

Transition to Adulthood Planning Checklist

A cross-sector planning checklist for the move from adolescence to adult life.

Tool type

Checklist

Primary users

Autistic young people, families, schools, universities and service teams

Use note: This is a practical institutional resource. It is not a diagnostic instrument, clinical assessment, or legally sufficient consent/approval document. Adapt to local law, policy, ethics requirements and individual needs.

Quick Checklist

Tick each item that is currently in place. Use the final column to record a specific action, owner or date where improvement is needed.

Check	Item	Notes / action
☐	The young person's own goals and preferences are documented.	
☐	Planning begins early enough to avoid last-minute service gaps.	
☐	Education, training or employment goals are reviewed.	
☐	Daily living and housing support needs are explored without assuming one model fits everyone.	
☐	Adult healthcare transition has a named pathway or responsible contact.	
☐	Mental health and wellbeing supports are identified.	
☐	Communication, sensory and decision-support needs are documented.	
☐	Transport and community mobility are considered.	
☐	Money, benefits, banking and financial safeguards are discussed as relevant.	
☐	Legal rights, consent, capacity and supported decision-making are addressed according to local law.	

Check	Item	Notes / action
☐	Social relationships, safety and digital participation are included.	
☐	Family/supporter roles are reviewed as adulthood changes privacy and decision rights.	
☐	A written handover is prepared for new services.	
☐	The plan includes dates, responsible people and follow-up points.	

Priority actions

1. Highest-priority change:

2. Responsible person / team:

3. Target date:
