

Learn about Peer Support in Transition Services and Research



The transition to adulthood is an important and often difficult time. It can be more difficult for young adults with intellectual and developmental disabilities (IDD).

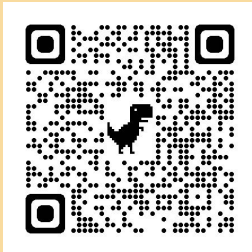
Our inclusive research team made an addition to the **Peer Support Toolkit to Engage People with Intellectual and Developmental Disabilities (IDD) in Research** that outlines the four things that people with IDD told us are most important when they think about transition services and research, and how peer support can help.

- **Self Advocacy and Self Determination.** Expressing yourself, asking for what you need, and making choices and decisions about your life.
- **Post Secondary Training and Experiences.** Research teams should learn more about how peer support can affect someone's school or work success.
- **Independent Living Skills.** Skills that help young adults manage everyday responsibility for life after high school.
- **Figuring out what works.** Learning about what programs work and how to make them better.

This accessible toolkit addition was made by an inclusive team including researchers with disabilities. It includes stories, examples, and videos.

Contact us to learn more:

REACH Lab



reach@temple.edu

Download the toolkit on any device for free [here](#).

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