Life After High School - Ready or Not

The Transition Resource Guide

for Middle School • High School • Post High School

LIVING

LEARNING

WORKING
Grant Wood Area Education Agency extends equal opportunities in its employment practices, educational programs and services, and does not discriminate on the basis of color, gender, race, national origin, religion, creed, age, sexual orientation, gender identity, marital status, disability, veteran status or as otherwise prohibited by law. If you believe you or your child has been discriminated against or treated unjustly, please contact the Agency’s Equity Coordinator, Maria Cashman, at 319-399-6847 or 1-800-332-8488 or TDD 319-399-6766, Grant Wood AEA, 4401 Sixth St SW, Cedar Rapids, IA 52404.
# Table of Contents

## Introduction
- Transition to Life After High School ................................................................. 5
- IDEA ’04 and Transition ......................................................................................... 5
- Tips for Helping ........................................................................................................ 6
- Riding the Emotional Transition Roller Coaster .................................................. 7

## IEP
- Transition Checklist .............................................................................................. 9
- How Parents Can Use the IEP Process to Enhance Transition Outcomes .......... 10-11
- Learning to Make Decisions: Students and Their IEPs ...................................... 12
- Does Your Child Have Good Self-Advocacy and Self-Determination Skills? ... 13
- Disability Pride: Living Well with a Disability ...................................................... 14
- Ten Areas of Transition Need ............................................................................... 15
- Planning Tools to Prepare for the IEP Meeting ................................................... 16
- Transition Planning Grid for Students and Parents .............................................. 17-18
- A Useful Tool For Meetings .................................................................................. 19
- For Families and Students - 8th Grade ............................................................... 20
- For Families and Students - 9th Grade ............................................................... 21
- For Families and Students - 10th Grade ............................................................. 22
- For Families and Students - 11th Grade ............................................................. 23
- For Families and Students - 12th Grade ............................................................. 24
- Parent Survey to Prepare for IEP Conference ...................................................... 25-26
- Student Survey to Prepare for IEP Conference ................................................... 27

## Life Planning
- Transition Planning Checklist .............................................................................. 29-30
- Helping Children and Youth Make Career Plans .............................................. 31
- Record Keeping ..................................................................................................... 32
- Is Attending College a Possibility for your Child? ............................................. 33
- Going to College: Guide to Laws and Legal Differences ................................. 34
- Age of Majority ..................................................................................................... 35
- Planning for the Future ....................................................................................... 36
- Estate Planning ..................................................................................................... 37-38
- Agencies that Provide Resource Information .................................................... 39-40

## Adult Life
- Here Life Comes .................................................................................................... 42
- Things You Need to Know ................................................................................... 43-44
- Questions to Ask when Gathering Information ................................................. 45-47
- Adult Services ....................................................................................................... 48-52
- County Transition Information Contacts of the GWAEA ............................... 53

## Resources
- Website to get to Your County’s Information ..................................................... 55
- The Parent Educator Partnership (PEP) Resource Library ............................... 56
- Websites for Students, Families and Teachers ................................................... 57-59
- Transition and the Internet .................................................................................. 60-62
Introduction

Transition to Life After High School ................................................................. 5
IDEA ‘04 and Transition .................................................................................. 5
Tips for Helping ............................................................................................. 6
Riding the Emotional Transition Roller Coaster ......................................... 7
Transition planning is required by the Individuals with Disabilities Education Act of 2004 (IDEA) for all students who have IEPs. It is the responsibility of the IEP team to prepare students for the transition from school to adult life so that skills, services and supports are in place at the time of graduation. For some students on IEPs, this is an easier process than for others. It is important that parents ask for the transition support they and their son or daughter may need.

Transition planning gives parents, educators, and students a road map by which young people with disabilities can prepare for the responsibilities of adulthood. During the student’s high school years, the student needs to learn the skills necessary to live and work in the community as independently as possible. It is never too early to start transition planning, but best practice suggests beginning the transition process as your child moves from middle to high school.

This Transition Resource Guide provides information and ideas to assist parents and educators in the critical planning that needs to happen. Put it with your phone directory or in another readily accessible location. Refer to it frequently. Happy transitioning!

IDEA ‘04 and Transition

Iowa’s Department of Education has indicated that it will continue to begin transition planning with students on IEPs during the year the child turns 14.

