

A Student's Guide
to
Transition Planning

Build the Life



You Want

A Student's Guide to Transition Planning will help you understand the process of moving from your school life to adult life in the community. Transition planning is the process that will help you get ready for the life you want.

What is Transition Planning?

Transition planning is the process of getting ready to move from school life to your adult life in the community. As you begin to plan your adult life there are many questions you will need to think about. This guide will help you plan your adult life. It will help you think about these questions and learn about your role in the transition planning process.

What would I like my life to be like after high school?



- Where would I like to live?
- What would I like to do for a job?
- Where would I like to work?
- What would I like to do for fun?
- What help will I need?

You can talk with you family, teachers, friends or service providers to help you answer these questions. Once you have some ideas about your adult life you can begin transition planning.

When should I start planning my future?

You must begin transition planning on your Individualized Education Program (IEP) no later than age 16 (earlier if needed). However, you may need to discuss some questions with the IEP team before entering Junior High. These might include:

- Do I need special testing to help with the planning before leaving high school?
- Will I need to pass the WASL test before graduating?
- When will I be graduating?
- Will I be going on to school after high school?

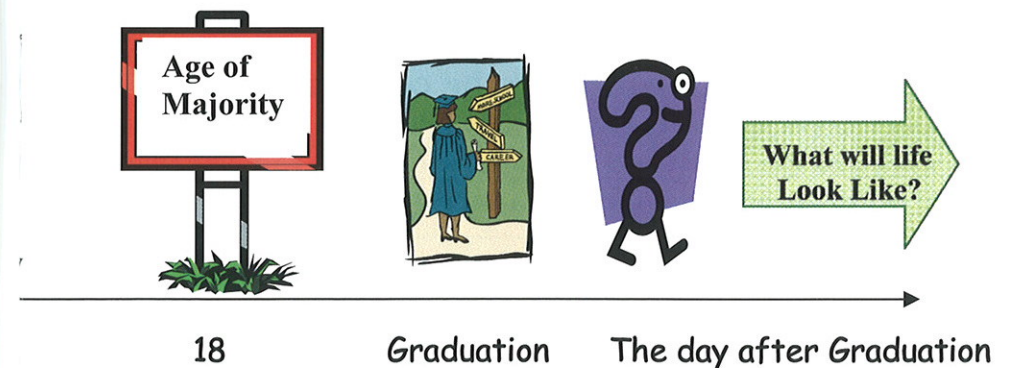
These answers will help you in choosing classes, either academic or vocational, and to decide if further testing will be needed to begin vocational educational planning. When you turn 16, your IEP will describe the instruction, community experiences, related services, adult living and employment activities that will help you reach your dreams.

Look at all areas of planning needed to help you live your adult life. It may help you to begin visiting job and community living options to help plan for the future.

- **AGE 16** (or sooner if needed) you and your parents need to begin talking and planning about your future with your school IEP team. The team should write a statement about your future plans. Include ideas about a graduation, future education, adult living situation, and a job.
- **AGE 17** The school must tell you and your parents about the changing role you will have in planning for your education beginning at age 18.
- **AGE 18** (AGE of Majority) You are now able to plan and sign your own IEP/Transition Plan unless a guardianship court has placed limits on your role.
Apply or Reapply for SSI (Supplemental Social Security)

You graduate when you have met all the terms of your IEP or all the school graduation requirements. You can stay in school until you finish school the year you turn 21.

Planning Timeline



Transition from School to Adult Living

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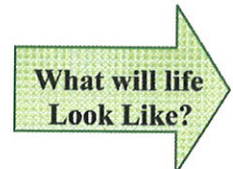
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Graduation



The day after Graduation

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Will I continue my education after high school?

Increasing numbers of students with disabilities will go on to college or vocational schools after high school. Your transition plan can help you with your plans to go on to the school of your choice.

- Choose classes to meet the requirements for entering college.
- Take the tests required by the schools you are considering.
- Meet with the disability coordinator of colleges that you are considering. Find out about the disability services of each college and explore how the college can meet you needs and goals.
- Explore financial aid options for your college expenses.
- Visit the college campus. Talk with students about their experiences.

More Resources about Education after High Schools

Post-ITT Web Site (A collection of many resources) www.postitt.org

Do-it Center www.washington.edu/doi/Resources/college_prep.html

What will I do for a job?

Planning for the day that you head off to your first job may seem like a very distant goal however, you can begin planning and preparing for your future career.

