My Next Steps

Transition Plan • Easy Read
Side by Side Peer Navigator Program

Name:	Date:
Casey (fictional), age 16	12 October 2026

Who I want to help me with my plan
I can leave this blank:

My dad Lee.

About this plan

This plan helps me choose my next steps.

I choose what matters to me.

I can change my plan.

How to use this plan

✓	Choose one goal to start. Read one question at a time.
✎	Write, type, speak, draw or point. I can use my communication device.
👥	Someone can record my answers. They check my answers with me.

Tips for getting started

	Start small. One step is enough.
	Use extra help or examples if useful.
	I can explore before I decide.
	I can use a phone or calendar reminder.

	I can take a break.
	I can change my mind.
	I can use this plan for school, study, work or everyday life.
	I can use it to explain what support I want.

Find an idea for my goal

I can choose one topic or something else.
I do not need a goal for every topic.

	Knowing myself My strengths, interests and feelings. What helps me?
	Self-advocacy Speaking up, relationships and rights. What do I want others to know?
	Pathways Study, work, volunteering or other options. What would I like to try?
	Being Independent Everyday skills, money and health. What would I like to do differently?

It is OK to be unsure.

Use the picture choices at the end for more ideas.

BUILD YOUR GOAL

1. Choose a direction

Choose something that matters to me.
I can do, try or find out about something.

What would I like to do or try?:
I want to understand how I feel.

Optional help:
Think about something I enjoy.
Or something I want to make easier.
“Not sure yet” is also an answer.

2. Make my goal clearer

Choose something I can do or find out.

My goal:
Try three feelings check-ins
over one week.

PLAN YOUR NEXT ACTION

3. Find my starting point

Start with what I already know or do.

What do I already know or do?:

My jaw can feel tight after a busy day.
Music can help me feel comfortable.

What do I need to find out?:

Which feeling words suit me?
What do I notice in my body?

Optional help:

One thing I know, and one question are enough to start.

4. Choose a next step

	Choose one action I can start. If it is too big, choose a smaller part.

My next action is:

Choose feeling words with Dad.
Add “not sure” to my list.

When I will try?:

Tuesday 13 October 2026
after lunch.

This step is done when:

My list is saved on my phone.
I chose the words.

Optional help:

Ask someone to help break the action into smaller steps.

SUPPORT AND REVIEW

5. Plan for support

I choose what help or tools I use.
I can also choose to do this on my own.

What would help me?:

My word list and a quiet place.
Dad helps if I ask.

If I get stuck what could I do?:

Choose “not sure” or take a break.

Optional help:

Think about getting started, money, travel or unclear information.

6. Review and adjust

	After I try my action, check how it went.

What happened and what did I learn?:

I made my word list.
“Overwhelmed” is useful for me.
I have not tried three check-ins yet.

I can choose:

- Keep going
- Change my step
- Get different help
- Take a break
- Change my goal

What will I do next

Try one check-in after lunch.
Notice my body. Choose a feeling word.

MY PLAN TO TAKE AWAY

Keep this page somewhere useful.
I can add a reminder.

My goal:

Try three feelings check-ins
over one week.

My next action:

Choose feeling words with Dad.
Add “not sure” to my list.

My help or tools:

My word list and a quiet place.
Dad helps if I ask.

My plan to take away — continued

When I will try:

Tuesday 13 October 2026
after lunch.

My step is done when:

My list is saved on my phone.
I chose the words.

If I get stuck:

Choose “not sure” or take a break.

Check in plan

When I will review my plan?:

Tuesday 20 October 2026
after lunch.

I can choose:

Every week

Every month

Another time

What I will check:

Did I try three check-ins?
What helped me?

How I want to celebrate a step if I want to:

Listen to my favourite playlist.

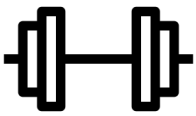
	I choose who sees my plan. I can keep parts private.

I can use another copy for another goal.

Knowing myself

Picture choices for my goal

What would I like to understand or explore?
I can point to or mark a picture.

 **Things I enjoy** Find an activity I enjoy.	 **My strengths** Notice what I do well.	 **My feelings** Find a way to show how I feel. My choice: Casey
 **Feeling comfortable** Find what helps me feel calm.	 **Sounds and sensory needs** Find what helps with sounds.	 **Activities I enjoy** Explore an activity I enjoy.

I can also choose: Something else • Not sure yet • Not now

These pictures are ideas. I choose what they mean for me.

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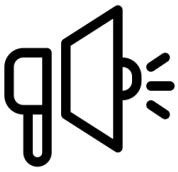
Self-advocacy

Picture choices for my goal

What would I like others to know or change?
I can point to or mark a picture.

 **Speaking up** Tell someone what I want.	 **Relationships** Explore friendships and relationships.	 **My communication** Choose how I communicate.
 **My rights** Find out about my rights.	 **My boundaries** Practise saying no or asking to stop.	 **Asking for help** Ask for support I want.

I can also choose: Something else • Not sure yet • Not now

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Pathways

Picture choices for my goal

What would I like to find out about or try?
I can point to or mark a picture.

 **Further study** Explore a course.	 **Paid work** Explore a job.	 **Volunteering** Find a volunteer opportunity.
 **Learning a skill** Try a class or training.	 **Online learning** Explore learning online.	 **Work experience** Find out about trying a type of work.

I can also choose: Something else • Not sure yet • Not now

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Being Independent

Picture choices for my goal

What everyday activity would I like to plan for?
I can point to or mark a picture.

 **Managing money** Plan my spending.	 **Making meals** Practise making a meal.	 **Looking after my home** Choose a household task to practise.
 **Shopping** Plan a shopping trip.	 **Appointments and services** Plan an appointment or contact a service.	 **Staying healthy** Choose a health or wellbeing activity.

I can also choose: Something else • Not sure yet • Not now

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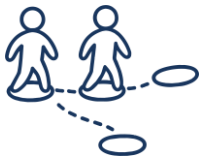


My steps 1 to 2

These are ideas for what comes next.
I can change the steps or take a break.

1 Make my list

My action: Choose words that make sense to me. Add “not sure”.

My help: Dad helps if I ask.

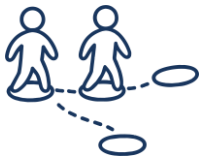
Done when: My list is saved.

2 Try one check-in

My action: After lunch, notice my body and choose a feeling word.

My help: Use my list. I can pause.

Done when: I tried one check-in.



My steps 3 to 4

These are ideas for what comes next.
I can change the steps or take a break.

3 Try two more check-ins

My action: Use my list on two other days that week.

My help: Use a reminder I chose.

Done when: I tried three check-ins in total.

4 Review and choose

My action: Notice what helped. Keep or change my list.

My help: Talk with Dad if I want.

Done when: I choose what to try next.