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This checklist is intended to act as a starting point, something for you to build on, as you go through the process of transitioning your child into adulthood. It may not be all-inclusive.

- Discuss transition with your High School Special Education case manager, as it's an integral part of the IEP once a student turns 14 years old
- What type of HS diploma (advanced studies, standard, applied studies, modified standard) can your child achieve?
- Have an Intake Assessment with [DARS \(Department of Aging and Rehabilitative Services\)](#)
- Ask about the PERT program at [Wilson Workforce Rehabilitation Center](#)
- What are plans (post-high school, community college/live at home, attend away-college with disability supports, job training program)
- Will your child pursue a driver's license?
- Get psychological IQ testing for an intellectual disability diagnosis
- Confirm that you have documentation stating age-of-onset
- Contact [Region Ten Community Service Board \(CSB\)](#) to apply for Case Management
- Apply for the [Medicaid DD Waiver \(Developmental Disability Waiver\)](#)
- Does your child need the [Coordinated Care Plus Waiver \(CCC+ Waiver\)](#)?
- Apply for [Supplemental Security Insurance \(SSI\)](#) as an adult
- Consider opening an [ABLE Account](#)
- Consider working with an employment service
- Contact [Virginia Department of Behavioral Health & Developmental Services \(DBHDS\)](#) for housing, employment, IFSP, and resources
- Work on "soft skills" at home and explore social opportunities outside of the home
- Look into transportation options outside of family
- Do you need a Special Needs Trust? Do you need Guardianship?
- Obtain a Healthcare Proxy or a Durable Power of Attorney (POA)
- Obtain HIPAA (Health Insurance Portability & Accountability Act) Release
- Register to [vote](#) and register for the [Selective Service](#) (males)
- Obtain a [Real ID from the DMV](#) if a driver's license is not an option
- Check out additional transition resources from: [PEATC \(Parent Educational Advocacy Training Center\)](#), [The Arc of Virginia](#), The Arc of NOVA's [Transition Points Guides](#), and The Arc of NOVA's [Securing A Future for Your Child](#)