



Parenting Tips on Transition

What is Transition?

Transition is a formal process that includes short- and long range planning to assist students with disabilities to ensure successful shifting from school into adult life.

It is about planning for adult life and can include work, higher education, independent living skills, and recreational activities.

The Individuals with Disabilities Education Act 2004 (IDEA) gives clear guidelines for delivery of transitional educational services to students with disabilities. The first transition plan/IEP must be in effect when the student is 16 years of age and updated annually.

Services must be based on the student's needs, taking into account his/her strengths, preferences, and interest.

What Can Parents do to Prepare?

Begin early in considering the following:

- Talk about the value of work.
- Help your son/daughter explore different work options.
- Encourage work behavior and post-secondary training and education.
- Promote social skills by participating in community activities such as volunteer work.
- Set high expectations for what comes after high school.
- Encourage self-determination and self-advocacy.
- Plan to have first work experiences by age 16, if not earlier.

What are Transition Services?

Transition Services are a coordinated set of activities designed to be within a results-oriented process; such services are focused on improving the academic and functional achievement of the child with a disability to facilitate the child's movement (transition) from school to postschool activities.

These can include postsecondary education, vocational education, integrated employment, continuing and adult education, adult services, independent living, and community participation.

Other things to consider:

- A successful transition for youth with disabilities from school to college or work often requires collaboration. Students play an important role in planning their transitions and should be included throughout the process.
- Encourage your child to be as independent as possible in self-care activities, money management, work and academic skills, decision making, problem solving, and transportation skills. These skills enhance a self-determined life.
- Be familiar with the roles of outside agencies in transition planning. Such agencies include Vocational Rehabilitation, Rehabilitation Services for the Blind, Independent Living Centers, and the Department of Mental Health, which includes the Division of Developmental Disabilities.
- Resources can be valuable tools. Learn which services are necessary and connect with them early in the process.

Helpful Resources

- Individual with Disabilities Education Act (IDEA) – <https://sites.ed.gov/idea>
This federal site provides guidelines for delivery of transitional educational services to students with disabilities.
- Missouri Vocational Rehabilitation – <https://dese.mo.gov/adult-learning-rehabilitationservices/vocational-rehabilitation>
VR specializes in employment and training services that can assist you in becoming employed. A VR counselor will determine your eligibility for services. To be eligible, you need to have a physical or mental impairment that causes problems with working and need VR services to be successfully employed.
- Department of Mental Health – <https://dmh.mo.gov/>
The Department of Mental Health has three divisions: Developmental Disability, Mental Health, and Alcohol and Drug Use. They provide an array of services.
- Missouri Parent Training & Information Center (MPACT) – www.missouriparentsact.org
MPACT helps parents and students understand their rights under special education law and assists families in becoming advocates for their children with disabilities.

How to get in touch with MPACT:

800-743-7634

info@missouriparentsact.org

www.missouriparentsact.org