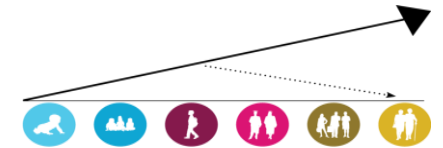








TRANSITION CHECKLIST – School Years into Adulthood

Your child is entering a point in time, filled with change, growth, excitement and sometimes fear and confusion, called TRANSITION. This transition period is movement or change from one stage to another and in this case he/she is 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 transitioning 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.



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

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)
 Daily Life  Community Living  Self-Advocacy  Social  Healthy Living  Supports & Services	<ul style="list-style-type: none"> <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"/> Keep a note book that includes: medical history/alerts, diagnosis information, school evaluations, IEP's, assessments <input type="checkbox"/> Build on personal strengths, capacities and interest. These may help define a future career <input type="checkbox"/> Provide opportunities to make choices, and identify preferences <input type="checkbox"/> Participate and be present at all meetings <p>Explore, Interests, Skills and Dreams!</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Discuss career/job ideas or college. <input type="checkbox"/> Establish transition goals in the IEP no later than 16. (College or work focus and independent living skills) <input type="checkbox"/> Set up a bank account <input type="checkbox"/> Explore hobbies and community events. Build a calendar/routine based on interests, hobbies and support needs. <input type="checkbox"/> Learn to ride the bus! <input type="checkbox"/> Socialize with friends and peers. <input type="checkbox"/> Be able to advocate or speak up for one self (check out Arc self-advocacy groups) <input type="checkbox"/> Apply to DDA at age 16 is strongly recommended <input type="checkbox"/> Discussion your child's graduation date with the IEP team and learn about the district's 18-21 program. Staying in school until 21 may prevent a gap in services. <p>Educate Self About Decisions at AGE 18!</p>	<ul style="list-style-type: none"> <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 <ul style="list-style-type: none"> • SSI/Medicaid- apply <u>at</u> 18 • DDA*- apply <u>by</u> age 18 (if not already eligible) • DVR**- apply no later than 20 <input type="checkbox"/> Make decisions about life after school has ended. <ul style="list-style-type: none"> • Work • Housing/basic needs • Guardianship or Alternatives • Transportation • Financial Planning • Recreational/Social activities <input type="checkbox"/> Determine health care and dental coverage <p>Have A Plan Prior to Exiting School!</p>

*Developmental Disabilities Administration

**Division of Vocational Rehabilitation