

What to determine before the meeting with the young person, family and staff:

Is the young person independent enough to:

- ◆ Use transportation?
- ◆ Make friends?
- ◆ Live at home?
- ◆ Interact with others?
- ◆ Seek help?
- ◆ Stay healthy and safe?
- ◆ Go to school?
- ◆ Have hobbies?
- ◆ Get ready to enter the workforce?

What happens after high school?

The TSAL is a process.

It helps young people pursue a life plan after they finish high school.

Students can:

- ◆ Continue their education.
- ◆ Get a job.
- ◆ Meet new people.
- ◆ Have hobbies.
- ◆ Participate in community life.
- ◆ Develop their independence at home.
- ◆ Engage in activities.

High school:

Phone number:

School principal:

School staff member:

The Montreal TSAL Committee created this brochure in January 2019.

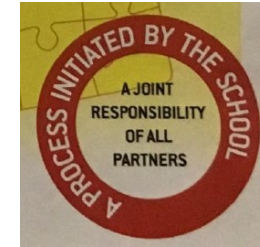
The Montreal TSAL Committee has members who work for the following sectors or organizations:

- Education
- Health and social services
- Employment
- Community organizations
- Office des personnes handicapées du Québec (OPHQ)

To create the brochure, the Montreal TSAL Committee referred to documents produced by the:

- Commission scolaire de Montréal
- Commission scolaire Marguerite-Bourgeoys
- Commission scolaire de la Pointe-de-l'Île

Montreal TSAL Committee



Finishing School and Starting an Active Adult Life:

The TSAL Process



Image provided by J. Ruel, L. Sabourin, A.C. Moreau, N. Lehoux, and J. Gauthier. 2012. Carte routière vers la vie adulte. En route vers mon avenir, Gatineau, W3.uqo.ca

The TSAL Process: Who is it for?

The TSAL process is for young people aged 15 to 21 who have an intellectual disability, autism spectrum disorder, or physical, sensory or language impairment. The student must attend a regular or special high school to participate in the process.

The TSAL Process: What is it?

The TSAL process consists of steps to help the young person and their families determine a life plan after high school.

This process helps students meet different goals in a life plan.

It also helps young people find the right services for them.

The process aims to:

- ◆ Help students transition more easily from school to active adult life.
- ◆ Consider all options to help young people pursue their life plan.
- ◆ Foster team work to better help young people.
- ◆ Help parents keep up their daily activities.

Who carries out the TSAL process? When does the process start?

The school and its partners can start the TSAL process three years before the student finishes high school.

How does it work?

- ◆ The school identifies students who would benefit from the TSAL process.
- ◆ The student must be interested in the TSAL process.
- ◆ The school organizes the meetings.
- ◆ The school, the student and their parents, and partners talk about the young person's interests, strengths and abilities.
- ◆ The school, the student and their parents, and partners come up with a number of activities to determine the young person's life plan.
- ◆ Students may participate in activities related to their life plan, such as doing an internship, getting a job, or participating in community activities.
- ◆ These activities give young people more independence to accomplish the goals in their life plan.

Examples of activities:

- ◆ Community activities
- ◆ Classes at a school or organization
- ◆ Specialized employment services
- ◆ Job searches
- ◆ Internship searches to prepare for employment
- ◆ Using different types of transportation
- ◆ Becoming independent at home

To get in touch with the staff member in charge of the TSAL process, please contact the school principal.