

# October Newsletter

## Transitioning to Change

When the time comes to transition to school or the end of school, from youth to adult and from one activity to another, it is vital to inform the individual what transition will take place, when and for how long so they can prepare; this will make it easier for the both of you. Be wise though and not have them anticipate something that will be months down the road.

Forewarn: Give children warnings when things are about to change and give in increments: 5 minutes, 3 minutes, 2 minutes and then one and it is time too...

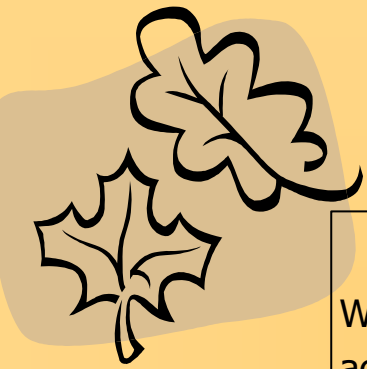
Anticipate: restate the change, expect and plan for resistance

State: tell your child exactly what action is required next, use visual cues like putting on your jacket and handing him/her's.

Act: state the immediate action; Put on your jacket, please.

Transitioning into adulthood will take planning and creating a transitioning team to set clear objectives and reasonable goals. The more people involved the stronger the team, better ideas.

Arrange freedom of disclosure letters with the individual so that you can speak with service providers on behalf of your loved one. Ensure that there is someone available to provide support for daily living if necessary. Appoint a financial administrator to help pay rent, bills, food and transportation.



Don't  
just be  
good to  
others,  
be good to  
yourself too.



**Thank you for your participation, in order to make FASD Day a success :)**



NWR FASD Society-Mackenzie Network  
#210 9808, 9814-100 Ave  
Box 3668, High Level, AB T0H 1Z0  
P. 780-926-3375 F. 780-926-3376  
Www.nwr-fasd.ab.ca

**Caregiver Support Group dates, times and location:**

- ◆ **High Level: October 2, 2019 from 12:00-2:00 and 7:00-9:00pm, held at the Fahlman Building, buzz 08 downstairs**
- ◆ **Chateh: October 9, 2019 from 12:00-2:00pm at the Chateh Health Centre**
- ◆ **Fort Vermilion: October 16, 2019, 2019 from 12:00-2:00pm held at the Parent Link Center**
- ◆ **La Crete: October 23, 2019 from 12:00-2:00pm at the Pine Centre**

