

## Transitions Checklist

Medical/Financial/Legal	Education	Social/Recreation/Independence
<b>BEFORE AGE 3</b>		
<input type="checkbox"/> Find a pediatrician that has experience caring for children with disabilities	<input type="checkbox"/> Enroll in Early Intervention Services	<input type="checkbox"/> Attend playgroups and community classes
<input type="checkbox"/> Apply for eligibility/services from the Developmental Disabilities Administration (DDA)	<input type="checkbox"/> During the second year, begin to plan for transitioning to school based services and develop your child's Individualized Education Plan (IEP)	<input type="checkbox"/> Connect with Parent to Parent and other family support organizations
<input type="checkbox"/> Start keeping dated records, consider an electronic Shared Care Plan.	<input type="checkbox"/> Connect with The Arc, PAVE, and other education advocacy organizations to learn more about IEPs and the education system	<input type="checkbox"/> Include your child in discussions about meal choices and activities
<input type="checkbox"/> Check into eligibility for Medicaid and Social Security		<input type="checkbox"/> Encourage self-awareness of strengths and needs
<b>AGES 3-5</b>		
<input type="checkbox"/> Begin to develop a long term plan for support and advocacy for your child	<input type="checkbox"/> Begin preschool	<input type="checkbox"/> Attend playgroups & community classes
<input type="checkbox"/> Implement a carefully drafted will and special needs trust	<input type="checkbox"/> Get to know your child's school team and volunteer at the school if possible	<input type="checkbox"/> Teach ways to communicate needs, wants and preferences
<input type="checkbox"/> Connect with The Arc and other advocacy organizations to learn about services and future planning	<input type="checkbox"/> Explore options for kindergarten and visit potential schools/classrooms	<input type="checkbox"/> Engage in problem-solving to build skills
<input type="checkbox"/> Renew eligibility with DDA (if necessary)	<input type="checkbox"/> Revise IEP based on desired kindergarten plans	
<b>AGES 6-11</b>		
<input type="checkbox"/> Continue to plan for support and advocacy for your child	<input type="checkbox"/> Revise IEP as necessary, encourage child involvement in IEP development	<input type="checkbox"/> Explore day/summer camps and after school programs for your child to participate in.
<input type="checkbox"/> Renew eligibility with DDA (if necessary)	<input type="checkbox"/> Build a strong relationship with your child's school team	<input type="checkbox"/> Enroll child in Special Olympics and other age appropriate clubs or groups
	<input type="checkbox"/> Volunteer at the school if possible	<input type="checkbox"/> Promote self-advocacy

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<b>AGES 12-15</b>		
<input type="checkbox"/> Continue to plan for support and advocacy for your child. Update wills, trusts and letter of intent.	<input type="checkbox"/> Start thinking about your child's needs for a successful transition, from school to adult services. Federal law mandates transition services begin by age 16, but earlier planning is recommended.	<input type="checkbox"/> Involve your son/daughter in individual and team sports, Boys & Girls Club, Bellingham Parks and Recreation programs, summer camps, and church activities.
	<input type="checkbox"/> Update your child's IEP. This is the time to start your child's Functional Vocational Evaluation (FVE).	<input type="checkbox"/> Participate in IEP development.
<b>AGES 16-18</b>		
<input type="checkbox"/> Obtain a WA State ID card or driver's license	<input type="checkbox"/> Complete ITP (Individual Transition Plan) toward Adulthood and Post School Options.	<input type="checkbox"/> Start to create a Life Plan/Goal with your teenager, the teacher, and case managers from DDA, DVR, counselors, primary physician, friends and family.
<input type="checkbox"/> Begin to explore health care financing and providers for young adults	<input type="checkbox"/> Continue updating the FVE (Functional Vocational Evaluation).	<input type="checkbox"/> Discuss roles in healthcare.
<input type="checkbox"/> If appropriate, begin guardianship procedures 6-8 months prior to age 18.	<input type="checkbox"/> Seek volunteer opportunities and job shadow.	<input type="checkbox"/> Expect involvement, share chores and housekeeping tasks.
<b>AGES 18 -21</b>		
<input type="checkbox"/> Apply for entitlement services—SSI (Social Security Income Medicaid, Financial Assistance—the month your teen turns 18.	<input type="checkbox"/> Continue to update ITP, FVE, and IWRP (Individual Written Rehabilitation Plan)	<input type="checkbox"/> Continue relationships with peers from school.
<input type="checkbox"/> Investigate residential options with the DSHS, DDA, or private.	<input type="checkbox"/> Consider vocational (job) options.	<input type="checkbox"/> Get involved with Youth Self Advocacy and other social and support groups/activities.
<input type="checkbox"/> Talk with DDA about adult services at 6-8 months before 21 <sup>st</sup> Birthday	<input type="checkbox"/> Get final copies of school files for your records.	
<input type="checkbox"/> Apply 6-8 months before 21 <sup>st</sup> birthday for DVR (Department of Vocational Rehabilitation)		