My Next Steps

Transition Plan

Side by Side Peer Navigator Program

Name	Date
Avery (fictional), age 26	12 October 2026
Who do I want to help me with this plan (if anyone)?: My friend, Morgan. I choose what I share with them.	

About This Plan

This plan helps me choose my next steps. I can take my time, choose what matters to me, and change my plan when I need to. I can complete it on my own or with people who support me.

How to use this plan

- Choose a goal to start with.
- Read each question. Use the extra prompts if helpful.
- Type, write, speak, draw, point or use your communication device.
- I can complete this on my own or with someone I choose.
- Someone can record your answers and check them with you.

Tips for getting started

- Start small - one step is enough.
- You do not need all the answers. Your goal can be to explore an option.
- Ask for help when you want it.
- Use reminders (phone / calendar / support person).
- Skip extra prompts that you do not need.
- Take a break or change your mind at any time.

This plan can be used for:

- Setting goals for independence
- Guiding NDIS planning conversations
- Supporting school transition planning
- Identifying reasonable adjustments and supports in school, work or life

Find an idea for your goal

Choose something that matters to you. You can use these ideas or choose something else.

Topic	What could I explore
Knowing myself	My strengths, interests, feelings and what helps me. **What would I like to understand about myself?**
Self-advocacy	Speaking up, relationships, communication and my rights. **What would I like others to understand or change?**
Pathways	Further study, work, volunteering or another direction. **What would I like to find out about or try?**
Being Independent	Everyday skills, money, government services and health. **What would I like to manage or do differently?**

BUILD YOUR GOAL

1. Choose a Direction

Start with something that matters to you. It can be a change, an activity or something you want to find out about.

What would you like to do, explore or change?

I would like a romantic relationship. I want to meet adults with shared interests and explore dating at my pace.

Optional Prompt – Help me choose: Think about something you enjoy, something you wish was easier, or an option you want to explore. You can choose “not sure yet”.

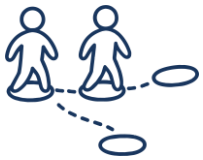
2. Make your Goal Clearer

Describe something you could do or find out. You can have a big ambition and start with a smaller goal.

What would progress look like for you?

Visit one adult board-game group and prepare a respectful invitation for a date. I choose whether to use it if there is mutual interest.

Optional Prompt – Make it clear: Choose an action or experience you can try. A goal can change as you learn.



PLAN YOUR NEXT ACTION

3. Find your starting point

Notice what you bring to this goal. Then choose what information or experience you need next.

What do you already know or do?

I enjoy board games and prefer quieter places. I can chat about a shared interest. I have not asked someone on a date before.

Optional Prompt – Help me get started: You do not need to list everything. Start with one thing you know and one thing you need to find out.

What do I need to find out?

Which adult group suits me? What are my boundaries? How could I ask clearly and respond respectfully to yes, no or uncertainty?

4. Choose a next step

Choose an action you can start. If it contains several tasks, make it smaller.

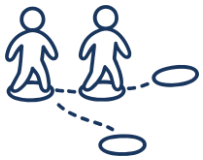
What is one action you could take?

Find one adult board-game group. Check the location, cost, accessibility and how to join.

Optional Prompt – Break this down: Choose one action you can start. Plan more steps when you need them.

When will I try and how will I know this step is done?

Tuesday 13 October 2026, after lunch. Done when: I have saved the group details and know who to contact about a visit.



SUPPORT AND REVIEW

5. Plan for support

You can use tools, information, another person or a change to your surroundings. Support is optional and can change.

What would help you take this step?

Morgan can help me check the group details and practise words for an invitation. I choose whether they come. My private messages stay private.

Optional Prompt – Help me plan: Think about a time, cost, transport, unclear information or getting started. Name the help you want and what you could do if you get stuck.

If I get stuck what could I do?

Try another group or contact the organiser. I can pause dating. If someone declines or seems unsure, I give them space and do not pressure them.

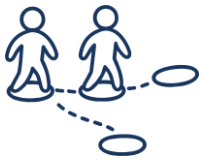
6 Review and adjust

Review your step after you try it. You can continue, change the step, get different support, pause or choose another goal.

What did you learn from trying?

On 14 October, I found an adult group that interests me. I still need to ask about noise and visiting. I have not attended or invited anyone on a date yet.

Optional Prompt – Help me review: Notice what happened and how the experience was for you. Finding out that something does not suit you is also useful information.



MY PLAN TO TAKE AWAY

Keep this page somewhere useful. Add a reminder if you want one. Your goal can change.

My goal:

Visit one adult board-game group and prepare a respectful invitation for a date. I choose whether to use it if there is mutual interest.

My next action:

Find one adult board-game group. Check the location, cost, accessibility and how to join.

Tools, information or support I want:

Morgan can help me check the group details and practise words for an invitation. I choose whether they come. My private messages stay private.

When I will try:

Tuesday 13 October 2026, after lunch.

This step is done when:

I have saved the group details and know who to contact about a visit.

If I get stuck:

Try another group or contact the organiser. I can pause dating. If someone declines or seems unsure, I give them space and do not pressure them.

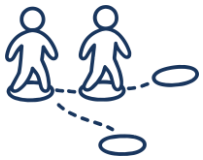
When I will review and what I will check:

Tuesday 27 October 2026, after lunch.

I choose who sees my plan. I can keep parts private. I can use another copy for a different goal.

Check-In Plan

I will review this plan: on my chosen date
Review date: Tuesday 27 October 2026, after lunch.
I will check: Did I explore a group and prepare an invitation? Did I feel comfortable and respect my own and others' boundaries? What would I like next?
A small reward I choose: Play a favourite board game with a friend.



How I can step out my goal

Start with step 1. These later steps can change after I try something. The goal is still in progress at the first review.

1 Find a group

Check one adult group's location, cost and how to join.
Support: Morgan helps if I ask.
Done when: I saved the details.

2 Plan a visit

Ask the organiser about noise and visiting. Choose whether to go.
Support: Plan travel and a break or exit.
Done when: I decide whether to visit.

3 Explore dating

Visit if I choose. Prepare a clear, respectful invitation for a date.
Support: Practise with Morgan if wanted.
Done when: I have explored the group and prepared my words.

4 Respect choices and review

Use the invitation only if I want to and there is mutual interest. Respect yes, no and uncertainty.
Support: I can pause. We both choose our boundaries.
Done when: I choose my next step. A date or relationship is not required for success.

My next step after the first review: Contact the organiser about a visit. Then decide whether to attend and prepare an invitation in my own words.