



WHERE DO I START?

TRANSITION RESOURCES

for Families of Teens and Young Adults
with Disabilities or Special Health Care Needs



Transition can be an exciting (and sometimes stressful) time for planning for the future. Parent to Parent offers these excellent parent recommended resources to approach the different aspects of your adolescent's future life.

'Let our advance worrying become advance thinking and planning.' Winston Churchill

Parent to Parent of Colorado (P2P) p2p-co.org 877-472-7201



- One to one parent matching (birth through life), parent support, information and referral
- Active online statewide listserv linking parents who share their wisdom
- Website with disability specific resources, parent support groups and more
- Additional transition resources are available in The Resource Storeroom at p2p-co.org

GENERAL PLANNING

Question: What will your teen's life look like as an adult?

Tip: Participate in a planning process (a person-centered [Path Plan](#)), a class through a [local Arc](#) or call the Arc of Colorado at (303) 864-9334. Begin to research the possibilities.

Tip: At age 14, check with your [Community Centered Board](#) to see if your teen is eligible for adult services.

- **Life After High School** is an excellent and comprehensive online family-focused training presented by Jeffco Transition Alliance Group. Be sure to explore all of the information: jeffcotag.info/
- **Parent Transition Survey:** transitioncoalition.org/transition/tcfiles/files/docs/parent_transition_survey1238601804.pdf and www.sde.ct.gov/sde/lib/sde/pdf/deps/special/transition_go.pdf
- **CDE Transition Fast Facts:** cde.state.co.us/cdesped/Transition_FF.asp (particularly [Important Ages & Milestones](#)) and other Transition Resources: cde.state.co.us/cdesped/transition_resources
- **CDE's Transition Toolkit** provides information & tools for forming a comprehensive & individualized transition process: cde.state.co.us/cdesped/Transition_TK.asp
- **Transition, Transition Services, Transition Planning** from Wrightslaw: wrightslaw.com/info/trans.index.htm

EDUCATION

Question: Where could your teen be going vocationally? Will s/he need education or training beyond high school?

Tip: Begin at age 14 with measureable IEP transition goals such as 'work experience outside of school hours in at least two worksites.' Educational programs can extend until a student's 21st birthday.

Tip: Create an [Individual Career & Academic Plan](#) (ICAP) in the IEP at age 14.

- Look at [Transition Requirements](#) and [Graduation & Diplomas](#) from the CDE Transition Fast Facts webpage: cde.state.co.us/cdesped/Transition_FF.asp
- **Colorado Options Handbook** offers a thorough look at post-secondary education options & services: cde.state.co.us/cdesped/options
- **Cooperative Services Handbook for Youth in Transition** assists in planning the transition from school to employment: cde.state.co.us/cdesped/cooperativeserviceshandbook_youthintransition
- **Think College: College Options for People with Intellectual Disabilities:** www.thinkcollege.net/
- **Transition Planning and Employment Resources** from PACER Center (Minnesota's Parent Training and Information Center): pacer.org/tatra/resources/transitionemp.asp
- **Legal Requirements for Transition Components of the IEP:** wrightslaw.com/info/trans.legal.bateman.htm

SELF-ADVOCACY

Question: Have you encouraged your adolescent to make decisions on his/her own and communicate preferences and feelings?

Tip: Encourage your child to become a strong self-advocate. Guide and support him/her to make choices, participate in planning or IEP meetings, have conversations with doctors or be involved with family decisions.

- **Student Self-Advocacy** from the Access Project at CSU is a four-section handbook with modules on self-advocacy skills: accessproject.colostate.edu/sa/
- **Self-determination resource page** from PACER Center: pacer.org/tatra/resources/self.asp

Question: What work opportunities will your son/daughter have: competitive employment? supported employment? volunteer work?

Tip: Explore programs offered by your school district such as [Alternative Cooperative Programs \(ACE\)](#), [SWAP](#), Key Club or community youth programs. Friends and neighbors may be a good resource for job leads or volunteer opportunities.

