

# Informing Families

## Building Trust

A Partnership for Better Communication  
On Developmental Disability Issues in Washington State

### Preparing for Life After High School



## Transition Planning Checklist

Consider the following checklist of skills, activities, and services when creating your child's high school transition plan for his/her IEP. For more information on transition planning, visit [www.informingfamilies.org](http://www.informingfamilies.org).

### Independent Living

Identify skills and abilities that will help your son or daughter be as independent as possible, such as:

- Money Management and Budgeting
- Decision-Making
- Self-Advocacy
- Registering to Vote
- Communication
- Transportation Training
- Shopping
- Cooking
- Housekeeping

### Social/Recreational

- Build friendships outside the family.
- Create a circle of support (family, friends, neighbors).
- Identify and connect with groups that share similar interests:
  - Athletic
  - Faith-Based
  - Creative Arts
  - Humanitarian
  - Civic

### Employment/Post-Secondary Education

- Identify interests, strengths and needs, and list the types of jobs that would be a good fit.
- Identify personal contacts useful in finding jobs.
- Research college courses and programs (integrated and/or specialized).
- Learn and practice job skills.
- Apply for employment services from DVR and DDA.
- Obtain Assistive Technology and Training.

### Financial and Legal

- Apply for Supplemental Security Income (SSI)
- Arrange for a Representative Payee for SSI (benefits if money management is a concern)
- Benefits Planning (including Social Security Work Incentives, such as PASS and IRWE)
- Establish a Special Needs Trust
- Seek guardianship (if less restrictive alternatives are not appropriate)

### Health & Safety

Identify needed skills and/or resources to be healthy and safe:

- Emergency Recognition and Response
- Personal Care/Hygiene
- Counseling
- Physical/Occupational Therapy
- Adult Medical Care Provider

What kinds of supports and instruction are needed to reach these goals??

### Housing and In-Home Supports

- Apply for DDA services/supports (e.g., Medicaid Personal Care, Supported Living, Companion Home, Adult Family Home).
- Apply for HUD federal housing assistance. (Contact your local Housing Authority to find out how long the waiting list is.)
- Research home ownership programs for adults with DD: [washingtonaccessfund.org/resources/homeownership.php](http://washingtonaccessfund.org/resources/homeownership.php)