

# Planning for Transition to Adulthood for Youth with Developmental and Intellectual Disabilities

This list provides resources for transition to adulthood for youth with developmental and intellectual disabilities and their families, including high school transition, legal issues and employment.

## **Transition from School to Adulthood**

This comprehensive guide explains services your child may need as an adult, what they do and how to connect with them. It covers Supplemental Security Income (SSI), Developmental Disabilities Administration (DDA), employment, transportation, special education, housing, care and respite. From the ARC of King County.

[http://arcofkingcounty.org/file\\_download/inline/a6f669ff-3aaa-42f3-a9f9-dfdb5b94668b](http://arcofkingcounty.org/file_download/inline/a6f669ff-3aaa-42f3-a9f9-dfdb5b94668b)

## **Transition Toolkit**

If you like working from a checklist that suggests what to do and when, this toolkit is for you. It provides suggestions for what services to start planning for, a transition timeline and checklist of skills, activities and services to use to make your child's high school transition plan for their IEP.

[www.informingfamilies.org/wp-content/uploads/2016/08/Transition\\_Toolkit.pdf](http://www.informingfamilies.org/wp-content/uploads/2016/08/Transition_Toolkit.pdf)

**Spanish:** [www.informingfamilies.org/wp-content/uploads/2016/09/Transition\\_espan%CC%83ol\\_web.pdf](http://www.informingfamilies.org/wp-content/uploads/2016/09/Transition_espan%CC%83ol_web.pdf)

## **Transition Planning Timeline for Youth with Autism in Washington State**

If your child has autism, this information on how and when to start each step of the transition process may be of help. From Autism Speaks.

[www.autismspeaks.org/sites/default/files/docs/washington.pdf](http://www.autismspeaks.org/sites/default/files/docs/washington.pdf)

## **Legal Information**

### **What to do When Your Child with Disabilities is Turning 18**

Parents do not automatically have the authority to make legal decisions for their children who turn 18. Learn about the "Consent to Health Care Statute", what a representative payee is and where to find legal help at [www.washingtonlawhelp.org/resource/what-to-do-when-your-child-with-disabilities/download/006F0A59-59A5-46B2-A269-8A72A9FBB9A3.pdf](http://www.washingtonlawhelp.org/resource/what-to-do-when-your-child-with-disabilities/download/006F0A59-59A5-46B2-A269-8A72A9FBB9A3.pdf)

### **Guardianship Legal Information & Resources**

At Washington LawHelp.org, you will find general legal information and resources about guardianships in Washington State including guardianship forms for many counties.

### **Guardianship Information Packet**

A guardianship is created when a court authorizes you to protect the personal rights and finances of your adult child. This packet answers common questions and provides informational resources.

[http://arcofkingcounty.org/file\\_download/inline/062d3536-76e5-4bc4-b487-0d4248a72ec8](http://arcofkingcounty.org/file_download/inline/062d3536-76e5-4bc4-b487-0d4248a72ec8)

### **Supported Decision Making: Alternatives to Guardianship**

Things to consider before choosing guardianship and information on alternatives in Washington State. From Informing Families Building Trust.

[www.informingfamilies.org/wp-content/uploads/2015/07/Bulletin.SupportedDecisionMaking3.pdf](http://www.informingfamilies.org/wp-content/uploads/2015/07/Bulletin.SupportedDecisionMaking3.pdf)

### **Special Needs Trusts and Wills**

Informational resource that answers common questions you may have about setting up a trust or will for your child. Includes books, articles and organizations where you can get help.

[http://arcofkingcounty.org/file\\_download/inline/da5d51bb-1e40-4de5-b4a9-efa816e192b5](http://arcofkingcounty.org/file_download/inline/da5d51bb-1e40-4de5-b4a9-efa816e192b5)

## **Employment**

### **Find a School Transition Counselor**

Transition services are planned thru a team that provides support and guidance to students with disabilities as they prepare to move from high school to the work place. Use this resource to find the transition counselor in your school district. From Washington DSHS.

[www.dshs.wa.gov/ra/dvr/school-transition](http://www.dshs.wa.gov/ra/dvr/school-transition)

### **Navigating the Employment System**

Explains how to connect with the right organizations and services for employment after high school. Includes a checklist for accessing adult services prior to seeking employment (from King County but some information may be helpful to all families). [www.kingcounty.gov/depts/community-human-services/developmental-disabilities/services/employment/navigation](http://www.kingcounty.gov/depts/community-human-services/developmental-disabilities/services/employment/navigation)

## **Websites**

### **Informing Families Building Trust**

A variety of transition planning information and links to videos.

[www.informingfamilies.org/ages/ages-14-21](http://www.informingfamilies.org/ages/ages-14-21)

### **Seattle Children’s Hospital’s Center for Children with Special Needs**

[www.cshcn.org](http://www.cshcn.org). For support and information on how you might go about approaching the changing relationship with your child and their health providers, visit “Teen Transition: A Parent’s Important and Changing Role” at

[www.cshcn.org/planning-record-keeping/teen-transition-a-parents-important-and-changing-role/](http://www.cshcn.org/planning-record-keeping/teen-transition-a-parents-important-and-changing-role/)

The Center for Children with Special Needs is a program of Seattle Children’s Hospital and the Washington State Department of Health. Our mission is to improve and promote the health and well being of children with special needs and their families. Visit us at [www.cshcn.org](http://www.cshcn.org) or on Facebook at [www.facebook.com/cshcn.org](http://www.facebook.com/cshcn.org)