- **School to Work Resources:** cde.state.co.us/cdesped/transition_stwresources
- **JobTIPS Student Version** targets nearly every aspect of the transition and employment process. Includes videos: www.do2learn.com/JobTIPS/index.html
- **Life After High School: Employment Choices:** vimeo.com/86869272
- Resource and contact list of **Adult and Community Agencies:** cde.state.co.us/cdesped/ff-adultcommunityagencies
- **Real People, Real Jobs** - Stories from the Front Line: www.realworkstories.org/

Question: How will your adult child meet his or her need for health insurance and medical care?

Tip: Create a health care transition plan at age 14.

- **Why should providers prepare patients/families to transition to adult care?** is a video presentation by Colorado parent, Eileen Forlenza: directed at both providers and parents: www.youtube.com/watch?v=ECaao63W84I&feature=youtu.be
- **Ten Steps to Health Care Transition:** phpa.dhmmh.maryland.gov/genetics/docs/10_steps_to_Health_Care_Transition.pdf
- **Becoming an Adult: Taking Responsibility for Your Medical Care**, a video for both parents and their young adult: www.youtube.com/watch?v=cjXurYrFMZM&feature=youtu.be
- **Got Transition** includes web, video and print resources: <http://gottransition.org/youthfamilies/index.cfm>

Question: What will leisure activities and a social life look like?

Tip: Have your son/daughter participate in activities away from you. You need time away from them and vice-versa.

- Do a web search or call to find out about programs at your **local community recreation center**.
- Contact **Special Olympics** (specialolympicsco.org/), the **YMCA** (www.ycolorado.com/) or **Disability Specific organizations** for activities and events for adults.
- **PAD-CO** (Parents of Adults with Disabilities in CO: pad-co.info/) includes information on social activities as well as discussion about parenting adult children with disabilities.
- Look into **faith-based communities** as a resource for social activities.

Question: Where will your young adult live and what supports will be needed? What happens when you are no longer around?

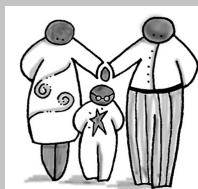
Tip: Seek out families who have adult children living independently with and without support. Ask questions, observe and then provide age appropriate independent opportunities beginning on a small scale.

Tip: Investigate available supports. Have a will in place. Consider a special needs trust. Plan for the future!

- Information on **Medicaid Eligible** and **Other Adult Services:** www.colorado.gov/cs/Satellite/CDHS-VetDis/CBON/1251586997230. (Also see the [Eligibility Criteria](#) and the [Waiver Chart](#))
- **Family Caregiver Guidelines** details information for the family caregiver who chooses to provide services and supports for their adult child: www.colorado.gov/cs/Satellite/CDHS-VetDis/CBON/1251607675604
- **Social Security Benefits Planner (SSI)** for a disabled child over 18: www.ssa.gov/dibplan/dqualify10.htm#age22
- At age 18, look into guardianship. The **Guardianship Alliance of Colorado** provides information, instruction and guidance about guardianship for adults: guardianshipallianceofcolorado.org/
- **The HERO Alliance** promotes homeownership education, resources and opportunities for persons with disabilities in Colorado: www.heroalliance.org/. Also see **Housing Choice Voucher Program** (also known as Section 8).
- **Colorado Statewide Independent Living Council** promotes inclusion in the community: coloradosilc.org/
- **Financial Planning Wisdom:** www.specialneedsanswers.com/financial-planning/4
- **Becoming an Adult: Legal & Financial Planning:** youtube.com/watch?v=CpvlyfiRjRM&feature=youtu.be

The *WHERE DO I START?* series
In English & Spanish @ p2p-co.org

- #1 General Resources
- #2 Disability Specific Resources
- #3 The Three P's: P2P, PEAK, PEP
- #4 Transition Resources



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