



## PLANNING FOR THE FUTURE: TRANSITION PLANNING GUIDE

<p>The checklist is intended as a resource for students families, schools, and supporting agency professionals to review and help provide information and suggestions to guide the transition process for Students with Disabilities, grades 7 - 12, (ages 14 up to 22nd birthday). The checklist, while designed for students receiving special education services under IDEA (2004), may also be useful for any student thinking about transition. Every student is different and should have their own individualized transition plan. Use any sections, suggestion or references needed.</p>	<p>*The checklist can be helpful in identifying IEP yearly and post- school goals, objectives, activities, related services, areas in need of assessment/exploration to assist in planning for life after high school.</p> <p>*The checklist may be kept as part of the student's file and with families to review and record goals, assessments, activities, services, and resources. With the PDF version, there is unlimited space for notes, questions, and comments for future planning.</p>
--	---

<p><b>Helpful Yearly Tips</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attend, participate and lead your IEP and transition meetings.</li> <li><input type="checkbox"/> Let your IEP team know your plans and dreams for the future.</li> <li><input type="checkbox"/> Review your IEP transition team members and how they each help you. Invite anyone else Who you want to join your team for support.</li> <li><input type="checkbox"/> Write, review and update your current IEP and post-school goals, activities, related services and supports. Discuss how they worked and if goals need to change.</li> <li><input type="checkbox"/> Review previous assessments and decide what else is needed to explore.</li> <li><input type="checkbox"/> Create new IEP yearly goals and transition activities that are measurable and help prepare and support your post-school goals for life after high school.</li> <li><input type="checkbox"/> Discuss accommodations and technology you may need to meet your school, work, and other life goals.</li> <li><input type="checkbox"/> Review your school career portfolio – artifacts, activities, and assessments (check with your school—they have these documents)</li> <li><input type="checkbox"/> Build on what you started the year before.</li> </ul>
---------------------------------------	--

### My IEP Transition Team and how I can reach them.

Name	Email	Phone Number

## 7th /8th Grade

### Things to Think About & Tips

- Begin learning about the Transition Process and planning for your future after high school.
- Begin attending, participating, and contributing to your IEP and Transition Meetings (including out of school meetings. IEP DATE \_\_\_\_\_)
- Get to know the members of your IEP team and their role in supporting you. Think about who else can support you.
- (List members in the section above)
- Talk with your IEP Transition Team about your dreams for after high school – college, work, training, where you want to live, how you will get around, what you would like to do for fun, etc.

#### Ask yourself, do I have:

- Education/Training Goals \_\_\_\_\_
- Employment Goals \_\_\_\_\_
- Independent Living /Community Participation Goals \_\_\_\_\_

Where do I want to live? What skills do I need to live independently or supported? How will I get around (transportation)? What will I do for fun? Who will support me if I need help?

---

---

---

What do I want my day and my week to look like?

- Participate in Transition Assessments that will help to identify your interests, strengths, preferences, learning style, skill development areas, and needs for technology and accommodations, etc.

---

- Explore and practice using technology for education, employment, and independent/community living.

### Things to Think About & Tips

#### Begin working with your IEP team to learn:

##### Which courses and electives to enroll in to support your post-school goals?

Courses

---

---

---

##### What activities to participate in to support your post school goals?

Activities

---

---

---

##### What support services are available to you now? In the future?

Supports

---

---

---

**Work with your IEP Team to help you:**

- Learn your personal information: ex. DOB, Social Security number, Address, Phone #'s, parent's/guardian's information, people you can use as references, get a state photo identification.
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs. Develop skills for decision-making, self-advocacy, and self-determination

