My Next Steps

Transition Plan

Side by Side Peer Navigator Program

Name	Date
Jordan (fictional), age 20	12 October 2026
Who do I want to help me with this plan (if anyone)?: My cousin, Alex. They will practise the trip with me.	

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 want to learn how to catch the bus to the library and get home again.

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?

Try one return bus trip to the library with Alex. Use a saved travel plan and decide what I want to practise next.

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 can pack my bag and recognise the library. I have travelled on a bus with family, but have not planned the route.

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 bus and stops do I need? How do I pay? What is the return route? Who can I ask if something changes?

4. Choose a next step

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

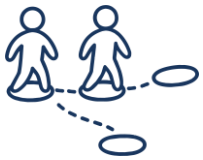
What is one action you could take?

Use current local travel information with Alex to find the route and stops for the outward and return journeys.

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: The outward and return routes and stops are saved on my phone.



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?

Alex comes with me. I use stop photos, a charged phone and a travel checklist. We check payment, access needs and a quieter travel option before travelling.

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?

Stay with Alex and ask the driver or transport staff for help. If a service changes, use our agreed backup plan. I can stop the practice and try another day.

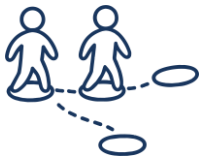
6 Review and adjust

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, we saved the routes and stops. The return stop is different from the outward stop. I have not tried the return trip 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:

Try one return bus trip to the library with Alex. Use a saved travel plan and decide what I want to practise next.

My next action:

Use current local travel information with Alex to find the route and stops for the outward and return journeys.

Tools, information or support I want:

Alex comes with me. I use stop photos, a charged phone and a travel checklist. We check payment, access needs and a quieter travel option before travelling.

When I will try:

Tuesday 13 October 2026, after lunch.

This step is done when:

The outward and return routes and stops are saved on my phone.

If I get stuck:

Stay with Alex and ask the driver or transport staff for help. If a service changes, use our agreed backup plan. I can stop the practice and try another day.

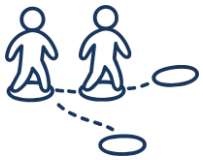
When I will review and what I will check:

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 try the outward and return trip? Could I use my travel plan? What support or practice do I want next?
A small reward I choose: Borrow a book I choose at the library.



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 both routes

Save outward and return routes and stops using current travel information.
Support: Alex helps check the information.
Done when: Both routes and stops are saved.

2 Prepare for travel

Check payment and access needs. Visit the stops and plan what to do if something changes.
Support: Use photos, a checklist and a backup plan.
Done when: My travel plan is ready.

3 Try the return trip

Check the service again. Travel to the library and home with Alex.
Support: Use my travel plan. Ask for help when needed.
Done when: We tried the trip there and back.

4 Review and practise

Choose which part to practise again and what help I want.
Support: Keep the support that works for me.
Done when: I choose my next practice step.

My next step after the first review: Check fares and payment, then visit the stops with Alex and practise using the travel plan before taking the trip.