

f.y.i.

facilitating youth independence

A strategy for life after high school

What is f.y.i.?

f.y.i. helps young adults who have an intellectual disability transition into community life after finishing high school. The goal is independent community involvement.

Who is f.y.i. for?

Youth, ages 18–22, in London and Middlesex County who have an intellectual disability and are:

- Motivated to take an active role in their community
- Seeking independence
- Self-directed
- Currently receiving limited or no supports



How does f.y.i. work?

f.y.i. helps youth identify goals in volunteering, practical learning and leisure.

Youth are connected to community opportunities through a four-step process:

- **Step 1: Planning** – A Transitional Plan identifies skills, interests and personal goals.
- **Step 2: Connecting & Supporting** – Youth are connected to volunteer, practical learning and leisure activities in the community.
- **Step 3: Evaluation** – Ongoing evaluation identifies achievements and measures progress towards independence.
- **Step 4: Exit Planning** – Exit planning is the final step once independent community involvement is achieved.



"After high school, I didn't know what I could do and f.y.i. helped me get connected to a bunch of things and now I volunteer two times every week."

– Joelisa

How do I get involved?

Youth can self-refer to f.y.i. or be referred by teachers, family or professionals. Youth are supported in the community where they live.

For more information:

In London, contact:

Community Living London

519-686-3000 or online at www.cll.on.ca

In Middlesex, contact:

Middlesex Community Living

519-245-1301



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