



Which  
path feels right,  
*right now?*

A GUIDE TO LIFE AFTER  
SCHOOL WITH NOVITA



*Life after school can feel like a big decision.*

If you're leaving school - or supporting someone who is - it's normal to feel unsure about what comes next.

At Novita, we offer two pathways after school:

COMMUNITY  
PROGRAMS

TRANSITION  
TO WORK

This guide is here to help you reflect, talk things through, and decide what feels right.

There is no right or wrong choice. Goals can change, and programs can change too.



## START WITH WHAT MATTERS MOST

Take a moment to think about what feels important right now. You can do this on your own or with family or a support coordinator.

**Right now, a good day for me includes:**

- Having a regular routine
- Trying new things
- Spending time with others
- Learning practical life skills
- Feeling supported and calm

**Right now, I feel most confident when:**

- My days are flexible
- I know what to expect
- I'm not under pressure
- I'm working towards clear goals



## HOW DO I FEEL ABOUT WORK RIGHT NOW

There's no rush to decide about work.  
How you feel today matters.

*When I think about work right now, I feel:*

- Excited
- Curious
- Unsure
- Overwhelmed
- Not ready
- Ready to explore



*Right now, I would like support to:*

- Build confidence
- Learn everyday life skills
- Try work-related activities
- Meet new people
- Figure out what I enjoy



# WHAT SUPPORT WOULD MAKE ME THRIVE

Different people thrive with different types of support.



Things that feel hard for me  
*right now:*

(You can write or talk about these)

*I feel most supported when:*

- There is flexibility in my day
- There is structure and clear expectations
- I can learn at my own pace
- I'm part of a group
- I can focus on everyday life skills
- I can work towards employment goals

# EXPLORING THE TWO PATHWAYS



## COMMUNITY PROGRAMS

- Focus on daily life skills, personal support and confidence
- Supports community participation and social connection
- No expectation to move into work
- Hub or community based activities – or both
- Previously known as Day Options



## TRANSITION TO WORK

- Tailored program to achieve your employment goals
- Job-ready training and skill development
- Support to explore work, volunteering or training
- Confidence and independence focus

## WHAT FEELS RIGHT AT THE MOMENT

You don't need to decide forever, just for now.

**Right now, I feel more drawn towards:**

- Community Programs
- Transition to Work
- I'm still not sure (and that's okay!)

# THINGS I WANT TO TALK ABOUT WITH NOVITA

You don't need to know all the answers. This list is here to help you remember what you'd like to discuss when you meet with Novita. You can tick as many (or as few) as you like.

## My goals and interests

- What a good week looks like for me
- What I enjoy doing and what I'm interested in
- Things I'd like to learn or try
- My longer-term goals, even if they're not clear yet



## Life skills and independence

- Building everyday life skills
- Confidence and independence
- Creating a regular routine
- Getting around in the community
- Managing time, money or daily responsibilities

## Social connection and wellbeing

- Making friends and social connections
- Feeling comfortable in group settings
- Building confidence in new environments
- Support with communication or social skills



## Work and future pathways

- How I feel about work right now
- Whether Transition to Work might be right for me
- Exploring work experience or volunteering
- Building skills that could lead to work later
- What support I'd need to work towards employment



### Support and readiness

- What support helps me feel comfortable and confident
- What feels challenging for me right now
- How much structure or flexibility works best for me
- Whether starting slowly would be helpful

### Program options

- Learning more about Community Programs
- Learning more about Transition to Work
- Whether moving between programs is possible
- How programs can change as my goals change



### Practical questions

- NDIS funding and eligibility
- How referrals work
- What happens after I start a program
- Who to contact if my goals change

### Anything else I'd like to talk about



# MY NEXT STEP IS TO...

Once you've completed this guide, organise a time to speak with someone from Novita. Bring this guide along to your appointment as it will help guide the conversation, highlight what matters most to you right now, and make sure your goals, questions and priorities are part of the discussion.

Our professional and compassionate community team is ready to talk to you and your family about how Novita can support you to increase your confidence, learn new skills and/or land your dream job.

Email us at [services@novita.org.au](mailto:services@novita.org.au)

Call us on 1300 668 482

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