Activities		Notes
<p><b>Post-Secondary Education &amp; Training</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Begin learning about different post-secondary (after HS) education and training options that focus on your interest areas.</li> <li><input type="checkbox"/> Research your local high school Career Technical Center (CTE) and learn about training programs you may be interested in</li> </ul>	
<p><b>Employment</b></p>	<p><b>Career Exploration</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a career survey/ interest inventory, employment preference surveys.</li> </ul> <p><b>Job Preparation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in courses and activities your school offers that help develop pre-vocational and job-related social skills.</li> <li><input type="checkbox"/> Research and participate in Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS).</li> </ul> <p><b>Career Experience</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Regularly help with chores around your home.</li> <li><input type="checkbox"/> Try volunteering in your community with or without family and friends</li> </ul>	
<p><b>Independent Community Living</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Start learning about your medical history and when your appointments are.</li> <li><input type="checkbox"/> Talk with your family about future transportation and travel needs and skills.</li> <li><input type="checkbox"/> Start learning about financial literacy – money management skills. Practice using your personal information for filling out important forms.</li> <li><input type="checkbox"/> Talk with your family about obtaining a State Photo ID</li> </ul>	
<p><b>Suggestions</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your parents/guardians to sign forms that allow you to participate in Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) and allow the school's counselor to begin coming to your IEP/ transition meetings.</li> </ul> <p><b>The sooner the better</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your county Department of Human Services (DHS) about eligibility for assistance with services and support (including Waiver Funding) and how to register, if needed.</li> <li><input type="checkbox"/> If you already have a Supports Coordinator or Case Manager, invite them to your meetings.</li> </ul>	

**Things to Think About & Tips**

- Begin learning about the Transition Process and planning for your future after high school.
- Begin attending, participating, and contributing to your IEP and Transition Meetings (including out of school meetings. IEP DATE \_\_\_\_\_)
- Get to know the members of your IEP team and their role in supporting you. Think about who else can support you.
- (List members in the section above)
- Talk with your IEP Transition Team about your dreams for after high school – college, work, training, where you want to live, how you will get around, what you would like to do for fun, etc.

**Ask yourself, do I have:**

- Education/Training Goals \_\_\_\_\_
- Employment Goals \_\_\_\_\_
- Independent Living /Community Participation Goals \_\_\_\_\_

Where do I want to live? What skills do I need to live independently or supported? How will I get around (transportation)? What will I do for fun? Who will support me if I need help?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do I want my day and my week to look like?

- Participate in Transition Assessments that will help to identify your interests, strengths, preferences, learning style, skill development areas, and needs for technology and accommodations, etc.  
\_\_\_\_\_
- Explore and practice using technology for education, employment, and independent/community living.

**Things to Think About & Tips**

**Begin working with your IEP team to learn:**

**Which courses and electives to enroll in to support your post-school goals?**

*Courses*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What activities to participate in to support your post school goals?**

*Activities*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What support services are available to you now? In the future?**

*Supports*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Work with your IEP Team to help you:**

- Learn your personal information: ex. DOB, Social Security number, Address, Phone #'s, parent's/guardian's information, people you can use as references, get a state photo identification.
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs. Develop skills for decision-making, self-advocacy, and self-determination

Activities		Notes
<p><b>Post-Secondary Education &amp; Training</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Begin learning about different post-secondary (after HS) education and training options that focus on your interest areas.</li> <li><input type="checkbox"/> Research your local high school Career Technical Center (CTE) and learn about training programs you may be interested in</li> </ul>	
<p><b>Employment</b></p>	<p><b>Career Exploration</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a career survey/ interest inventory, employment preference surveys.</li> </ul> <p><b>Job Preparation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in courses and activities your school offers that help develop pre-vocational and job-related social skills.</li> <li><input type="checkbox"/> Research and participate in Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS).</li> </ul> <p><b>Career Experience</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Regularly help with chores around your home.</li> <li><input type="checkbox"/> Try volunteering in your community with or without family and friends</li> </ul>	
<p><b>Independent Community Living</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Start learning about your medical history and when your appointments are.</li> <li><input type="checkbox"/> Talk with your family about future transportation and travel needs and skills.</li> <li><input type="checkbox"/> Start learning about financial literacy – money management skills. Practice using your personal information for filling out important forms.</li> <li><input type="checkbox"/> Talk with your family about obtaining a State Photo ID</li> </ul>	
<p><b>Suggestions</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your parents/guardians to sign forms that allow you to participate in Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) and allow the school's counselor to begin coming to your IEP/ transition meetings.</li> </ul> <p><b>The sooner the better</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your county Department of Human Services (DHS) about eligibility for assistance with services and support (including Waiver Funding) and how to register, if needed.</li> <li><input type="checkbox"/> If you already have a Supports Coordinator or Case Manager, invite them to your meetings.</li> </ul>	

**Things to Think About & Tips**

- Attend, participate, and lead your IEP and transition meetings.
- Review your IEP transition team members and how they each help you. Invite anyone else who you want to join your team for support.
- Write, review and update current post-school goals.

