

# Young Adult Transition Program 2024

## 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 17–28

- Trip planning
- Navigating local streets

### Money Management

July 1–12

- Identifying money
- Balancing a basic budget

### Cooking

July 15–26

- Meal planning
- Simple meal preparation

### Medical Information and Care

July 29–August 9

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

### Education and Employment

August 12–23

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

### Participant Requirements

- Must be 13–21 years of age
- independent with toileting or provide caregiver if needed



To sign up, contact Chris Lau at [clau@sralab.org](mailto:clau@sralab.org)  
or Ramey AbuDayyeh at [rabudayyeh@sralab.org](mailto:rabudayyeh@sralab.org)  
or call 312.238.8012.

Shirley Ryan  
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