

Transition Across the Life Span

*The High School & Young Adult
Years*

The following are areas of personal and family competencies that are important to successful transitions throughout the life span:

- **Health**
- **School**
- **Legal Issues**
- **Support Services**
- **Social Relationships**
- **Fun-Recreation/Meaningful Activities**
- **Financial Management**
- **Housing**
- **Transportation & Mobility**
- **Work**

***Competencies include knowledge, attitudes, and beliefs.**

High School & Young Adult

Health

High School Years

- Understanding disability/condition
- Self care
- Advocating for self and to health care providers
- Proactive wellness
- Mental Health

Young Adults

- Following through with plans
- Planning and locating a provider
- Ability to direct others for assistance needed
- Insurance
- Mental Health

High School Years



- Stay in high school!!!!!!
- IGP (Individual Graduation Plan)
- Participate and direct IEP (Individual Education Plan)
- 504 Plans

IDEA Transition Definition

- Transition services means a coordinated set of activities for a student with a disability that is designed within an outcome oriented process that promotes movement from school to post school activities, including postsecondary education, vocational training, integrated employment (including supported employment), continuing and adult education, adult services, independent living, or community participation.

Outcomes of a Successful Secondary Transition Process

- ✓ Postsecondary education
- ✓ Integrated employment, with necessary supports
- ✓ Independent living, with necessary supports
- ✓ Community integration and participation

Young Adults

Post-Secondary Education



- Taking responsibility for accommodations for post-secondary education (IDEA ends after H.S.)
- Disability support services

High School & Young Adult

Legal Issues

High School Years

- IDEA (Individual with Disabilities Education Act)
- 504 Plans
- ADA (Americans with Disabilities Act)
- Wills
- Trusts
- Health surrogate
- Guardianship

Young Adults

- Voting registration
- ADA (Americans with Disabilities Act)
- Wills
- Trusts
- Health surrogate
- Guardianship

High School & Young Adult

Support Services

High School Years

- Centers for Independent Living (CIL)
- KATLC (KY Assistive Technology Loan Corp.)
- Waiver Programs
- DVR (Dept. of Vocational Rehabilitation)
- DFB (Dept. for the Blind)
- Personal care attendants

Young Adults

- Centers for Independent Living (CIL)
- Universal design
- Waiver Programs
- DVR (Dept. of Vocational Rehabilitation)
- DFB (Dept. for the Blind)
- Personal care attendants

High School & Young Adult

Social Relationships

High School Years

- Companionship
- Self Advocacy/Self-Determination
- Appropriate behavior for various situations (Social Skills Training)
- Understanding the role of culture (i.e., ethnicity, family beliefs, values)

Young Adults

- Marriage, divorce, children/parenting
- Age appropriate expectations (for individuals with mental illness/and developmental disabilities)
- Possessing self confidence
- Ability to make own choice

High School & Young Adult

Fun-Recreation/Meaningful Activities

High School Years

- Being active in community
- Sports (either participating or a spectator)/ Special Olympics
- Summer programs
- Volunteering
- Church
- Clubs
- Concerts

Young Adults

- Adult support group
- Being active in community
- Sports (either participating or a spectator)/ Special Olympics
- Day programs
- Volunteering
- Church
- Clubs
- Concerts

High School & Young Adult

Financial Management

High School Years

- SSI Redetermination
- Ticket to Work
- Money Management/
Budgeting
- Banking
- Shopping

Young Adults

- Ticket to Work
- Bill Paying
- Budgeting
- Personal finance
- SSDI

High School & Young Adult

Housing

High School Years

- Independent living skills
- ADL (activities of daily living)
- Supported options

Young Adults

- Waiver programs
- Home ownership
- Low interest loans
- Universal design

High School & Young Adult

Transportation & Mobility

High School Years

- Knowledge of public transportation and how to access
- Driver's training and license
- Safety while traveling (driving, walking, public transportation, etc.)

Young Adults

- DVR Services (van accessibility, driver training, etc.)
- Knowledge of public transportation and how to access

High School & Young Adult

Work

High School Years

- Career awareness, exploration, and education
- Part-time paid employment

Young Adults

- Knowledge of benefits possible
- Job or SSI work incentives
- Pursing career choice/goal (career vs. job)
- Obtaining gainful employment (being paid)
- DVR (Dept. of Vocational Rehabilitation) programs