

# Submit Leadership Project PRODUCT (Due 5/8/2024): Ben Schwartzman

## **Transition Self-Efficacy Survey for Transition-aged Youth and Young Adults with Autism**

**Abstract:** For my leadership project, as part of a grant submission led by Dr. Cecily Betz, I spearheaded a plan for developing a novel assessment measure to help define a "successful transition." The development and testing of this novel measure addresses an important gap in extant literature on successful transition outcomes and transition self-efficacy for youth with autism. As part of the process for developing this measure, a series of mixed-methods and community-based participatory research approaches will be leveraged to operationally define and measure successful transition outcomes for youth with autism. The goal is to leverage lived experience of peer mentors with IDD and parents by hiring them as peer navigators and parent navigators to assist in guiding youth with IDD and their families through the transition from pediatric to adult healthcare.

**Audience:** Transition-aged youth with Autism (13 to 26 years old) and their families

### **Plain Language Abstract:**

- I worked together with Dr. Cecily Betz to ask for money from a government agency to help teens and young adults with autism and their families.
- If they pick our project, we will use the money to create a new program for teenagers and young adults with autism and their families parents to help them find the doctors they need when they become older adults.
- The people in the program would get help from older adults with autism and other parents.
- For my project, I made a plan for how we would figure out if the new program is helpful for people with autism and their families in getting the doctors that they need to make sure they are healthy when they get to be adults.

### **Transition Self-Efficacy Evaluation Plan**

While there are a variety of measures that evaluate specific transition skills in different adult outcome areas (employment, postsecondary education, independence, self-advocacy, self-care, etc.), currently there are no measures that specifically aim to address the individual's own knowledge of the transition process and the services they need to be successful. Thus, our novel "Transition Self-Efficacy" measure will be developed to evaluate transition-aged youth's self-efficacy with best practices in transition and knowledge of their local transition services system. Items will include topics related to knowledge of transition goals, steps of the transition process from youth to adult systems, and how to access the supports available in their communities that they need to achieve their goals in transition areas of health (mental and physical), employment, independence, community engagement, postsecondary education, and social relationships. The development and testing of this novel measure will address an important gap in extant literature on evaluation of self-efficacy and knowledge of key components of the transition process as well as measurement of successful transition outcomes for youth with autism.