

## Transition Timelines

### 3 to 5 Years Old

*Assign you child chores* appropriate for his or her level of ability

Encourage decision making skills by offering choices

Teach consequences for your child's behaviors

Begin asking your child what he/she wants to be when grown up

Begin teaching your child self-care skills

Contact necessary agencies that may provide support for your child and complete necessary paperwork (wait list can be long)

### 6 to 11 Years Old

Continue to assign your child chores at home

Encourage hobbies and participation in community/recreational activities

Take your child shopping and have them help with making purchases

Continue to encourage decision making and teaching that choices and behaviors have consequences

Continue to talk to your child about what he/she wants to do when grown up

Contact appropriate agencies for support

### 12 to 18 Years Old

Continue to allow your teen help with chores

Continue to teach self-help skills and skills related to health care

Encourage your child to participate in IEP meetings and to understand his/her disability

Explore career interests with you teen

Help your teen to understand his/her disability and know strengths and weaknesses

Help your teen be able to discuss what accommodations/modifications will help him/her be successful in the classroom

Help your teen find work or volunteer opportunities

Be aware of guardianship issues once your child becomes 18

### 18 to 21 Years Old

Continue to encourage young adults to participate in IEP meetings

Encourage your young adult to participate in support groups and/or organizations relevant to his/her special needs

Finalize health care financing and medical care with your young adult



## ► Transition Planning for Parents and Students







# Transition Planning

## What is Transition Planning?

Transition planning is a process that should help ensure your child's happiness, success, and satisfaction after high school and onto further work, future education, and adulthood.

Beginning by age 14, **transition planning** is a required part of your child's IEP and will be addressed during his/her annual ARD meeting.

## Transition Planning is Important

Your involvement in your child's future is important because you know your child best. You understand the challenges your child faces. Early planning is critical.

Depending on your child's disability, you may need to consider everything from post-secondary education to employment, from housing to finances.

## Planning Your Child's Future!

Special education law, the Individual with Disabilities Education Act (IDEA), requires that the school begin this transition planning process no later than the time your child is 14 years old, or younger if necessary.

## Collect Information About Your Child

What are your child's interests and abilities?

What are your child's goals for the future?

What skills and experiences does your child need to reach those goals?



## Tips That May Help Ease Your Child's Transition To Adulthood

1. Help build your child's self-determination and self-advocacy skills. All young people should have a strong sense of their strengths, abilities, and interests. If students have a disability, they should also be aware of how it might affect them at work, in the community, and in their educational pursuits.
2. Help develop your child's social outlets. Social relationships and recreation are important tools that help tie people into the community and provide a wider network of support.
3. Expand your network and explore community supports. Develop helpful networks for your child. Who do you know in your family, social group, professional circle, religious community, or other area who could help provide social, recreational, work, or volunteer experiences for your young adult? Also look at adults in the community who have the same disability as your child to learn what kinds of support they use.
4. Make sure your son registers with Selective Service at age 18. All males—including those with disabilities—must register with Selective Service within 30 days of their 18<sup>th</sup> birthday.
5. Explore post-secondary accommodations. Students who receive academic programming and support in high school through Special Education will not automatically have the same support after they graduate. Although post-secondary institutions are required to provide reasonable accommodations to students with disabilities, they are not required to modify course work, if it would substantially change program requirements. When you and your student visit a prospective school, visit the campus' Disability Services Office.

6. Investigate SSI programs. Financial planning is an important part of transition.

7. Encourage your child to build a resume by volunteering.

8. Help your child learn "soft" employment skills. These include such things as being able to accept direction, ask for help, deal with conflict, and engage in interpersonal communication. They also include being prompt, having appropriate hygiene, and dressing appropriately for the workplace.

9. Plan for health care management. You should develop a clear plan on how to address health care needs once your child reaches adulthood.

10. Remember, at age 18, transfer of rights goes to your child. When your child reaches age 18 he or she becomes their own legal guardian. Many parents think that because their child has disabilities, they are automatically that child's guardians no matter their age. This is not the case. If a person is not capable of taking care of personal safety, money management or health decisions, then parents must become the legal guardians in order to be able to make decisions.

## Resources:

**Burke Center, MR Services- 936-967-0762**

**Burke Center, Mental Health Services-936-327-3786**

**Dept of Assistive Rehab Services (DARS)- 936-327-1490**

**Medicaid-936-327-6700**

**Social Security- 800-772-1213**

**East Texas Legal Aid Services-800-695-5136**