

# Use Transition Plans

## to Support Healthy Habits for Students with Intellectual and Developmental Disabilities

### What is a transition plan?

Schools are required to develop a transition plan for students who receive special education services. The plan must be written no later than 9th grade or age 16. The transition plan is created by the student, family members, teachers, a vocational rehabilitation counselor, and others who can help connect the student to their community.

Good health is the basis for greater participation in the community and success beyond school. A comprehensive transition plan should include goals that help a student adopt and maintain healthy habits during and after high school.

### Guiding questions to help students set healthy eating goals

- Can the student describe healthy eating habits and understand why they are important for their health?
- Does the student understand how to make healthy food and beverage choices when grocery shopping?
- Does the student have basic food handling and kitchen safety skills?
- Can the student follow simple recipes to make healthy meals?

### Guiding questions to help students set physical activity goals

- What physical activities does the student enjoy or want to learn?
- Does the student know where to find the local YMCA, recreation or other community programming, and/or local parks and trails?
- Can the student complete a membership application for a local recreation facility?
- Can the student navigate local recreation facilities (for example, find bathrooms and changing rooms or ask about schedules and fees).
- Can the student ask about any equipment or activity modifications that they need?

**TIP**

**Help students build relationships with community members at places such as grocery stores and recreation programs to support their independence.**



**Everyone on a student's transition team can provide support by giving them the skills and knowledge to make health a priority.**

- **Case Managers** can align healthy habit goals in the transition plan with goals in the student's Individual Treatment Plan.
- **Families** can model healthy habits and explore community resources together.
- **Health Education Teachers** can ensure a student has a basic understanding of proper nutrition.
- **Occupational Therapists** can work with a student to enhance fine motor skills for use in cooking or improve motor planning skills for physical activities.
- **Physical Education Teachers** can advise staff at recreation programs and fitness centers to ensure students can participate safely and successfully.
- **Speech and Language Pathologists or Social Workers** can work with a student to develop the social skills needed to access community resources.

### Resources

[Maine Parent Federation –Transition Book](#)  
[Maine Department of Human Services:](#)

MaineHealth

**LET'S GO!**

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