



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Cymry Ifanc  
Young Wales

[www.cymru.gov.uk](http://www.cymru.gov.uk)

# My Life, My Way

A Young Persons Guide  
to Transition



Transition in Action

Working to improve the move to adulthood  
for young disabled people in Wales



**Learning Disability Wales**  
**Anabledd Dysgu Cymru**































