

Partners of the
Outaouais Region

Transition from School to Active Life (TEVA)

Information Sheets



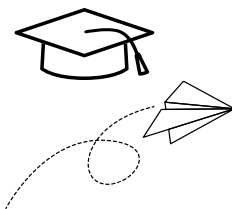
When and with Whom Should you Partner?

The school team



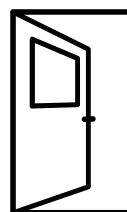
A few years
before finishing
high school

The school team, the student and their family



The final year of
high school

The student and their family



Starting their life
beyond high school

The starting point is at school... but the TEVA approach should also rely on collaboration with one or more partners (**to build a support network**).

In fact, school principals are responsible for initiating the implementation of the TEVA approach as part of the Individualized Education Plan (IEP), and they must do so **early enough** to allow **time to put in place the measures deemed essential**.

Working with the family and support team, **data is collected** across all areas of life, then **goals and strategies are planned** in collaboration with the relevant partners.



This document was designed with universal digital accessibility practices in mind.

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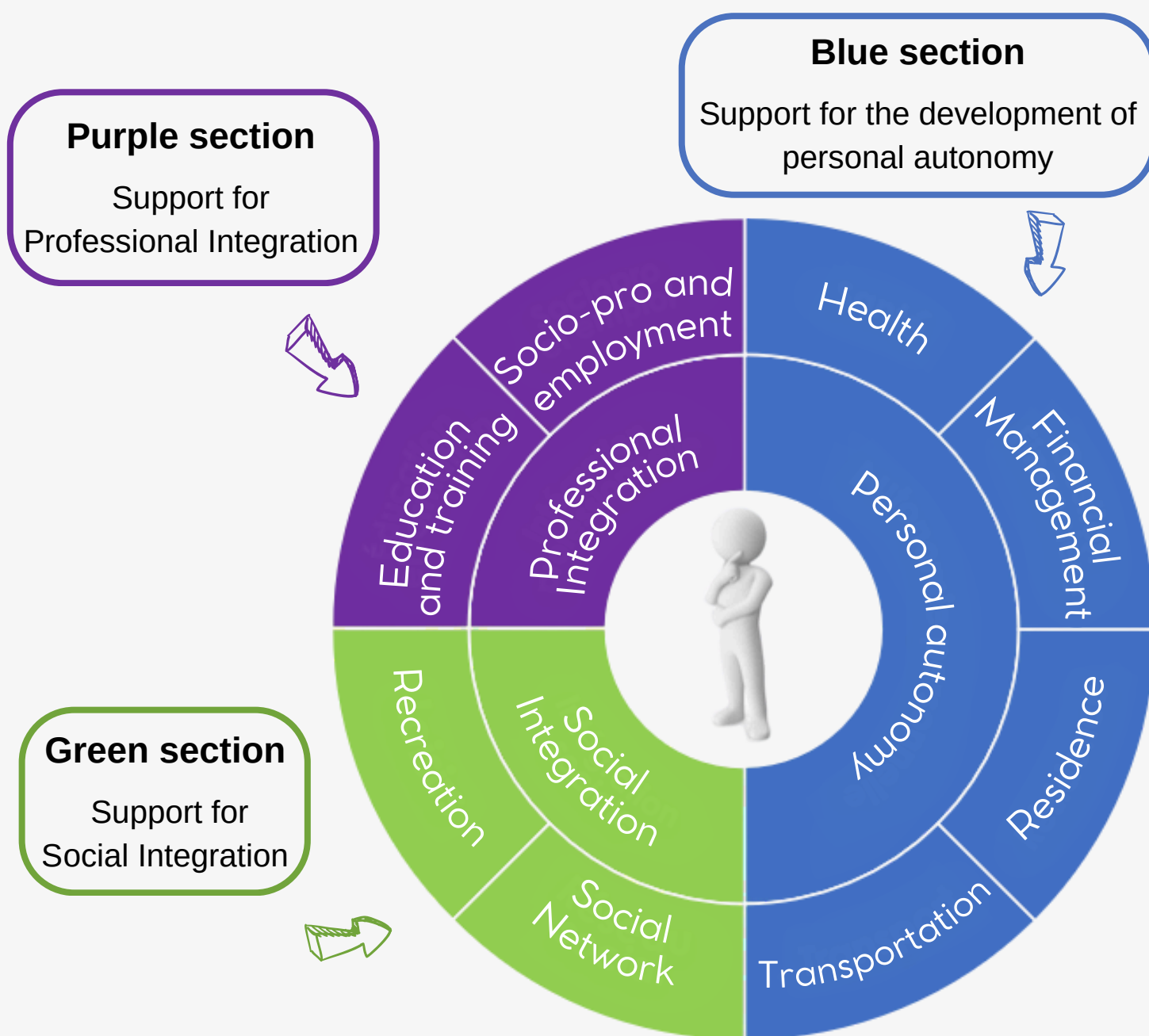
Information sheets



Various partners to support a range of needs

Each partner organization of the Outaouais TEVA Regional Committee is presented in this tool via an information sheet linked to the area of life that the organization can support.

