community.

How do I refer myself? Or someone else?

To refer yourself, a family member or a youth to our services, please contact **1.866.462.9555** or **info@abilitynb.ca** to schedule a referral time. Our services are free of charge and confidential.



Contact

Head Office – Fredericton
Suite 102, 440 Wilsey Rd.
Fredericton, NB E3B 7G5
Tel.: 506.462.9555 or 1.866.462.9555
info@abilitynb.ca

#abilitynb #transitionnb

www.abilitynb.ca



Funded by the Government of
Canada and the Province of
New Brunswick through the
Canada-New Brunswick Labour
Market Agreements