Parents are encouraged to advocate for transition planning to occur the year their child turns 14 years of age. Please remember that a parent and student’s questions and concerns are important to the process of transition. Early discussions will help ensure that appropriate assessments are completed in all areas related to transition: learning, working and living. Having specific goals in place by the time your student is 14 years old will help get the transition process off to a good start. The IEP team will be instrumental in planning for the next four years your child spends in high school.

(At this time, fall 2007, Iowa has proposed rules and regulations for IDEA 2004. Google Iowa Dept. of Education to see them in writing.)
Tips for Helping Students Make Successful Transitions to Adulthood

1. Start early... plan ahead... dream possibilities

2. Know what's available, who to contact and how to get needed services – ask lots of questions

3. Work together families, educators and adult providers

4. Use the IEP process to plan and to get what you and your student want to achieve

5. Expect success – high expectations lead to greater outcomes

6. Be aware that it can be an emotional time – don’t let that be a barrier

7. Create a support system – for families and for students

8. Involve the student as much as possible
   - Explore possibilities
   - Provide experiences
   - Promote independence
   - Build on strengths
   - Utilize assistive technology
   - Encourage interests
   - Share responsibility
   - See failure as a learning opportunity
     - Discuss the disability
     - Utilize the community
     - Reinforce good social skills
     - Teach self-advocacy
Riding the Emotional Transition Roller Coaster

Isn’t graduation supposed to be an exciting time for parents? And, it IS exciting! After all, this is what we’ve been working toward all of our child’s school life! Then why do we simultaneously feel sad, anxious, fearful and even, overwhelmed???

There is research to suggest that the impact of our children’s disability is greater at the time of transition to adulthood than it was at the time of diagnosis. We think of all the changes, the unknowns and the risks. We learn about a maze of new services out there with which we are barely familiar. We hear of needing to let go yet knowing we can’t, not entirely. At the same time, we may yearn to let go, as we have for our other children or have seen others do for their children without disabilities. Instead, once again, we are reminded of what is not to be – that dream we had back before our child was born, that never included disabilities.

It is important to know that these emotions are not uncommon to parents when children with disabilities reach important milestones. Talking with other families who have been through the transition experience can be helpful.

The good news is that all our hard work over the years is paying off; our child has gotten to graduation. S/he has dreams for the future; we have come to see possibilities and new dreams where we once thought there would be none. Hopefully, we have come to know we are not alone in overcoming the challenges we may encounter in this new world. We have developed skills and confidence to bring to the task. We have reason to look ahead with excitement as we work to realize our new dream.
Transition Checklist.................................................................................................. 9
How Parents Can Use the IEP Process to Enhance Transition Outcomes ....... 10-11
Learning to Make Decisions: Students and Their IEPs .................................12
Does Your Child Have Good Self-Advocacy and Self-Determination Skills?... 13
Disability Pride: Living Well with a Disability ................................................... 14
Ten Areas of Transition Need ............................................................................. 15
Planning Tools to Prepare for the IEP Meeting .............................................. 16
Transition Planning Grid for Students and Parents .......................................17-18
A Useful Tool For Meetings .............................................................................. 19
For Families and Students - 8th Grade ............................................................. 20
For Families and Students - 9th Grade ............................................................... 21
For Families and Students - 10th Grade ............................................................ 22
For Families and Students - 11th Grade ............................................................ 23
For Families and Students - 12th Grade ............................................................ 24
Parent Survey to Prepare for IEP Conference.................................................25-26
Student Survey to Prepare for IEP Conference............................................... 27
The following is a checklist of transition activities that you and your son or daughter may wish to consider when preparing transition plans with the IEP team. Your student’s skills and interest will determine which items on the checklist are relevant. Use this checklist to ask yourself whether or not these transition issues should be addressed at IEP transition meetings. The checklist can also help identify who should be part of the IEP transition team. Responsibility for carrying out the specific transition activities should be determined at the IEP transition meeting.

### Transition Checklist

#### Four to Five Years Before Leaving the School District
- □ Identify personal learning styles and the necessary accommodations to be a successful learner and worker.
- □ Identify career interests and skills, complete interest and career inventories, and identify additional education or training requirements.
- □ Explore options for post-secondary education and admission criteria.
- □ Identify interests and options for future living arrangements, including supports.
- □ Learn to communicate effectively your interests, preferences, and needs.
- □ Be able to explain your disability and the accommodations you need.
- □ Learn and practice informed decision making skills.
- □ Investigate assistive technology tools that can increase community involvement and employment opportunities.
- □ Broaden your experiences with community activities and expand your friendships.
- □ Pursue and use local transportation options outside of family.
- □ Investigate money management and identify necessary skills.
- □ Acquire identification card and the ability to communicate personal information.

