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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**Future Planning & Financial Wellness**
- What are the benefits and drawbacks of a special needs trust or ABLE Account?
- What are our options for guardianship versus supported decision making?
- What are some tips to help navigate daily money management & budgeting?
- Where can we learn more about planning for financial well-being?
- Other: ________________________________

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**Residential & Community Support Options**
- What is the PUNS list?
- Who is eligible for a Medicaid Home and Community Based Waiver?
- How do we contact an Independent Service Coordination Agency?
- What are services and supports and what type are available in this community?
- What is a CILA? Supportive Housing?
- What is a Developmental Disability Provider?
- Other: ________________________________

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**Employment**
- What employment support programs & services are available?
- What does it mean to be “job ready”?
- What assessments can we use to help identify my interests?
- How can we find volunteer and internship opportunities?
- What is Supported Employment, Customized Employment?
- Other: ________________________________

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**Community & Recreation**
- How can we find transportation to community and recreation services?
- What are some community recreation and/or special recreation programs in our area?
- What supports are available to fully participate in recreation and community activities?
- What activities could we explore that are new and interesting?
- Other: ________________________________

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**Health & Wellness**
- How can the transition from pediatric healthcare to adult healthcare be made as smooth as possible?
- What programs can assist in paying for healthcare?
- What tools can help us share our health care needs and concerns with our medical team?
- What are some tips to best manage medications and health records?
- How can we get mental health or counseling services?
- Other: ________________________________

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**Post-secondary Education & Lifelong Learning**
- What options are available? Community College, Trade programs, College-based Developmental Disability Programs, University, Community Programs?
- What supports and accommodations can be used in college? How is it different high school?
- Are there financial supports available to help with college or trade school costs?
- Other: ________________________________

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**Daily Support Needs**
- What are some supports that could help with daily tasks at home?
- How do we manage key tasks like budgeting, paying bills, cooking, shopping, & cleaning?
- How can we make our home safe? Is there technology to help with this?
- Other: ________________________________

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**Notes**

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Developed by a partnership with the Illinois LEND Program at UIC and the Arc of Illinois

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

Department of Specialized Care for Children (DSCC) Transition Toolkit

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

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 (INCL): Statewide Center for Illinois’ 22 Centers for Independent Living
https://www.incl.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.”