

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.

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., 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/home-ownership-resources/