To make it easier to search for information **that aligns with the young person's needs and life plan**, the information sheets have been grouped into three (3) sections.





Support for the development of personal autonomy

Health

Steps to take to promote self-management of one's health: nutrition, stress management, exercise routines, healthcare, etc.

Financial management

Steps to take to build financial independence: create a budget, track expenses, save money, etc.

Residence

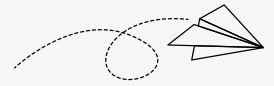
Steps to take to become more independent in terms of housing: searching for and viewing housing, maintenance, support network, etc.

Transportation

Steps to take to promote independence in transportation: transportation and route options, safety, etc.



[To view the section on support for the development of personal autonomy](#)



Support for Professional Integration

Education and training

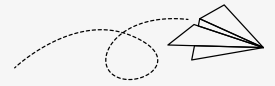
Steps to take to ensure educational success, acquire the necessary tools to realize one's potential, and prepare for a career.

Socio-professional integration and employment

Actions to be taken with a view to integration into or continued participation in the labor market.



[To view the section on support for professional integration](#)



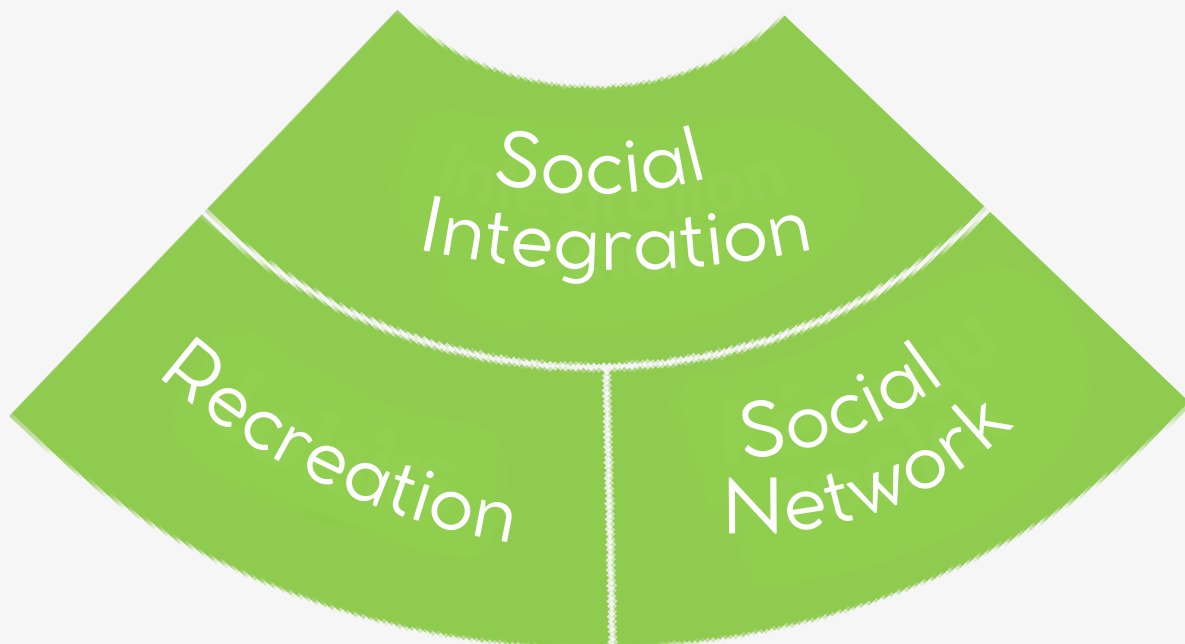
Support for Social Integration

Recreation

Actions to be taken with a view to exploring interests and promoting a healthy work-life balance.

Social network

Activities to consider for building healthy, lasting relationships: networking, community activities, social events, etc.



[To view the section on support for social integration](#)