

Transition Timeline Checklist (Ages 16–21)

Based on content from Ivymount Resource Fair Workshop titled "Preparing for Life After School: 16-21 Years" by Rebecca Schwartzman and Alyssa Yeager, M.S.E., BCBA, Ivymount Transition Specialists.

This resource compiles many important milestones and resources into one place!

AGE 16 CHECKLIST: HEALTH CARE

☐ Begin healthy habits routine (sleep, nutrition, stress management)

☐ Support your teen in making their own doctor's appointments

☐ Teach prescription refills & medication routines

☐ Learn your health insurance plan details

☐ Begin discussing transition to adult providers

Health Care Resources

- Got Transition
- Questions to Ask Your Child's Doctor
- MD Department of Disabilities: Health Care Transition
- Parents' Place of Maryland Health Care Transition Webinar
- Taking Charge of My Health Care Toolkit
- Center for Transition to Adult Health Care
- AASPIRE Healthcare Toolkit (OAR)

AGE 16–17 CHECKLIST: SUPPORTED DECISION-MAKING AND ALTERNATIVES

☐ Discuss the **age of majority** (18 = legal independence)

☐ Explore decision-making options:

- Supported Decision-making
- Power of Attorney
- HIPAA/FERPA releases
- Representative Payee
- Guardianship (only if needed)

☐ Encourage practicing daily decision-making

☐ Discuss this at IEP meetings

Decision-Making Resources

- **Parent Center Hub: Age of Majority Guide**
- **Getting Started with Supported Decision-Making**
- **DC DDS: Decision-Making Rights & SDM**
- **The Arc of Northern Virginia SDM Resources**
- **ASAN: Right to Make Choices (SDM Guide)**
- **Guardianship Made Simple (Maryland)**
- **Maryland Guardianship & Alternatives Handbook**
- **Maryland Guardian Orientation**

AGE 16–17 CHECKLIST: POSTSECONDARY EDUCATION

Postsecondary education planning is often based on a student's anticipated exit date rather than age alone. Some milestones (such as completing the FAFSA or submitting college applications) may occur at different ages depending on a student's educational pathway and graduation timeline.

☐ Review certificate track, diploma track & graduation requirements

☐ Explore interests through clubs, electives, extracurricular activities and volunteering

☐ Identify assistive technology that supports learning and autonomy

☐ Work on identifying, understanding, and describing accommodations

☐ Practice self-advocacy by discussing accommodations with teachers

☐ Gather information about postsecondary education and training options

☐ Take PSAT or practice ACT (if applicable)

Postsecondary Education Resources

- Think College
- College Autism Network
- National Center for College Students with Disabilities
- Understanding Accommodations in College
- 7 Things to Know about College Disability Services

AGE 16–17 CHECKLIST: EMPLOYMENT

☐ Begin Pre-ETS (Pre-employment Transition Services)

☐ Explore career interests (inventories, observations)

☐ Start a simple resume or digital portfolio

Employment Resources

- CareerOneStop
- Parents' Place: Employment First Practices
- PACER – Talk to Your Child About Employment
- Transition to Employment: What Parents Can Do Now
- Job Accommodation Network (JAN)
- Virginia Dept for Aging and Rehabilitative Services (DARS)
- Maryland Division of Rehabilitation Services (DORS)
- District of Columbia Rehabilitation Services Administration (RSA)

AGE 18 CHECKLIST

Health Care

☐ Transition to adult healthcare providers

☐ Complete HIPAA releases if parents will stay involved

☐ Share SDM/POA/guardianship documents with health providers

Decision-Making

☐ Finalize SDM agreement, POA, or guardianship (if needed)

Education (If pursuing post-secondary education)

☐ Meet with disability services at colleges

☐ Complete Free Application for Federal Student Aid (FAFSA; opens October)

☐ Understand Americans with Disabilities Act (ADA) vs. Individuals with Disabilities Education Act (IDEA) differences in college

☐ Discuss updated psychological or educational testing with your transition team, as it may be needed to determine eligibility for adult services, benefits, or accommodations

Employment

☐ Meet with Vocational Rehabilitation (VR) counselor to develop post-school employment plan

☐ Participate in paid work or internships

State & Federal Benefits

☐ Apply for Supplemental Security Income (SSI; at *18 years + 1 month*)

☐ Apply for Long Term Support Services in your State (if appropriate)

☐ Register to vote

☐ Register for Selective Service (if male)

AGES 19–20 CHECKLIST

Education

☐ Continue exploring colleges or training programs

☐ Practice requesting accommodations from teachers → professors

State Benefits

☐ Tour community service providers (DDA, CSB, DC DDA)

AGE 21 CHECKLIST

State & Government Services

☐ Meet with assigned case manager to finalize long-term support services

☐ Apply for Medicaid if not already enrolled

☐ Confirm community service provider selection

☐ Sign consents for agencies to attend the final IEP meeting

State-Specific Transition Resources

Maryland

- Montgomery County Transition Work Group
- Developmental Disabilities Administration
- Parents' Place of Maryland
- Potomac Community Resources: Transition Times

District of Columbia

- How to Apply for Developmental Disabilities Administration Services
- Quality Trust
- DC Center for Independent Living
- Advocates for Justice & Education

Virginia

- NOVA Developmental Disabilities Community
- The Arc of NOVA
- Parent Educational Advocacy Training Center (PEATC)
- Community Services Board Directory

GENERAL TRANSITION RESOURCES

- Self-Determination and Transition Resources (I'm Determined)
- OAR's *Guide to Transition to Adulthood*
- Centers for Independent Living Directory
- ABLE National Resource Center
- Supplemental Security Income

- Social Security Disability Insurance