

Exploring My Child's Life Road Map



Name: _____

Date: _____

School: _____

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Hello!

We are pleased to work with you through this transition from school to adult life. To begin this plan, which will take place over several years, we ask that you complete the following questionnaire. Your knowledge of your child and the information you provide play an important part in the transition plan. Some of the questions refer to school life. If this is the case, you may note your own impressions or any information you have gathered through your child. If you have no comments to add, please go on to the following question.

We will share the information you provide with all those involved in planning the transition. This information will help your child define his/her life road map.

About my child



My child's main attributes, strengths, talents and skills

at home: _____

at school: _____

in recreational activities: _____

in the community: _____

My child's tastes (e.g. activities, tasks, classes)

What my child likes

at home: _____

at school: _____

in recreational activities: _____

in the community: _____

What my child doesn't like

at home: _____

at school: _____

in recreational activities: _____

in the community: _____

Attitudes and behaviours to improve

(e.g. learn to better manage stress)

Limitations that prevent my child from doing certain activities

(e.g. difficulty counting, reading, walking)

My child's friends



The child's friends (name and age)

at home: _____

at school: _____

in recreational activities: _____

other: _____

The ways my child keeps in touch with them

phone internet visits notes

other: _____

With his/her friends, he/she can

express joy express sadness express anger
 tell stories express his/her needs express his/her approval or disapproval
 state his/her opinion ask questions laugh, joke
 give a compliment other: _____

With his/her friends, he/she is:

often the person who decides rarely the person who decides encouraging
 withdrawn shy a person who shares
 helpful other: _____

What my child likes about his/her friends:

My child is having some problems with his/her friends No Yes

If so, what problems? _____

Solutions or ways to solve these problems

My child's choices



At home, my child can choose his/her

schedule (e.g. wake-up, bed and meal times)	Yes	No. Why? _____
dress	Yes	No. Why? _____
diet	Yes	No. Why? _____
activities	Yes	No. Why? _____
friends	Yes	No. Why? _____
responsibilities	Yes	No. Why? _____
personal expenses	Yes	No. Why? _____
outings	Yes	No. Why? _____
other: _____		

At school, my child can choose his/her

schedule (e.g. classes, workshops)	Yes	No. Why? _____
workshops	Yes	No. Why? _____
free-time activities	Yes	No. Why? _____
extracurricular activities	Yes	No. Why? _____
responsibilities	Yes	No. Why? _____
work groups	Yes	No. Why? _____
other: _____		

During my child's leisure time, he/she can choose his/her

activities	Yes	No. Why? _____
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friends Yes No. Why? _____

activity times Yes No. Why? _____

other: _____

School



My child plans on leaving school at the age of _____

Why? _____

My child plans on enrolling in adult education or in other programs

Yes

No

I don't know

If yes, my child plans on learning the following:

(e.g. how to create a budget, how to cook)

Obstacles and concerns about school life (if relevant)

Solutions or ways to reassure my child

Work



Does your child want to work?

Yes. My child wants the following job: _____

Yes, but my child does not know what he/she wants to do.

No

I don't know

My child needs more information about...

different careers

required skills

resources related to the job

employment opportunities

job search

writing a résumé

preparing for an interview

other: _____

Obstacles and concerns about work (if relevant)

Solutions or ways to reassure my child

Home



After leaving school, my child would like to live:

(you may choose more than one answer)

in the city in the country

in the family home in an apartment other: _____

alone with a romantic partner with friends with parents

other: _____

To begin his/her life as an adult, my child needs more information about:

searching for housing signing a lease or an agreement

interior maintenance exterior maintenance

groceries meals

following a budget banking transactions

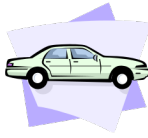
debit and credit cards purchases

other: _____

Obstacles and concerns about home life (if relevant)

Solutions or ways to reassure my child

Transport



To perform various activities, my child uses the following means of transport:

walking	bicycle	taxi
car	public transport	paratransit
school bus	other: _____	

Comments

To get around, my child need the following:

bicycle:	Information	Accompaniment	Training	Other: _____
car:	Information	Accompaniment	Training	Other: _____
taxi:	Information	Accompaniment	Training	Other: _____
public transport:	Information	Accompaniment	Training	Other: _____
paratransit:	Information	Accompaniment	Training	Other: _____
school bus:	Information	Accompaniment	Training	Other: _____
other: _____				

Obstacles and concerns about transport (if relevant)

Solutions or ways to reassure my child

Recreational Activities



My child likes to do the following activities:

cultural or social activities_____

film _____

computer science _____

video games _____

renting movies _____

music _____

sports _____

other: _____

arts _____

relaxation _____

board games _____

reading _____

shopping _____

nature studies _____

travelling _____

My child would like to do the following activities:

cultural or social activities_____

film _____

computer science _____

video games _____

renting movies _____

music _____

arts _____

relaxation _____

board games _____

reading _____

shopping _____

nature studies _____

sports

travelling

other:

Recreational Activities



To do these activities, my child needs:

information location cost class

money

friends

equipment

transport

accompaniment

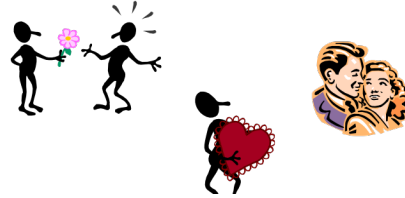
learning

other: _____

Obstacles and concerns about recreational activities (if relevant)

Solutions or ways to reassure my child

Relationships and Social Life



How does my child see his/her social life and relationships in the future?

My child would like to live: alone as a couple with friends with parents

My child needs more information about:

how to make friends how to get a boyfriend/girlfriend

life as a couple

sexuality

hygiene

break-ups

loss

social rights and responsibilities

bullying and violence taxing

drugs

alcohol

other: _____

My child could talk to _____ about this

my parents: _____

a teacher: _____

a nurse: _____

a friend: _____

other: _____

Obstacles and concerns about the student's social life and relationships (if relevant)

Solutions or ways to reassure my child

My child's dreams



What do you think your child's dreams are?

These dreams could be about different areas of the child's life, including work, school, social life and relationships.

What skills can help the child realize his/her dreams?

The limitations or problems that may prevent the child from realizing this dream:

What the child can do to realize his/her dream:
