

Transition Fact Sheet (Draft)

TRANSITION TO ADULT SERVICES

There are many options to consider and choices to make for youth entering their final years of high school and preparing for adulthood.

While your child has been in school, you have worked together with the school district for needed educational and related support services. An Individual Educational Plan (IEP) has been guiding your child's academic progress since she or he first began to attend school. More recently, your child's annual IEP included an Individual Transition Plan (ITP) component, in which you identified the knowledge and skills that your child would need to prepare for life after graduation.

One of the biggest challenges of preparing for life after high school is finding the supports and services you will need after your son or daughter leaves the public school system. The good news is that many supports and services already exist, and new options are being developed all the time. The goal is to provide support needed to live as active, involved members of the community. Your son or daughter will have opportunities for:

- Self-help and self-care skills
- Continuing his or her education at a university, community college, trade school or specialized training programs
- Paid or volunteer work, with special supports as needed
- Living in his own home or apartment, with or without roommates, and with supports as needed – or living in a licensed group home
- Learning new skills, such as how to manage money, how to get around on the public buses, how to cook, and how to take care of a home
- Socializing with friends and making new friends.

Beginning Transition Planning, Age 14-18

Thinking about and planning for adulthood often begins informally, several years before a

person turns 18. At age 14, the process becomes more formalized. By age 16, a young person's Individualized Education Program (IEP) will begin to address employment and independent living skills needed for transition to adult living, as well as appropriate educational goals with an Individual Transition Plan. Public educational services will continue to be available for students through age 22 who have not received a diploma. This information will enable the person to plan for transition from school to work and achieve the transition outcomes.

Public educational services are still the primary source of services for this age group. The IEP team will help the young person determine what skills are still needed prior to leaving the public educational system.

Becoming an Adult, Age 18-22

At age 18, young adults have different responsibilities and benefits that may be available to them. Issues to consider include public benefits, health care decisions, voter registration, selective service registration, living choices, educational or employment decisions and legal rights and responsibilities.

As an adult, the person is able to choose who will help him or her to make decisions in these matters, unless a court has determined that the person is not capable of doing so. Adults may also authorize other adults to be their educational representative.

The young adult will be able to make health care decisions, so understanding his or her health issues becomes more important. A health care directive may be appropriate for some people. Young adults may keep a list of the names of doctors who are providing care and their contact information and carry a copy of their Medi-Cal card or private health insurance coverage in case of an emergency.

Individual Transition Goals and Services

While your child has been in school, you have developed an Individual Educational Plan (IEP) with the school district for needed educational and related support services. When a student turns 16, the Planning Team will develop an Individual Transition Plan (ITP) to identify the knowledge, skills, and school services that student needs to prepare for life after high school. ITP goals will describe the educational and functional steps to be taken to prepare the student for adult living. The student may invite the Service Coordinator to participate in the school planning meeting and to help coordinate goals and services. This

Planning Team will identify adaptive/independent living skills that need further development. Those skills could include personal care, housekeeping, budgeting, cooking, safety, and emergency plans. Educational services may be available until the student turns 22 years old.

DRAFT