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**Adulthood is the period from the time after we transition from school and childhood years through the time when we enter our golden years.**

For most of us, adulthood is the longest stage of life. Even though you might be finished with school, you can continue to learn and grow throughout your adult life! You should also consider planning for your future.

Community supports and services may be available to help you with adulthood challenges and opportunities. Explore how to secure employment, have safe and healthy relationships, set boundaries, live independently, be a self-advocate, understand the supports needed to make good decisions, future planning including special needs trust, plan for support once a caregiver passes, and find public

supports.

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