My Next Steps

Transition Plan • Easy Read
Side by Side Peer Navigator Program

Name:	Date:
Avery (fictional), age 26	12 October 2026

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

My friend, Morgan.

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 would like a romantic relationship.
I want to explore dating at my pace.

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:

Visit one adult board-game group.
Prepare an invitation for a date.

PLAN YOUR NEXT ACTION

3. Find my starting point

	Start with what I already know or do.

What do I already know or do?:

I enjoy board games.
I prefer quieter places.

What do I need to find out?:

Which group suits me?
How can I ask someone on a date?

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:

Find one adult board-game group.
Check where it is and how to join.

When I will try?:

Tuesday 13 October 2026
after lunch.

This step is done when:

I saved the group details.
I know who to contact.

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?:

Morgan helps if I ask.
I choose what I share.

If I get stuck what could I do?:

Try another group or take a break.
Respect a “no” or an unsure answer.

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 found a group I like.
I need to ask about a visit.
I have not been on a date yet.

I can choose:

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

What will I do next

Ask the organiser about a visit.
Then decide whether to go.

MY PLAN TO TAKE AWAY

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

My goal:

Visit one adult board-game group.
Prepare an invitation for a date.

My next action:

Find one adult board-game group.
Check where it is and how to join.

My help or tools:

Morgan helps if I ask.
I choose what I share.

My plan to take away — continued

When I will try:

Tuesday 13 October 2026
after lunch.

My step is done when:

I saved the group details.
I know who to contact.

If I get stuck:

Try another group or take a break.
Respect a “no” or an unsure answer.

Check in plan

When I will review my plan?:

Tuesday 27 October 2026
after lunch.

I can choose:

Every week

Every month

Another time

What I will check:

Did I visit and prepare an invitation?
Did it feel right for me?

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

Play a board game with a friend.

	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.
 **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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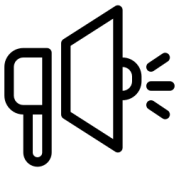
Self-advocacy

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 choice: Avery	 **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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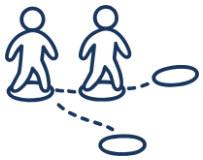


My steps 1 to 2

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

1 Find a group

My action: Check one adult group's location, cost and how to join.

My help: Morgan helps if I ask.

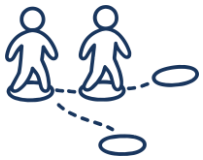
Done when: I saved the details.

2 Plan a visit

My action: Ask the organiser about noise and visiting. Choose whether to go.

My help: Plan travel and a break or exit.

Done when: I decide whether to visit.



My steps 3 to 4

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

3 Explore dating

My action: Visit if I choose. Prepare a clear, respectful invitation for a date.

My help: Practise with Morgan if wanted.

Done when: I have explored the group and prepared my words.

4 Respect choices and review

My action: Use the invitation only if I want to and there is mutual interest. Respect yes, no and uncertainty.

My help: I can pause. We both choose our boundaries.

Done when: I choose my next step. A date or relationship is not required for success.