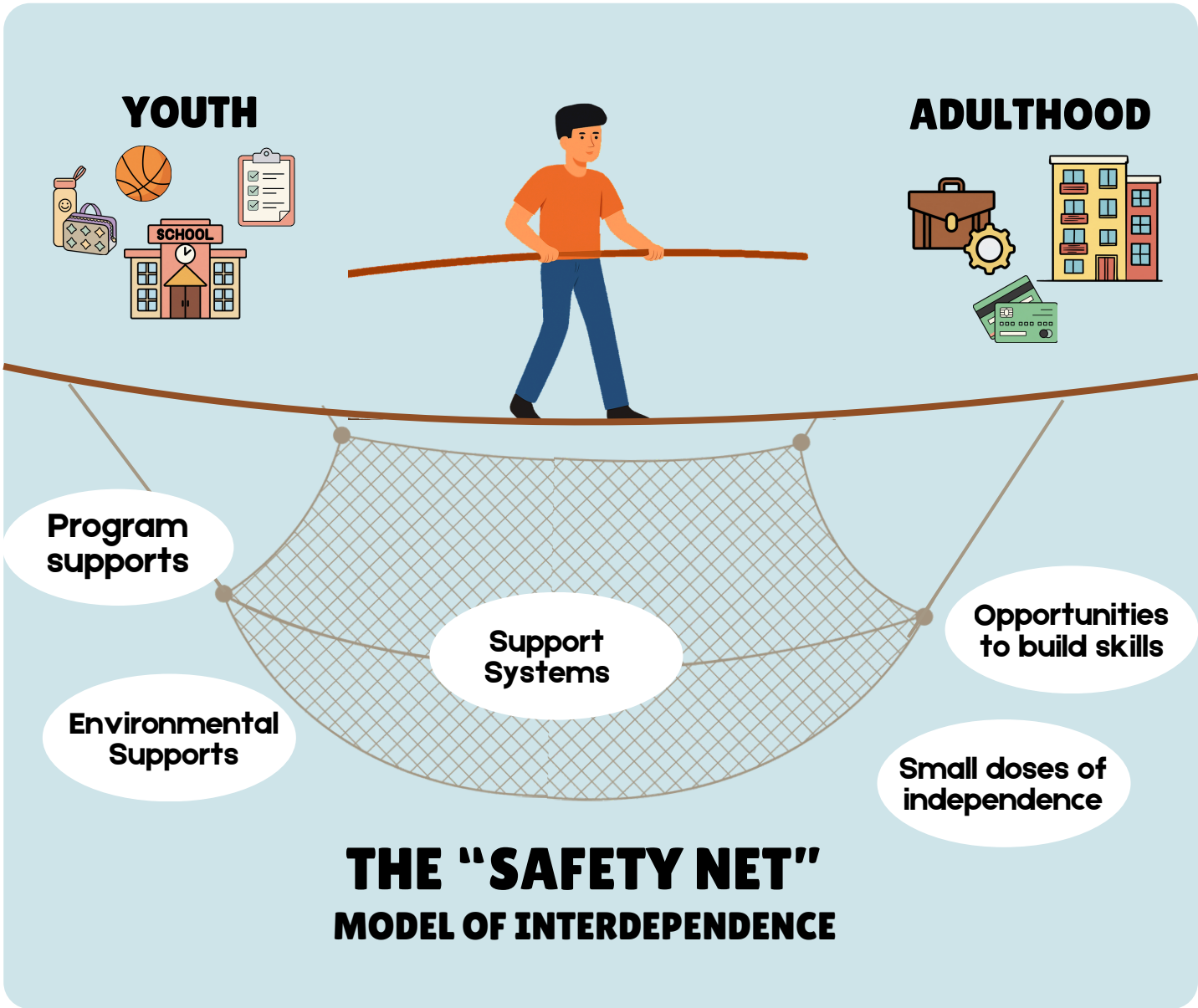


# TRANSITIONING WITH FASD: YOUR INTERDEPENDENCE PLANNER



**FINANCES**



**HOUSING**



**SOCIAL**



**HEALTHCARE**



**DECISION-  
MAKING**



**ENFORCEMENT  
SYSTEMS**



**EMPLOYMENT**





# PLANNING NEXT STEPS

Upcoming Change

How ready do I feel?



Not ready



A little ready



Very ready

What feels hard about this?

- Don't know where to start
- Want someone to help
- Sensory overload
- Planning overload
- Need more resources
- Other:

What Support Do I Have?

What Support Do I Need?

What is my Backup Plan?

Let's Go!

**FASD United Seattle Conference 2026  
Workshop Notes:**