- Become a volunteer to expand your skills and experiences
- Build a notebook of resume, skills, job history, references
- Meet with DVR, adult service providers, and social workers to learn about options
- Continue to define career goals

- Think about what you might like to do for a career.
- Take interest surveys. Discover what you might like for a job.
- Watch people doing jobs in the community (job shadowing)
- Gather job experiences in your school and community.

More Resources to Help Get a Job

Helping Students find and Keep a job www.nichcy.org/pubs/stuguide/ta3.pdf

NCWD/Youth www.ncwd-youth.info

How will I get around in the community?



The way you get around in the community is a key part of where you live, work and the activities that you can do. Make sure you plan a way to get to the activities that are a part of your future.

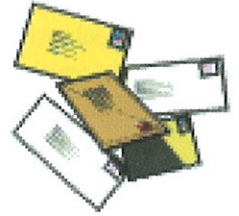


- Can I get a drivers license? What will I be able to drive?
- Can I pay for gas, repairs and insurance?
- Do I live near a bus route?
- Do I know how to ride a bus? Can I ride the bus alone?

Who would you invite to your IEP Meeting?

Come to my Transition IEP Meeting.....

- ✓ Parents or Guardians
- ✓ My Special Education Teacher
- ✓ Regular Education Teacher
- ✓ School District Administrator
- ✓ Agency Representative



You may want to invite other people (such as other relatives, friends, advocates, employers or neighbors. **YOU** are an important member of the IEP and Transition Team. It is about your life!

What will we talk about and decide?

At the meeting you and the other team members will talk about your future dreams, what you do well now, what you need to learn, and the supports or services to help you reach your goals. It includes vocational, living skills and community access.

More things to help you plan
for transition into your adult life

- Speak up for yourself
- Learn about your disability
- Learn how to describe the help you need
- Know your legal rights
- Learn about adult living options available
 - See what has worked for other people
- Meet with adult service providers and learn about resources that will help you
- Apply for Adult Services and SSI
- Learn what you need to do to meet your goals
- Review your Transition goals and IEP often
- Take charge of your life and future

Where will I live?

Where you live is an important part of planning your future. You will want to talk about housing choices with your family, transition team, and your social worker. Learn about and visit local housing options.

- With family, friends, or by myself?
- In a house, apartment, or group care?
- Do I need extra help or supports?



Additional Housing Information

Section 8 Subsidized Housing: www.affordablehousingonline.com

A Home of your own Guide: www.alliance.unh.edu/nhoyo.html

Consumer Controlled Housing, A Guidebook: www.rtc.umn.edu/guide/

Who will provide my adult health care?

Many people as they become adults need to change from a children's Doctor (a Pediatrician) to a Doctor who helps adults. You can ask your current doctor to help you with this. **Ask questions!**

Take care of your body! Take charge of your health care!



- Where are my medical records?
- Can I describe my medical & disability needs?
- When do I need an adult care doctor?
- Do I need a referral from my doctor?

Additional Health Information

Adolescent Health Transition Project: www.depts.washington.edu/healthtr

Tools for Youth: www.medicalhomeinfo.org/tools/youthstart.html

Health Guide hctransitions.ichp.edu/pdfs/envisioning_my_future.pdf

How will I find community activities and friends?

We all make choices about how to spend our free time. You may like to spend time alone, or to spend time with people sharing in activities.

Think about the things you like to do now.

- Who do you share your time with?
- Are your friends from school, neighborhood & community?
- What activities would you like to do in the future?

Friends are people you like to spend your time with!

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More Resources

Washington Graduation Requirements
www.k12.wa.us/GraduationRequirements/default.aspx

Dare to Dream: A Guide for Adults
www.myfloridaeducation.com/commhome/pdf/dream_adults.pdf

From Nichcy: Resources for Adults with Disabilities
www.nichcy.org/pubs/transum/adult.pdf

Transition Planning: A Team Effort
www.nichcy.org/pubs/transum/ts10.pdf

www.youthhood.org

For More Information or Help Call:


Your local School District Transition Coordinator

Washington PAVE
1-800-572-7368 or 1-253-565-2266 www.washingtonpave.org

Superintendent of Public Instruction (SPI)
State Special Education 1-360-725-6075
www.k12.wa.us/SpecialEd/default.aspx

Washington Protection & Advocacy
(WPAS) 1-800-562-2702 or 1-206-324-1521 www.wpas-rights.org

Office of Civil Rights 1-206-220-7900
Email: ocr_seattle@ed.gov



The Future
is not something we enter.
The future is something we create.
And creating that future requires us to
Make choices and decisions.....
That all begins with a dream.
Leonard L. Sweet

CORE Project, and Parent Information and Training Center
Washington PAVE