

Informing Families

Building Trust

A Partnership for Better Communication
On Developmental Disability Issues in Washington State

Preparing for Life After High School



Transition Planning 101

By the time your child turns 16, his/her Individualized Education Program (IEP) is focused on transition services. Transition *planning*, however, can and should begin as early as age 14.

The transition plan charts a course for graduation and life after high school, with measurable goals related to post-secondary education, employment, independent living, housing, and community participation.

The transition plan is created by the IEP team (with your son/daughter's participation). It identifies the skills, services and supports necessary to reach the student's goals.



It's a lot to consider, but you are not alone. Organizations such as PAVE (wapave.org) and Parent to Parent (arwca.org/getsupport) can help guide your way.

For a list of other high school transition resources and publications, visit: informingfamilies.org.

Transition Goals (at a Glance)

The transition plan drives your son/daughter's IEP and successful transition to life as an adult. Ask yourself what instruction, support and services are needed to achieve goals related to:

- ▶ Employment and/or Post Secondary Education
- ▶ Independent Living Skills (e.g., money management, decision-making, shopping, cooking, using the bus)
- ▶ Housing/In-Home Support
- ▶ Social/Recreational
- ▶ Financial/Legal
- ▶ Health & Safety

TRANSITION TIMELINE



Include the Division of Vocational Rehabilitation (DVR) Transition Liaison as part of the IEP team.

Age 14

- Begin transition planning.
- Include the student in planning.

Age 15-16

- Apply for a WA State I.D. card.

Age 16

- Begin transition services.
- Be sure to include self-determination and self-advocacy goals in the IEP.
- Determine graduation date.

Age 18

- Register to vote.
- Open checking account.
- Apply for SSI benefits.
- Enroll in Medicaid.
- If appropriate, begin guardianship petition.

Age 18-19

- Enroll in High School Transition program until age 21, or continue on to post-secondary education.

Final Year of School

- Request long-term employment supports from DDA. Depending on available funding, services may be available at age 21.
- Apply for employment services from DVR.

Any Age: Apply for services from the Developmental Disabilities Administration (DDA).

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Transition Planning Checklist

Consider the following checklist of skills, activities, and services when creating your child's high school transition plan for his/her IEP. For more information on transition planning, visit www.informingfamilies.org.

Independent Living

Identify skills and abilities that will help your son or daughter be as independent as possible, such as:

- Money Management and Budgeting
- Decision-Making
- Self-Advocacy
- Registering to Vote
- Communication
- Transportation Training
- Shopping
- Cooking
- Housekeeping

Social/Recreational

- Build friendships outside the family.
- Create a circle of support (family, friends, neighbors).
- Identify and connect with groups that share similar interests:
 - Athletic
 - Faith-Based
 - Creative Arts
 - Humanitarian
 - Civic
 - Cultural

Employment/Post-Secondary Education

- Identify interests, strengths and needs, and list the types of jobs that would be a good fit.
- Identify personal contacts useful in finding jobs.
- Research college courses and programs (integrated and/or specialized).
- Learn and practice job skills.
- Apply for employment services from DVR and DDA.
- Obtain Assistive Technology and Training.

Financial and Legal

- Apply for Supplemental Security Income (SSI)
- Arrange for a Representative Payee for SSI (benefits if money management is a concern)
- Benefits Planning (including Social Security Work Incentives, such as PASS and IRWE)
- Establish a Special Needs Trust
- Seek guardianship (if less restrictive alternatives are not appropriate)

Health & Safety

Identify needed skills and/or resources to be healthy and safe:

- Emergency Recognition and Response
- Personal Care/Hygiene
- Counseling
- Physical/Occupational Therapy
- Adult Medical Care Provider

What kinds of supports and instruction are needed to reach these goals??

Housing and In-Home Supports

- Apply for DDA services/supports (e.g., Medicaid Personal Care, Supported Living, Companion Home, Adult Family Home)
- Apply for HUD federal housing assistance. (Contact your local Housing Authority to find out how long the waiting list is.)
- Research home ownership programs for adults with DD: washingtonaccessfund.org/resources/homeownership.php