

TRANSITION CHECKLIST*

SCHOOL YEARS INTO ADULTHOOD	PRIOR TO 18-HIGH SCHOOL YEARS	TRANSITION YEARS– ADULT
<p>Able to advocate for oneself</p> <ul style="list-style-type: none"> • Understand/request support needs • Get involved with the ARC <p>Keep notebook including:</p> <ul style="list-style-type: none"> • Med alerts/medical history • Diagnosis information • School evaluations, summaries, IEP's, assessments <p>Encourage presence at all meetings</p> <p>Support involvement with appointments</p> <p>Delegate chores at home</p> <p>Discuss and model appropriate sexuality/relationships</p> <p>Build on strengths and capacities</p> <p>Discuss career/job ideas or college</p> <p>Explore hobbies and community events</p> <p>Explore inclusive social, recreation opportunities related to personal interests</p> <p>Find adult role models</p> <p>Explore person centered planning options as available to assist with goals</p>	<p>Explore health care options available including dental services</p> <p>Explore Person Centered Planning if available to assist with future goals</p> <p>Explore guardianship or alternatives</p> <p>Explore support groups</p> <p>Explore volunteer opportunities in preparation for employment</p> <p>Transition goal on IEP at age 16 (college or work focus/independent living skills)</p> <p>Educate self regarding Transition Programs (18-21) and what they have to offer</p> <ol style="list-style-type: none"> 1. Discuss with IEP team about transitioning to 18-21 program or exit public school system 2. If choosing to exit – have a plan! 3. Understand ramifications of exiting school system early (long-term employment services are limited and not even an option till age 21 through DDD) <p>Educate self about decisions at 18 (see 18-adult)</p> <p>Set up a bank account – checking /savings Begin learning about managing own personal finances – write checks for rent etc.</p>	<p>Make decision regarding Transition (18-21) Program or exiting school system with support of IEP team based on students needs</p> <p>“No Meeting Without Me” –participation in all meetings</p> <p>Follow through on decisions at 18:</p> <ul style="list-style-type: none"> • SSI/Medicaid (apply) • DDD (MPC provider, waiver/family support database) • Employment/College • Housing • Guardianship or Alternatives • Transportation • Financial Planning • WA ID • Caregiver Card • Vote • Selective Services (males only) • Support with basic needs <p>Participation in community events</p> <p>Determine health care coverage</p> <p>Explore community resources and understand eligibility requirements</p> <p>HAVE A PLAN PRIOR TO EXITING SCHOOL!!!! Build a calendar/routine for individual based on Interests and support needs.</p>

***Understand school is an entitlement. Community services have separate application eligibility requirements.**