

## What Families can do to Prepare for Transition

Remember, transition is a process that can be made easier for all family members when transition is discussed, planned for at an early age, written down and reviewed as needed.

- Plan early. The change to adult care may not happen until age 18, 21 or even older, but it is still important to plan ahead. Planning for education transition begins around age 14. This is also a good time to begin planning for transition to adult medical services.
- Find out about adult health care providers in your area. Look into your child's options for health care plans. Pediatric providers and local public health nurses can help you explore options.
- Pediatric care relies on developmentally appropriate, family-focused care with a great deal of parent involvement in decision making related to the care the child receives. The care is usually provided through a multidisciplinary team approach with the doctors providing direction to the other team members such as nurses, speech pathologists, nutritionists, pharmacists and others. Adult care is patient focused and there is usually not the level of team support, assistance with decision making or family involvement.
- Talk to your child's pediatric providers. Obtain referrals to adult providers if required by your insurance plan. Find out what adult services the youth may be eligible for at age 18.
- Choose whether you or your child will manage his or her care or if you will share responsibility. You may need to contact an attorney to discuss guardianship issues for youth who can not manage their own affairs.

## Employment/Education

- If the youth is in special education and has an Individual Education Plan (IEP), this plan includes transition planning by age 16.
- Contact the college student disability service office for assistance if the youth will be attending college.
- Contact Bureau of Vocational Rehabilitation Services (BVR) at <http://www.rsc.state.oh.us>. If the youth has a disability that limits his/her ability to work, BVR can assist with job training and retention. The local county Board of MR/DD <http://www.odmrdd.state.oh.us> is also able to help with the employment process, job training and retention.
- Your son or daughter may qualify for:
  - Supplemental Social Security Income (SSI) based on their own income and functional ability. Visit: <http://www.ssa.gov> for more information
  - Medicaid for the Disabled based on their own income and functional ability. May qualify for health care through the Medicaid Buy-In Workers with Disabilities program, to determine eligibility visit <http://www.jfs.ohio.gov/OHP/mbiwd.stm>

## **Independence**

As youth transition from adolescence to adult life, they must have skills to assist them to live independently. These skills include managing money, paying bills, cleaning a home, preparing meals. The young adult needs to be encouraged at an early age to make decisions on their own. Youth who will be living independently should plan for their transportation needs. This can include learning to drive, how to take a bus or how to call for a ride.

Your son or daughter should:

- Obtain a state identification card if they do not have a drivers license. For more information visit: [http://bmv.ohio.gov/county/dr\\_locs.htm](http://bmv.ohio.gov/county/dr_locs.htm).
- Call the Board of Elections and register to vote. For more information visit: <http://www.sos.state.oh.us/SOS/voter.aspx>.