


CONNECT THE DOTS IN TRANSITION:

This is a tool to help families/self-advocates to be active participants in the process of **transitioning to adult-based developmental disability support services**. Each of the seven key areas listed below are important areas of focus in a successful transition process. **Use the questions within each area to explore your options** with your school-based team and connect the dots to build a plan that works for you. Check off each question as you go!

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| <p><input checked="" type="checkbox"/> Future Planning & Financial Wellness</p> <ul style="list-style-type: none"><input type="checkbox"/> What are the benefits and drawbacks of a special needs trust or ABLE Account?<input type="checkbox"/> What are our options for guardianship versus supported decision making?<input type="checkbox"/> What are some tips to help navigate daily money management & budgeting?<input type="checkbox"/> Where can we learn more about planning for financial well-being?<input type="checkbox"/> Other: _____ | | <p><input checked="" type="checkbox"/> Community & Recreation</p> <ul style="list-style-type: none"><input type="checkbox"/> How can we find transportation to community and recreation services?<input type="checkbox"/> What are some community recreation and/or special recreation programs in our area?<input type="checkbox"/> What supports are available to fully participate in recreation and community activities?<input type="checkbox"/> What activities could we explore that are new and interesting?<input type="checkbox"/> Other: _____ |
| <p><input checked="" type="checkbox"/> Residential & Community Support Options</p> <ul style="list-style-type: none"><input type="checkbox"/> What is the PUNS list?<input type="checkbox"/> Who is eligible for a Medicaid Home and Community Based Waiver?<input type="checkbox"/> How do we contact an Independent Service Coordination Agency?<input type="checkbox"/> What are services and supports and what type are available in this community?<input type="checkbox"/> What is a CILA? Supportive Housing?<input type="checkbox"/> What is a Developmental Disability Provider?<input type="checkbox"/> Other: _____ | <p><input checked="" type="checkbox"/> Employment</p> <ul style="list-style-type: none"><input type="checkbox"/> What employment support programs & services are available?<input type="checkbox"/> What does it mean to be "job ready"?<input type="checkbox"/> What assessments can we use to help identify my interests?<input type="checkbox"/> How can we find volunteer and internship opportunities?<input type="checkbox"/> What is Supported Employment, Customized Employment?<input type="checkbox"/> Other: _____ | <p><input checked="" type="checkbox"/> Health & Wellness</p> <ul style="list-style-type: none"><input type="checkbox"/> How can the transition from pediatric healthcare to adult healthcare be made as smooth as possible?<input type="checkbox"/> What programs can assist in paying for healthcare?<input type="checkbox"/> What tools can help us share our health care needs and concerns with our medical team?<input type="checkbox"/> What are some tips to best manage medications and health records?<input type="checkbox"/> How can we get mental health or counseling services?<input type="checkbox"/> Other: _____ |
| <p><input checked="" type="checkbox"/> Daily Support Needs</p> <ul style="list-style-type: none"><input type="checkbox"/> What are some supports that could help with daily tasks at home?<input type="checkbox"/> How do we manage key tasks like budgeting, paying bills, cooking, shopping, & cleaning?<input type="checkbox"/> How can we make our home safe? Is there technology to help with this?<input type="checkbox"/> Other: _____ | <p><input checked="" type="checkbox"/> Notes</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <p><input checked="" type="checkbox"/> Post-secondary Education & Lifelong Learning</p> <ul style="list-style-type: none"><input type="checkbox"/> What options are available? Community College, Trade programs, College-based Developmental Disability Programs, University, Community Programs?<input type="checkbox"/> What supports and accommodations can be used in college? How is it different high school?<input type="checkbox"/> Are there financial supports available to help with college or trade school costs?<input type="checkbox"/> Other: _____ <p></p> |

CORE RESOURCES FOR FAMILIES: TRANSITION, FUTURE PLANNING, AND SELF-ADVOCACY

Department of Specialized Care for Children (DSCC) Transition Toolkit

English: <https://dsc.uic.edu/wp-content/uploads/2019/02/0520-TRANSITION-TOOLKIT-WEB-1.pdf>

Spanish: <https://dsc.uic.edu/wp-content/uploads/2019/02/0520S-TRANSITION-TOOLKIT-SPANISH-WEB.pdf>

The Arc of Illinois: Statewide Developmental Disability Advocacy and Education

<https://www.thearcofil.org> | 815.464.1832

Illinois Life Span: Information and Advocacy Network

<https://www.illinoislifespan.org> | 1.800.588.7002

Illinois Department of Human Service Office Locator

<http://www.dhs.state.il.us/page>

- Find Family and Community Resource Centers (FCRC) for SNAP, Cash Assistance, Medicaid
- Find Independent Service Coordination Agency (ISC) for PUNS List and related resources

Illinois Self Advocacy Alliance: Support, Education and Advocacy for Self-Advocates in Illinois

<http://selfadvocacyalliance.org>

Illinois Association of Microboards and Cooperatives: Information, Advocacy and Support for the building of Microboards and Cooperatives to support individuals with disabilities to live self-directed lives in their community

<https://www.iambc.org>

Special Needs Alliance: Attorneys trained in future planning for individuals with disabilities

<https://www.specialneedsalliance.org>

Illinois Network of Centers for Independent Living (INCIL): Statewide Center for Illinois' 22 Centers for Independent Living

<https://www.incil.org> | 217.525.1312

Illinois Department of Rehabilitation, Vocational Rehabilitation: Assistance with finding and keeping jobs

www.dhs.state.il.us/page.aspx?item=29737 | 1.800.843.6154

“Think College” A resource for expanding inclusive higher education opportunities

<https://thinkcollege.net>

Social Security Administration (if eligible, apply one month after the age of 18 years old)

<https://secure.ssa.gov/iClaim/dib>

Apply for Medicaid

abe.illinois.gov

Illinois Statewide Transition Conference

<https://www.illinoistransitionconference.org/>

FAMILY-TO-FAMILY GUIDANCE

“Get educated early”

“Go to parent trainings provided by a variety of agencies”

“Start early asking for transition plans and services! Document everything.”

“Be realistic with the post transition goals. It is a process of adjustment and it takes some trial and error to get it right.”

“Get on the PUNS list ASAP.”

“You have to ask a lot of questions and do a lot of research on your own”

“Use whatever social and community connections you have to develop meaningful activities.”