Education/Training \_\_\_\_\_

Employment \_\_\_\_\_

Independent Living \_\_\_\_\_

- What courses am I currently taking?
- What activities am I participating in to support my post-school goals?
- What do I want to learn more about?
- What are my skills, areas of strength, interests, preferences?

Participate in transition assessments to explore areas to address.

- What supports and technology can help me meet my goals? - Continue to assess your needs for supports and technology for educational, vocational, and independent/ community living needs.
- Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

**Things to Think About & Tips**

**Work with your IEP Team to help you:**

- Learn your personal information: ex. DOB, Social Security number, Address, Phone #'s, parent's/guardian's information, people you can use as references, get a state photo identification.
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs. Develop skills for decision-making, self-advocacy, and self-determination

Activities		Notes
<b>Post-Secondary Education &amp; Training</b>	<input type="checkbox"/> If you are interested in pursuing a 2-4 college, participate in the PSAT test (given in the fall of sophomore and junior years). <input type="checkbox"/> Research needed accommodations for testing (PSAT, SAT, ACT) Pay attention to deadlines for applying for testing accommodations. <input type="checkbox"/> If you are interested in continuing your education and skill development through Dept. of Human Services (DHS), Office of Developmental Programs (ODP) and Office of Long Term Living (OLTL) waiver funded programs and support services, learn about different adult providers and programming that match your interests, skill training and support needs as well as eligibility and funding requirements. <input type="checkbox"/> Begin reviewing websites and catalogs for colleges, training programs, apprenticeships or related careers. <input type="checkbox"/> Attend Transition, Career and College Fairs. <input type="checkbox"/> Explore the need for future technology in post-secondary education/ training and talk with your school about practicing with it now. <input type="checkbox"/> Understand your rights for higher education and training accommodations and supports through the Americans with Disabilities Act (ADA). <input type="checkbox"/> Learn how they may be different from what you received during high school, learn about accommodations and how to ask for what you need. <input type="checkbox"/> Meet with your guidance counselor to discuss the results of testing, career goals	
<b>Employment</b>	<p><b>Career Exploration</b></p> <input type="checkbox"/> Take a career interest inventory, employment preference survey. <input type="checkbox"/> Explore careers on the internet-research education requirements, pay range, local market availability, etc. <p><b>Job Preparation</b></p> <input type="checkbox"/> Practice filling out applications, developing a resume & cover letter, and interviewing. <input type="checkbox"/> Identify 2-3 people who might agree to be listed as references. <p><b>Career Experiences</b></p> <input type="checkbox"/> Participate in school opportunities for job shadowing and community- based work experiences. <input type="checkbox"/> Consider volunteering or applying for summer employment (will need work permit).	
<b>Independent Community Living</b>	<input type="checkbox"/> Talk with your family about opening a savings/checking account. <input type="checkbox"/> Practice taking Public or Paratransit transportation – Mobility/ Transportation Training. If needed you may wish to speak with your IEP Team about Travel Instruction and accommodations. <input type="checkbox"/> Continue learning more about your health care needs – Fill out your health history form at your next annual physical, know your medications and what to buy over the counter that you need.	
<b>Suggestions</b>	<p>If you haven't already done:</p> <input type="checkbox"/> Ask your parents/guardians to sign forms that allow you to participate in the Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) and allow the school's assigned OVR Staff to attend your IEP/ transition meetings. <input type="checkbox"/> The sooner the better – Check with your county Department of Human Services (DHS) about eligibility for services and support (including Waiver Funding) and how to register, if needed. <input type="checkbox"/> If you already have a Supports Coordinator or Case Manager, invite them to your meetings. <input type="checkbox"/> Social Security Administration (SSA) Benefits Counseling – learn about benefits SSI, SSDI (types of Social Security), Medicare and Medicaid Benefits Counseling and the Path to Employment - Ticket to Work - Social Security (ssa.gov)	

