

Life Transition Preparation Plan

Living Well with Epidermolysis Bullosa

Key Concepts to Remember:

- Life Transition: any change that will affect the routines, activities, relationships, or environments in a person's daily life.
- Disability Justice: a comprehensive approach to help secure rights for disabled people by recognizing their intersectionality and viewing access as a collective joy and offering given to one another.
- Interdependence: acknowledges that none of us are truly independent and that we are best with support.

Describe the your next life transition. Include the what would make it feel successful to you.

Factors	Describe what this looks like after your transition.	Examples/Cues
Activities/Duties		
Physical		
Social		
Time		
Technology		
Policies & Support Systems		
Emergencies & Health Management		

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Steps to a Successful Transition

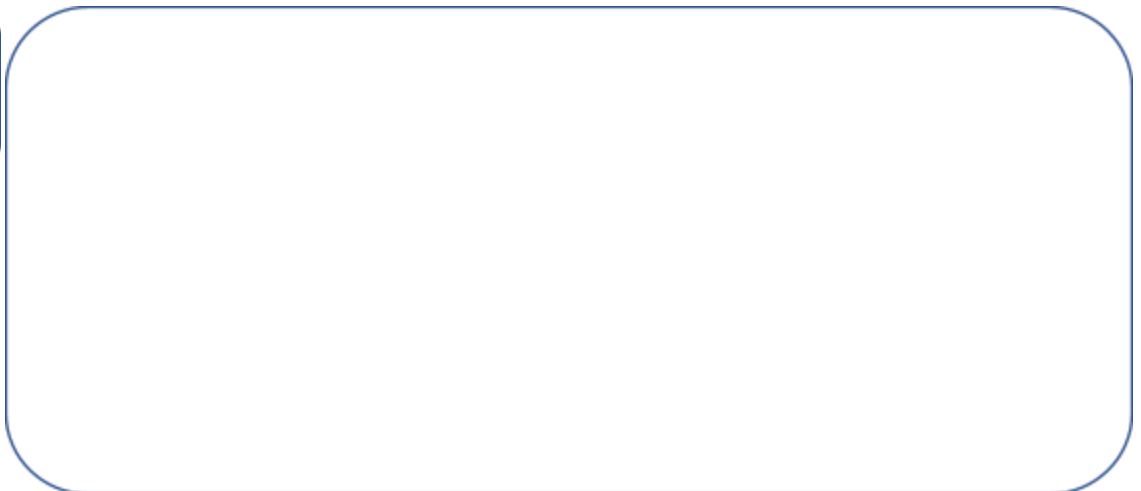
Before the
Transition



During the
Transition



After the Transition



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