



## What's next: Life After High School

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At age 14 students who have an IEP should have a statement of transition *needs* written into their program that tells them what goal areas and activities they will need to focus on in high school.

### ***Transition is movement from one place to the next***

- By age 16 a transition *plan* should be in place that tells what goals need to be worked on and what activities need to take place so the student will have a smooth transition to adult life.
- The student's desires, interests and needs tell the team what needs to be in the plan.
- The student should attend all the transition meetings because it is the student's life.
- Future activities might include college or vocational school, supported or competitive employment, recreation, community activities, and housing, for example.



### ***Prepare for the transition meeting***

- Students should fill out interest and job surveys then talk to parents and school team members about what they want to do after high school. The team may want someone to do a Personal Futures Planning Session before the meeting
- The team should invite other people to come to some meetings. A counselor can come from the Office of Vocational Rehabilitation (OVR) to talk about help with employment. Someone from a Comp Care Center can give information for a person with developmental disabilities on where they might live or attend program during the day
- The team and other people such as friends and siblings can brainstorm what places in the community could provide experiences that could lead to successful transition.

## ***Some questions to think about before writing goals for the IEP***

Does the student know

- What courses are needed for what she wants to do (for example, diploma, college, job)?
- How to fill out a school or job application?
- What kind of job he wants?
- Where she wants to live?
- How to budget money?
- Basic daily living skills such as meal planning, laundry, and cooking?
- How he will get to where he needs or wants to be (transportation)?
- What she will do in her free time?
- Who to call for help?
- How to ask for help?
- What laws provide protection for people with disabilities?
- About her disability and how it affects her?
- If there is a waiting list for some future service she needs to be on now?



### ***More information***

Call IHDI at 859-257-1714 for the free book called *Get a Life!*. Call Seven Counties Comp Care Center at 502-589-4313 or 1-800-221-0446 for a free resource booklet for people with developmental disabilities. Call P&A for a free copy of the video, *The Rest of My Life*.

**Call the Kentucky Protection and Advocacy office at 1-800-372-2988 for more help or visit our web pages at <http://www.kypa.net>.**