**Things to Think About & Tips**

- Attend, participate, and lead your IEP and transition meetings.
  - Review your IEP transition team members and how they each help you. Invite anyone else who you want to join your team for support.
  - Write, review and update current post-school goals.
- Education/Training \_\_\_\_\_
- Employment \_\_\_\_\_
- Independent Living \_\_\_\_\_
- What courses am I currently taking? \_\_\_\_\_
- What activities am I participating in to support my post-school goals?
  - What do I want to learn more about?
  - What are my skills, areas of strength, interests, preferences?
- Participate in transition assessments to explore areas to address.
- What supports and technology can help me meet my goals? - Continue to assess your needs for supports and technology for educational, vocational, and independent/ community living needs.
  - Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

**Things to Think About & Tips**

- Work with your IEP Team to help you:**
- Learn your personal information: ex. DOB, Social Security number, Address, Phone #'s, parent's/guardian's information, people you can use as references, get a state photo identification.
  - Learn and understand all your future transportation needs for school, work, and community living.
  - Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
  - Learn the importance of taking responsibility for your own health care and long-term support needs. Develop skills for decision-making, self-advocacy, and self-determination

Activities		Notes
<p><b>Post-Secondary Education &amp; Training</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If haven't already done so and are planning to go onto a 2-4-year college, take the ACT or SAT (with accommodations, if necessary) for admission, placement, and/or scholarship awards.</li> <li><input type="checkbox"/> Start touring colleges and training programs, meet with their Disability Support Services</li> <li><input type="checkbox"/> If interested in Department of Human Services (DHS) waivers or Office of Long Term Living (OLTL) programs and services, meet with providers, tour programs, learn about different services and programming that match your interests, skill and support needs.</li> <li><input type="checkbox"/> Attend a financial aid seminar, talk with your family about funding post-secondary programs.</li> <li><input type="checkbox"/> Research scholarships</li> </ul>	

Activities		Notes
<b>Employment</b>	<p><b>Career Exploration</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Research 3-5 local businesses that you have an interest in applying for part-time work.</li> <li><input type="checkbox"/> Make a list of accommodations you may need on the job (ex. job coach, checklists, modified schedule).</li> <li><input type="checkbox"/> Learn about your job accommodations and employee rights protected by law (ADA)</li> </ul> <p><b>Job Preparation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Obtain a work permit.</li> <li><input type="checkbox"/> Develop a pocket resume for reference when filling out applications. Make a video of yourself completing work tasks to show your skills.</li> </ul> <p><b>Career Experiences</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in a Paid Work Experience through the Office of Vocational</li> <li><input type="checkbox"/> Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) or apply for a local part-time job or summer employment on your own.</li> <li><input type="checkbox"/> Participate in a long-term volunteer activity.</li> </ul>	
<b>Independent Community Living</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Apply for a driver's learning permit.</li> <li><input type="checkbox"/> Practice budgeting money to save for things you need vs things you want.</li> <li><input type="checkbox"/> Continue learning more about your health care needs. Fill out your own health history form at your next yearly physical, start scheduling your appointments.</li> </ul>	
<b>Suggestions</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice explaining your accommodation needs with your IEP team.</li> <li><input type="checkbox"/> Meet with your school's assigned OVR counselor. If you haven't already done so, register for OVR services.</li> <li><input type="checkbox"/> Options for registering for services. <ul style="list-style-type: none"> <li><input type="radio"/> By contacting your schools assigned OVR Staff</li> <li><input type="radio"/> Call your local OVR District Office</li> </ul> </li> <li><input type="checkbox"/> Social Security Administration (SSA) Benefits Counseling – learn about benefits SSI SSDI (types of Social Security), Medicare and Medicaid Benefits Counseling and the Path to Employment - Ticket to Work - Social Security (ssa.gov)</li> <li><input type="checkbox"/> For eligible students who are pursuing DHS Medicaid waiver funded programs and services, work with your supports coordinator to start compiling necessary documentation.</li> </ul>	

**Things to Think About & Tips**

Attend, participate, and lead your IEP and transition meetings.  
Review your IEP transition team members and how they each help you. Invite anyone else who you want to join your team for support.

