

Transitioning to adulthood is a significant milestone for everyone, and it can bring unique challenges and opportunities for young people with disabilities. The NDIS offers a range of supports to help young people make this transition smoothly and achieve their goals for adult life.¹

Here's how the NDIS can assist with this transition:

Planning and Goal Setting

- **Transition Planning:** The NDIS encourages early planning for the transition to adulthood, ideally starting a few years before a young person turns 18.² This involves discussions about their aspirations, goals, and support needs for adulthood.³
- **Goal Setting:** Working with the young person and their support network, the NDIS helps to set clear and achievable goals for adulthood.⁴ These goals might relate to further education, employment, independent living, social participation, or personal development.

Capacity Building

- **Skill Development:** The NDIS can fund supports to help young people develop essential skills for adulthood, such as:
 - **Life skills:** Cooking, cleaning, budgeting, personal care, and household management.
 - **Social skills:** Communication, interpersonal relationships, and community engagement.⁵
 - **Vocational skills:** Job searching, resume writing, interview skills, and on-the-job training.⁶
 - **Self-advocacy skills:** Assertiveness, decision-making, and expressing needs.

Support Coordination

- **Connecting with Services:** Support coordinators can help young people navigate the NDIS and connect with appropriate service providers to achieve their goals.⁷
- **Plan Implementation:** Support coordinators can assist with implementing NDIS plans, ensuring that supports are delivered effectively and efficiently.⁸

Other Supports

- Therapy: The NDIS can fund therapy services, such as psychology, occupational therapy, or speech therapy, to address any specific needs related to the transition to adulthood.⁹
- Assistive Technology: The NDIS can fund assistive technology that promotes independence and participation in various aspects of adult life.
- Community Access: The NDIS can support young people to access community activities, social groups, and recreational opportunities.¹⁰

Key Considerations for Transition

- Individualized Approach: The NDIS recognizes that every young person's transition is unique.¹¹ Supports are tailored to individual needs, goals, and aspirations.
- Choice and Control: Young people are empowered to make choices about their supports and services, promoting self-determination and independence.¹²
- Family and Carer Involvement: The NDIS values the involvement of families and carers in the transition process, recognizing their important role in supporting young people.

Resources

- NDIS website: <https://www.ndis.gov.au/>
- Disability Service Providers: Many organizations provide support services specifically for young people transitioning to adulthood.¹³
- Disability Advocacy Organizations: These organizations can provide information and support related to the NDIS and transitioning to adulthood.¹⁴

By providing comprehensive and individualized support, the NDIS is helping young people with disabilities to make a successful transition to adulthood, empowering them to live fulfilling lives and achieve their full potential.¹⁵

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