

# TD's Tips!

## Family Respite



### What can I do?

1. Ask your transition team what support will be available at community based programs, so your family caregivers know you are safe and making progress.
2. With the help of your parents, search for a community organization, like a camp or workshop, that will benefit you and even your siblings.
3. With the help of your transition team, search for after school clubs or activities that you and your siblings can participate in together.
4. Encourage your parents to participate in training and support groups so they can also share their thoughts and feelings with other parents.

### Pro Tip!

Take the lead and search, with the help of your transition team, for a weekend program, club or activity that you and your siblings can participate in. Make sure the program or activity is interesting to both you and your siblings.

### How about an ultimate challenge?

During your next IEP meeting, talk about your experiences in community programs and share what you have learned after participating in the different clubs or activities.