Write, review and update current post-school goals.

- Education/Training \_\_\_\_\_
- Employment \_\_\_\_\_
- Independent Living \_\_\_\_\_
- What courses am I currently taking?
- What activities am I participating in to support my post-school goals?
  
- What do I want to learn more about?
  
- What are my skills, areas of strength, interests, preferences?

Participate in transition assessments to explore areas to address.

- What supports and technology can help me meet my goals? - Continue to assess your needs for supports and technology for educational, vocational, and independent/ community living needs.
- Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

**Things to Think About & Tips**

**Work with your IEP Team to help you:**

- Learn your personal information: ex. DOB, Social Security number, Address, Phone #'s, parent's/guardian's information, people you can use as references, get a state photo identification.
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs. Develop skills for decision-making, self-advocacy, and self-determination

Activities		Notes
<p style="text-align: center;"><b>Post-Secondary Education &amp; Training</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If not done in 11th grade, take the ACT or SAT (with accommodations, as necessary) in the fall for admission, placement, and/or scholarship awards.</li> <li><input type="checkbox"/> If not done already - visit colleges and training programs of interest and meet with their Disability Support Services - ask for a list of required documentation.</li> <li><input type="checkbox"/> Apply to colleges and training programs that support your career goals.</li> <li><input type="checkbox"/> Apply for Financial Aid (FAFSA) and scholarships. FAFSA® Application   Federal Student Aid (studentaid.gov)</li> <li><input type="checkbox"/> Meet with your OVR Counselor to discuss funding for education.</li> <li><input type="checkbox"/> Request for full transcript to be sent to colleges and training programs where you have been accepted.</li> <li><input type="checkbox"/> Request copy of all school records for future needs</li> <li><input type="checkbox"/> Review your Summary of Academic Achievement and Functional Performance (SAAFP) with your IEP Team.</li> <li><input type="checkbox"/> If pursuing Department of Human Services (DHS), Office of Developmental Programs (ODP) or Office of Long Term Living (OLTL) supported programs and services, meet with providers, tour programs, learn about different services and programming that match your interests, skills, and support needs.</li> <li><input type="checkbox"/> Learn about eligibility criteria, ask if they have transition programs</li> </ul>	
<p style="text-align: center;"><b>Employment</b></p>	<p><b>Career Exploration</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Research careers that you would like to explore after post-secondary education/ training.</li> </ul> <p><b>Job Preparation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Practice requesting accommodations you may need on a job. Participate in mock interviews.</li> </ul> <p><b>Career Experiences</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in a Paid Work Experience through OVR Pre-ET Services, apply for a local part-time job or summer employment on your own.</li> <li><input type="checkbox"/> Participate in a long-term volunteer activity</li> </ul>	
<p style="text-align: center;"><b>Independent Community Living</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Register for Selective Service (male students). Register to vote at age 18. Continue practicing budgeting money- use a bank card.</li> <li><input type="checkbox"/> Practice getting around your community - use public transportation, paratransit, and other alternative transportation.</li> <li><input type="checkbox"/> Take charge of your health care needs - keep track and schedule your appointments, meet with your providers (with or without support)</li> <li><input type="checkbox"/> Learn about your healthcare insurance(s). If you use Medicaid (Medical Assistance) , find out about Special Needs Units.</li> </ul>	
<p style="text-align: center;"><b>Suggestions</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice requesting your ADA accommodations with your IEP team. Meet with your school Counselor</li> <li><input type="checkbox"/> Social Security Administration (SSA) Benefits Counseling - learn about benefits SSI SSDI (types of Social Security), Medicare and Medicaid Benefits Counseling and the Path to Employment - Ticket to Work - Social Security (ssa.gov)</li> <li><input type="checkbox"/> For eligible students who are pursuing DHS Medicaid waiver funded programs and services, work with your supports coordinator to compile necessary documentation.</li> </ul>	

## Senior Year and Beyond (Ages 18 - 22nd Birthday)

### Things to Think About & Tips

- Attend, participate, and lead your IEP and transition meetings.
- Review your IEP transition team members and how they each help you. Invite anyone else who you want to join your team for support.
- Write, review and update current post-school goals.