#### Two to Three Years Before Leaving the School District
- □ Identify and begin learning skills necessary for independent living.
- □ Learn and practice personal health care.
- □ Identify community support services and programs (Vocational Rehabilitation, County Services, Centers for Independent Living, etc.)
- □ Invite adult service providers, peers, and others to the IEP transition meeting.
- □ Match career interests and skills with vocational course work and community work experiences.
- □ Gather more information on post-secondary programs and the support services offered; and make arrangements for accommodations to take college entrance exams.
- □ Identify health care providers and become informed about sexuality and family planning issues.
- □ Determine the need for financial support (Supplemental Security Income, state financial supplemental programs, Medicare).
- □ Learn and practice appropriate interpersonal, communication, and social skills for different settings (employment, school, recreation, with peers, etc.).
- □ Explore legal status with regards to decision making prior to age of majority. (see pages 34, 35 & 39.)

#### One Year Before Leaving the School District
- □ Begin a resume and update it as needed.
- □ Practice independent living skills, e.g., budgeting, shopping, cooking, and housekeeping.
- □ Identify needed personal assistant services, and if appropriate, learn to direct and manage these services.
- □ Apply for financial support programs (Supplemental Security Income, Independent Living Services, Vocational Rehabilitation, and Personal Assistant Services).
- □ Identify the post-secondary school you plan to attend and arrange for accommodations.
- □ Practice effective communication by developing interview skills, asking for help, and identifying necessary accommodations at post-secondary and work environments.
- □ Specify desired job and obtain paid employment with supports as needed.
- □ Take responsibility for arriving on time to work, appointments, and social activities.
- □ Assume responsibility for health care needs (making appointments, filling and taking prescriptions, etc.).
- □ Register to vote and for selective service (if a male).
- □ Match career interests and skills with vocational course work and community work experiences.
How Parents Can Use the IEP Process to Enhance Transition Outcomes

Successful transition to adulthood takes families, educators and students working together.

**Parents, you can have a discussion** with your daughters and sons, and, together, come up with your dreams and expectations in the areas of Living, Learning and Working. Ask them what they see themselves doing when they get out of school. Follow that with, “If for some reason, you couldn’t do that, what other things would you want to do?” Remember, parents, it is normal if you and your child have differences of opinion. Allow for those differences to be discussed.

**The Transition IEP** should be built around your children’s strengths, interests and preferences. Get their input; let them know what you see them good at; point out where they have been successful; talk about pursuing interests they may not yet have explored. Remind your children that they can change their minds as they explore, eliminate, and change what they hope to do with their lives.

“**The Parents’ concerns for enhancing their child’s education**” section is where you can address your child’s needs. Maybe you aren’t sure your child has the skills to match what she desires to do. Perhaps you are wondering what supports will be available to help him explore interests. The list could go on, and that’s okay – write down all of your concerns and share them with the team.

**The Transition Goals** should reflect both the strengths, concerns, and the transition assessment information completed in the areas of living, learning and working. The information gathered should answer questions like:

- What information has been gathered from my child’s transition assessments?
- What skills will my child need to be **successful living** as independently as possible where she wants to live? How will she learn those skills?
- What **work experiences** should be built into his program to explore jobs in which he has expressed an interest?
- What **program of studies** will be important for my daughter to have if she plans to attend a post secondary educational program?
- What **work skills** does he need to work on or develop that will help him be a good employee?
How Parents Can Use the IEP Process to Enhance Transition Outcomes continued...

- What is being done to help my child **learn to be an independent** and responsible adult?
- How will she be helped to **understand her disability** and become a strong self-advocate for her needs?
- In what ways can we help him **develop leisure skills** that will contribute to a meaningful adulthood?
- **How much time** in my child’s day will go toward addressing her transition goals?

**You will be kept informed** about how your daughter/son is doing with the IEP goals. You should receive that information as often as other students receive progress reports; i.e., midterm and grading times. Don’t hesitate to request that your child’s teacher “show you” how they know what your daughter/son’s progress has been. Schools regularly collect and chart data on student progress so they will have that information for you.

