

TRANSITION CHECKLIST – School Years into Adulthood

Your child is entering a point in time, filled with change, growth, excitement and sometimes fear and confusion, called TRANSITION. A transition period is movement or change from one stage to another and, in this case, they are moving from childhood to young adulthood and eventually from school to adult life.

The Transition Checklist is designed to help you think about questions to ask, options to consider, and things to talk about with your transition-age youth.

Keep in mind the choices and decisions you and your son/daughter make during this time can help positively shape the future and the life they will live as an adult.**

TRANSITION CHECK LIST			
LIFE DOMAINS	SCHOOL YEARS TO YOUNG ADULTHOOD (AGE 12-14)	HIGH SCHOOL YEARS (AGE 15-18)	TRANSITION YEARS-ADULT (AGE 18-22)
 Employment and Daily Life	☐ Be responsible for chores at home ☐ Consider work/volunteer opportunities ☐ Build friendships with peers ☐ Get involved in a neighborhood or community organization	☐ Discuss career/job ideas or college. ☐ Establish transition goals in the Individual Educational Program (IEP) no later than 16. (College/training, work and independent living skills) ☐ Discuss your child's graduation date with the Individual Education Program (IEP) team and learn about the district's 18-21 program. Staying in school until 21 may prevent a gap in services. ☐ Set up a bank account & ABLE account ☐ Explore hobbies and community events. Build a calendar/routine based on interests, hobbies and support needs. ☐ Learn to ride the bus! ☐ Socialize with friends and peers. ☐ Be able to advocate or speak up for oneself (check out regional Arc self-advocacy groups) ☐ Apply to Developmental Disabilities Administration (DDA).	☐ "No Meeting Without Me" –student participation in all meetings ☐ Community based work experience. The more the better! ☐ Connect with key agencies • Social Security - Apply <u>at</u> 18 • Developmental Disabilities Administration (DDA) - Apply <u>by</u> age 18.* • Department of Vocation Rehabilitation (DVR) - Apply 2nd to last year in school. (*Applying earlier is recommended)
 Community Living	☐ Keep a notebook that includes: medical history/alerts, diagnosis information, school evaluations, Individual Educational Programs (IEP), assessments	☐ Build on personal strengths, capacities, and interest. These may help define a future career.	☐ Have a plan and identify resources to support a full life after school has ended. • Work • Housing/basic needs • Guardianship or Alternatives • Transportation • Financial Planning • Recreational/Social activities
 Self-Advocacy	☐ Provide opportunities to make choices and identify preferences.	☐ Apply to Developmental Disabilities Administration (DDA).	☐ Determine health care and dental coverage.
 Social	☐ Participate and be present at all meetings		
 Healthy Living			
 Supports & Services	Explore, Interests, Skills and Dreams!	Educate Self About Decisions at AGE 18!	Have A Plan Prior to Exiting School!