## TRANSITION CHECKLIST*

### SCHOOL YEARS INTO ADULTHOOD

- Able to advocate for oneself
  - Understand/request support needs
  - Get involved with the ARC

- Keep notebook including:
  - Med alerts/medical history
  - Diagnosis information
  - School evaluations, summaries, IEP’s, assessments

- Encourage presence at all meetings

- Support involvement with appointments

- Delegate chores at home

- Discuss and model appropriate sexuality/relationships

- Build on strengths and capacities

- Discuss career/job ideas or college

- Explore hobbies and community events

- Explore inclusive social, recreation opportunities related to personal interests

- Find adult role models

- Explore person centered planning options as available to assist with goals

### PRIOR TO 18-HIGH SCHOOL YEARS

- Explore health care options available including dental services

- Explore Person Centered Planning if available to assist with future goals

- Explore guardianship or alternatives

- Explore support groups

- Explore volunteer opportunities in preparation for employment

- Transition goal on IEP at age 16 (college or work focus/independent living skills)

- Educate self regarding Transition Programs (18-21) and what they have to offer
  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)

- Educate self about decisions at 18 (see 18-adult)

- Set up a bank account – checking/savings

- Begin learning about managing own personal finances – write checks for rent etc.

### TRANSITION YEARS– ADULT

- Make decision regarding Transition (18-21) Program or exiting school system with support of IEP team based on students needs

  “No Meeting Without Me” – participation in all meetings

- Follow through on decisions at 18:
  - 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

- Participation in community events

- Determine health care coverage

- Explore community resources and understand eligibility requirements

### HAVE A PLAN PRIOR TO EXITING SCHOOL!!!!!

- Build a calendar/routine for individual based on Interests and support needs.

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

Deb Gall revised 4/21/2011