

# Young Adult Transition Program

## Pediatric & Adolescent Rehabilitation

Rehabilitation professionals at the Shirley Ryan AbilityLab are committed to empowering adolescents to become more independent by preparing them for a smooth and successful transition toward the future.

### About Our Program

The Transition Program provides skill training for patients. Caregiver education and involvement is also key to the program. The program offers the below classes.

### Community Transportation

June 13–June 23

- Trip planning
- Navigating local streets

### Money Management

June 27–July 7

- Identifying money
- Balancing a basic budget

### Cooking

July 11–July 21

- Meal planning
- Simple meal preparation

### Medical Information and Care

July 25–August 4

- Increasing awareness of medical history/management
- Asking questions at medical appointments

### Education and Employment

August 8–August 18

- Learning about the IEP process
- Identifying potential career interest areas
- Learning how to apply/interview for a job

### How to get involved?

Request a prescription for a speech therapy evaluation and treatment from your physician. You will need to contact the Pediatric Program to sign up and schedule a Transition Group Speech evaluation. Group sessions will be held every Thursday from 10:30–12pm.

The Young Adult Transition Group is held in person will include one individual speech and one group session each week. Individual speech sessions will be scheduled according to your preference.

### Participant Requirements

- Must be 13–21 years of age
- Independent with toileting
- Provide caregiver if needed



To sign up, contact  
**Chris Lau** ([clau@sralab.org](mailto:clau@sralab.org)) 312.238.8012 or  
**Rebecca Wright** ([rwright03@sralab.org](mailto:rwright03@sralab.org))

Shirley Ryan  
**Abilitylab**