Education/Training \_\_\_\_\_

Employment \_\_\_\_\_

Independent Living \_\_\_\_\_

**When do I plan to graduate?** \_\_\_\_\_

**Will I walk with my class for the graduation ceremony?** \_\_\_\_\_

- What courses am I currently taking?
- What activities am I participating in to support my post-school goals?
- What do I want to learn more about?
- What are my skills, areas of strength, interests, preferences?

Participate in transition assessments to explore areas to address.

- What supports and technology can help me meet my goals? - Continue to assess your needs for supports and technology for educational, vocational, and independent/ community living needs.
- Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

### Things to Think About & Tips

#### Work with your IEP Team to help you:

- Learn your personal information: ex. DOB, Social Security number, Address, Phone #'s, parent's/guardian's information, people you can use as references, get a state photo identification.
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs. Develop skills for decision-making, self-advocacy, and self-determination

Activities		Notes
<b>Post-Secondary Education &amp; Training</b>	<input type="checkbox"/> Complete any graduation requirement courses. When ready, apply for college and training programs. <input type="checkbox"/> Complete eligibility and applications for Department of Human Services (DHS) Medicaid waiver funded programs and support services – compile all necessary documentation. <input type="checkbox"/> Participate in courses and activities that support my post-school goals	
<b>Employment</b>	<input type="checkbox"/> Practice vocational skills in competitive integrated employment settings (community based). <input type="checkbox"/> Understand job accommodations and supports you may need on a worksite (ex. job coach, added software on computer).	
<b>Independent Community Living</b>	<input type="checkbox"/> If not done already - Register for Selective Service (male students). <input type="checkbox"/> Obtain state photo identification card <input type="checkbox"/> Practice functional daily living skills. Practice social skills and self-advocacy. <input type="checkbox"/> Practice mobility skills - using public, paratransit, Uber/Lyft, or driving. <input type="checkbox"/> Continue leading your health care needs, scheduling appointments, and talk with your network of medical and other providers. <input type="checkbox"/> Learn about your healthcare insurance(s). If you use Medicaid (Medical Assistance), find out about Special Needs Units.	
<b>Suggestions</b>	<input type="checkbox"/> Practice requesting your ADA accommodation needs with your IEP team and out in the community. <input type="checkbox"/> Meet with your school's assigned OVR counselor. If you haven't already done so, register for OVR services. <input type="checkbox"/> Social Security Administration (SSA) Benefits Counseling – learn about benefits SSI SSDI (types of Social Security), Medicare and Medicaid Benefits Counseling and the Path to Employment - Ticket to Work - Social Security (ssa.gov) <input type="checkbox"/> For eligible students who are pursuing DHS Medicaid waiver funded programs and services, work with your supports coordinator to compile necessary documentation. <input type="checkbox"/> Request copy of all school records for future needs <input type="checkbox"/> Review your Present Levels of Academic Achievement and Functional Performance with your IEP Team.	
<b>Special Considerations</b>	<input type="checkbox"/> Discuss with family how you want to be supported as an adult. <input type="checkbox"/> Research a long-term financial support plan to include income support, banking needs, social security income, and medical assistance.	

Source: Adapted from Parent Education and Advocacy Leadership of Pennsylvania [https://www.pealcenter.org/wp-content/uploads/2024/03/PEAL-Transition-Checklist-Final\\_03.04.24.pdf](https://www.pealcenter.org/wp-content/uploads/2024/03/PEAL-Transition-Checklist-Final_03.04.24.pdf)