



CHARTING YOUR PATH

Individualized Transition Plan

Andrew McCormick MD



Outline

- What is your Why?
- Transition Pitfalls
- Individualized Transition Plan (ITP)



Transition = Inclusion

Inclusion:

Person belongs to the group and uniqueness is valued

	Valued	Devalued
Included	Inclusion	Assimilation
Excluded	Differentiation	Exclusion



Transfer Leap

GAPS IN TRANSITION



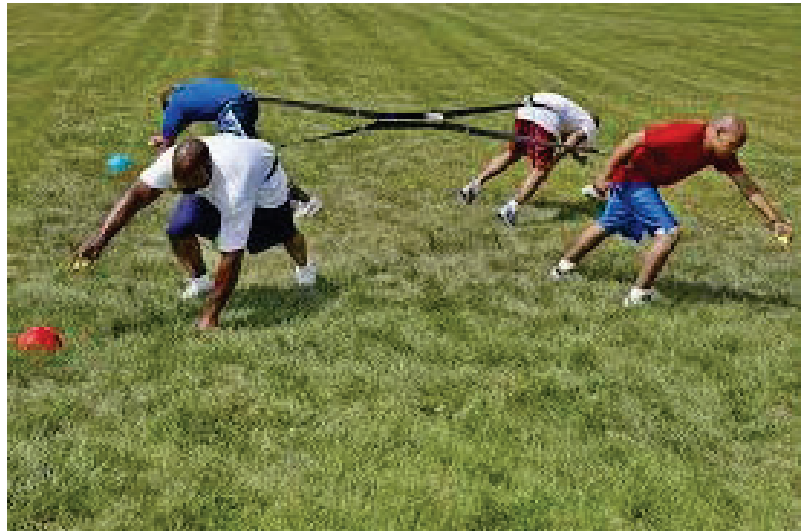
Silos of Care



Holistic Transition



Transition Tug-of-war



Age/ Time	Provider	Parents	Youth	Adult Provider
Early	Has major responsibility	Caretaker	Receives care	Aware
Middle	Provides support to parent/youth	Manager	Participates	Aware + set goal for transfer
Late	Consultant	Supervisor	Manages	↑ communication summary
Adult	Resource	Consultant	Supervisor/ CEO	Partnership in care

Individual Transition Plan

Who is your provider? →

What skills do you need? →

What tools do you need? →

What gives you purpose? →

What is your money plan? →

How do you make decisions? →

Where is home? →

Goal	Status	SMART Goal	People Responsible	Target Date
Landing Place				
Readiness				
Medical Summary				
Education/ Employment				
Financial				
Legal				
Community				



SMART GOAL

- S- Specific (clearly stated, included target population)
- M- Measurable (objectively)
- A- Actionable (within control/influence of your team)
- R- Relevant (aligned with the organization's priorities)
- T- Time bound (Specific time frame)



SMART GOAL: Example



Problem: Andy is not taking out the garbage

Not so SMART GOAL:

“Andy will do a better job getting the trash out on time.”

“Andy will make Reena happy by having the trash out by Monday morning.”

SMART GOAL:

“Andy will have the trash out on the curb to be picked up by 7 AM Monday morning 100% of the time by August 1st 2025”

Individual Transition Plan

Goal	Status	SMART Goal	People Responsible	Target Date
Landing Place	19 y and need new Neurologist by next year	Will call three practice from a list of recommended providers in the next 3 months	Provider Parent	3 months
Readiness				
Medical Summary				
Education/ Employment				
Financial				
Legal				
Community				

Let's start the journey



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1 hr · 🌐

"Transitions are almost always signs of growth, but they can bring feelings of loss. To get somewhere new, we may have to leave somewhere else behind." - Fred Rogers

