



Family Matters Parent Training & Information Center Fact Sheet: Transition Planning & Participation

1. Start a record-keeping system early and be sure that all documents detailing diagnosis and disability are available. Keep originals and give copies to the IEP team and community providers as needed. More here from PACER:
<https://www.pacer.org/learning-center/dispute-resolution/keeping-good-records.asp>
2. Consider participating in a **Person-Centered** planning process. Some options include PATH/MAPS, Star Raft, & Charting the Life Course. More here:
<https://www.lifecoursetools.com/>
<https://www.illinoislifespan.org/maps-paths/>
<https://dsc.uic.edu/star-raft-project-builds-support-for-individuals-with-disabilities/>
3. Reach out to your PTIC for guidance and resources. Here:
<https://www.parentcenterhub.org/find-your-center/>
4. Participate in regular trainings about the transition from school to adult supports.
5. See if your school has a Transition Specialist. If they do, get an appointment. More here:
<https://educationonline.ku.edu/community/transition-specialists>
6. Begin making a list of “big picture” supports, goals, plans and concerns you and your child may share regarding the transition to adulthood.
7. Make sure your child is listed on the Illinois PUNS list, as that will put them in line to be evaluated for disability support in adulthood. Identify the Independent Service Coordination agency that serves your area. Check here for more info:
<https://www.dhs.state.il.us/page.aspx?item=47620> &
<https://www.dhs.state.il.us/page.aspx?item=68911>
8. Talk with your IEP team about vocational support services. Do they have the DRS STEP program or DRS Fast Track services available?
<https://www.dhs.state.il.us/page.aspx?item=35174>
9. Look closely at community volunteer opportunities and find one or two that may be a good fit. Inclusive Volunteering: <https://thearc.org/our-initiatives/inclusive-volunteering/>
10. Talk with your child’s medical team and ensure they have a concrete process in place to support your child as they transition to adult health care, particularly if they have complex

medical needs. DSCC Healthcare Transition: <https://dsc.ue.edu/resources/healthcare-transition/>

11. Talk with the IEP team about what evaluations would be expected over the next few years. Ensure that there is developmental tests, including IQ testing, if you will be pursuing adult developmental disability support services (PUNS selection). IRIS Center: <https://iris.peabody.vanderbilt.edu/module/cou2/cresource/q2/p05/> & Share this with your IEP team to ensure needed testing: <https://www.dhs.state.il.us/page.aspx?item=53021>

12. Ensure that the transition process is **led** by your child. Empower them to ask questions, share their interests and concerns, and talk through short and long-term goals. IRIS Center: <https://iris.peabody.vanderbilt.edu/module/tran-scp/cresource/q1/p01/#content>

13. Consider participating in the Illinois Self-Advocacy Alliance: <https://selfadvocacyalliance.org/>

14. Considered a Self-Directed IEP process: https://transitionta.org/wp-content/uploads/docs/IEP_SDIEP.pdf

15. Explore SSI: <https://blog.ssa.gov/helping-young-people-with-disabilities-successfully-transition-to-adulthood/>

16. Consider all employment options and research what support programs may be the best fit for your student. DRS Vocational Rehabilitation: <https://www.dhs.state.il.us/page.aspx?item=29737>

17. Understand Medicaid for students who will need adult support funding through a Medicaid Waiver: <https://hfs.illinois.gov/medicalclients/hcbs.html>

18. Explore resources available through The Arc of Illinois: <https://www.thearcofil.org/>

19. Utilize tools from the Arc of the US Center for Future Planning: <https://futureplanning.thearc.org/>

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