

For people with intellectual
and developmental disabilities



What is Transition from High School?

It's the time when your son or daughter prepares to leave high school and begins to plan to enter the adult community. What happens after they leave school? How do they know which way to go? Not knowing exactly what to expect can build unnecessary fear. Transition is simple and should not be feared. The more you know it, the better you'll understand it.

The biggest challenge of transition is learning about and getting involved with, a new way of receiving services, a new system outside of the school. Now it is time to learn about living as an adult in the community. But not overnight.....it takes some time.

Get to know Transition!

The sooner you start to learn about transition, the more you'll be able to plan ahead for it.

When the student **turns 14**, make sure your son/daughter is on the Supported Living Services and DD Waivers waitlists with your local Single Entry Point/Case Management Agency (Formally called Community Center Board/CCB) reach out to your Family Support Coordinator or the intake line. Arapahoe/Douglas/Elbert Single Entry Point/Case Management Agency (SEP/CMA) is Developmental Pathways, **Medicaid Waiver Intake Line 303-858-2260** Or email intake@dpcolor.org

When the student **turns 15**, parents, the student, and other members of the IEP team will meet to discuss long range goals and the best way to reach them. This will be the transition plan and the team will update it at every IEP meeting.

You will learn about post-school education, employment, services, supports or programs that individuals can qualify for before exiting the school system. Transition planning provides the map to more independent living.

✓ Transition Checklist

The following is a checklist of transition activities that students, parents, and school personnel may wish to consider when preparing transition plans with the IEP team. The student's skills and interests will determine which items on the checklist are relevant. The checklist can also help identify who should be part of the IEP transition team. Responsibility for carrying out the specific transition activities should be determined at the IEP transition meetings.

- Sign-up for our weekly news letter [here](#)!

Four to Five Years before Leaving School

- Identify student **learning styles** and the necessary accommodations to be a successful learner and worker.
- Identify **career interests** and **skills**, complete interest and career inventories, and identify additional education or training opportunities. (Job sampling, etc.)
- Learn to **effectively communicate** your interests, preferences and needs.
- Be able to explain your disability and the **accommodations** you need.
- Investigate **assistive technology tools** that can increase community involvement and employment opportunities.
- Broaden experiences with **community activities** and expand **friendships**.
- Acquire an **identification card** and the ability to communicate personal information.

- Identify and begin learning skills necessary for **independent living** including money management.

Two to Three Years Before Leaving School

- Identify community support services and programs (Vocational Rehabilitation SEP/CMA, Independent living service providers, Home Health, etc.)
- Coordinate with adult service providers and ensure that appropriate referrals have been made. Arapahoe/Douglas/Elbert (SEP/CMA) is Developmental Pathways, Medicaid Waiver Intake Line 303-858-2260 Or email intake@dpcoloro.org
- Gather more information on **post-secondary** programs and the support services offered; and make arrangements for accommodations to take **college** entrance exams.
- Identify health providers and become informed about sexuality and **family planning issues**.
- Determine the need for **financial** support (SSI, Medicare etc.), See our website for classes on SSI/Medicaid. <http://www.arc-ad.org/>
- Learn and practice appropriate interpersonal communication, and social skills for different settings (**employment**, school, recreation, with peers, etc.)
- Learn and practice informed **decision-making skills**.
- Explore legal status about decision-making prior to the age of maturity and consider the need for **guardianship, power of attorney, medical power of attorney and conservatorship**.
- Practice **independent living skills**, e.g., budgeting, shopping, cooking, and housekeeping.
- Identify needed **personal assistant services**, and if appropriate, learn to direct and manage these services.
- Start planning for the future, and build your plan; a good starting place is "The Arc's center for future planning". <https://futureplanning.thearc.org/>

At age 18

- Apply for **financial** support programs (SSI, Independent Living Services, Vocational Rehabilitation, and Personal Assistant Services), if appropriate.
- Register to **vote** and for selective service (if male).
- Ensure you have had an intake meeting with your SEP/CMA, if utilizing Medicaid Waiver Services.

One year before leaving High School

- Identify the **post-secondary school** you want to attend and arrange for accommodations.
- Practice effective communication by developing **interview skills**, asking for help, and identifying necessary accommodations at post-secondary and **work** environments.
- Specify desired job and obtain paid **employment** with supports as needed. Contact DVR: <https://www.colorado.gov/pacific/dvr>
- Take **responsibility** for arriving on time to work, appointments, and social activities including transportation needs.
- Assume responsibility for health care needs (making appointments, filling and taking prescriptions etc.).

Questions That Should be Answered BEFORE Graduation

- What do I want to do after I graduate? What are my goals? Do I need more training? Will I have a job?
- Do I move into my schools transition program? Or do I graduate and go into a day program, post-secondary school, Vocational training?
- What are my strengths? Interests?
- Where will I live? How will I pay for food? Clothes? A place to live?
- How will I get from place to place? (Job? Grocery shopping? Bank? Doctor?)
- How will I keep my friends and make new friends?
- What kinds of things will I do for fun? Do I have any hobbies?
- Who can help if I need it?

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