







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 18-21)
 Employment and Daily Life	<input type="checkbox"/> Be responsible for chores at home <input type="checkbox"/> Consider work/volunteer opportunities <input type="checkbox"/> Build friendships with peers <input type="checkbox"/> Get involved in a neighborhood or community organization	<input type="checkbox"/> Discuss career/job ideas or college. <input type="checkbox"/> Establish transition goals in the Individual Educational Program (IEP) no later than 16. (College/training, work and independent living skills) <input type="checkbox"/> 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.	<input type="checkbox"/> "No Meeting Without Me" –student participation in all meetings <input type="checkbox"/> Community based work experience. The more the better! <input type="checkbox"/> Connect with key agencies
 Community Living	<input type="checkbox"/> Keep a notebook that includes: medical history/alerts, diagnosis information, school evaluations, Individual Educational Programs (IEP), assessments	<input type="checkbox"/> Set up a bank account & ABLE account <input type="checkbox"/> Explore hobbies and community events. Build a calendar/routine based on interests, hobbies and support needs.	<ul style="list-style-type: none"> • 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)
 Self-Advocacy	<input type="checkbox"/> Build on personal strengths, capacities, and interest. These may help define a future career.	<input type="checkbox"/> Learn to ride the bus! <input type="checkbox"/> Socialize with friends and peers.	<input type="checkbox"/> Have a plan and identify resources to support a full life after school has ended.
 Social	<input type="checkbox"/> Provide opportunities to make choices and identify preferences.	<input type="checkbox"/> Be able to advocate or speak up for oneself (check out regional Arc self-advocacy groups)	<ul style="list-style-type: none"> • Work • Housing/basic needs • Guardianship or Alternatives • Transportation • Financial Planning • Recreational/Social activities
 Healthy Living	<input type="checkbox"/> Participate and be present at all meetings	<input type="checkbox"/> Apply to Developmental Disabilities Administration (DDA).	<input type="checkbox"/> Determine health care and dental coverage.
 Supports & Services	Explore, Interests, Skills and Dreams!	Educate Self About Decisions at AGE 18!	Have A Plan Prior to Exiting School!

**Missouri Family to Family (2015) Charting the Life Course