**IEP Meeting Attendees:** Families and students can request whom they would like to have in attendance at the IEP Meeting. Adult Service Providers, like Vocational Rehabilitation, Supported Employment staff, Kirkwood Community College’s VITAL staff, are often very willing and wanting to get involved early.

“**Start early**” and “**Use the IEP Process**” are two good rules of thumb for transition planning.

**The following articles and checklists** are intended to give you information and ideas about what needs to be done and when as you proceed with Transition Planning.
Learning to Make Decisions: Students and Their IEPs

When you think about your child’s future do you see him being able to make decisions and take at least partial responsibility for choices in his life? Does he have the communication skills, the confidence and the desire to have a voice in the decision process?

Being involved in her own IEP meetings can be a great learning experience for the student to practice making decisions. Her thoughts and wishes should be central to the team’s planning for her future. (See wheel on page 42). Student involvement can yield several results:

- Taking over responsibility for some of the direction setting about the future
- Preparation for assuming age-of-majority rights by age 18
- Coming to a better understanding of the disability and its implications for life after school
- Learning to interact with professionals who will share responsibility for the student’s receiving services
- Having to learn how to resolve differences when teachers and/or parents want something different from what the student wants

A student should not be expected to walk into a meeting “cold” and effectively participate.

**Before the meeting:**
- Teachers can help students understand the IEP Process and the student’s role in it.
- Parents can talk with their son/daughter about the kind of input he or she may want to offer to help the IEP team plan for transitional programming
- Students can be given responsibility for a specific part of the meeting – reporting goal progress since the last meeting, sharing perspectives on how their disability impacts their lives, or covering the Strengths and Concerns parts of the IEP with their interests, desires and worries

**During the meeting:**
- Students should be encouraged to share; have them identify their strengths from their point of view; they should have input into every decision made
- Someone who has helped them prepare should assist and prompt students through the process
- Periodically checking with students for understanding will help clarify their input
- All team members should work to affirm effort and help students feel successful

**After the meeting:**
- Goal progress should be reviewed with the student on a regular basis
- Parents should have on-going discussions about decisions made and the student’s satisfaction with the direction those decisions are taking him/her
- Where there is failure, parents and teachers need to help the student learn from the experience
- Planning for the next IEP meeting should be a continuous process
Does Your Child Have Good Self-Advocacy and Self-Determination Skills?

Choice making, problem solving and goal setting are all a part of being a strong self-advocate. Helping children become self-determining adults begins when they are very young and is certainly a critical part of transition planning. Do your child’s transition goals address self-advocacy and self-determination?

Becoming a confident person willing to speak up for one’s self, express needs and seek assistance begins with an understanding of one’s disability. Yet so often we avoid that topic with our youth with disabilities, not wanting to point out differences, offend or make them feel badly. We will talk with them about what they can and can’t do yet we don’t discuss what’s behind some of what they can’t do. If our children with disabilities are going to feel good about themselves, they must first feel okay about being a person with a disability. So, parents:

- Don’t talk around the disability. Naming or describing the disability can demystify and disarm the power that makes some afraid and anxious about it.

- Let’s raise our children with disabilities to be knowledgeable, comfortable, accepting of themselves, articulate and assertive.

- Equip them to speak frankly about their strengths, needs, wants, and feelings.

- Give them tools (information and skills) they will need to gain and keep as much control over their lives as possible.

- Consider them a part of the planning team for their IEPs and teach them to collaborate with those providing care/services.

- Give them gifts we want all children to receive – courage, self-determination, knowledge of themselves, self-acceptance and self-sufficiency.

Reminder Question: How do we as parents, teachers and community service providers empower students to make choices, solve problems and set goals?
Disability Pride: Living Well with a Disability
A Message from Those with Disabilities

Cherie Clark, an Iowa native and a person with a disability, developed a curriculum titled “Living Well With a Disability” and “Continuing to Live Well With a Disability”. Both involve an 8 week class open to young adults with or without disabilities. For more information about the classes, phone Cherie at 319-363-0883 or empoweria@mchsi.com.

Definitions of Disability Pride from the Curriculum:
- It simply means knowing deep inside that having a disability is OK. You aren’t ashamed of your disability. You know you are okay just the way you are.
- It means that you don’t need to have your disability cured or fixed in order to be a whole person. You accept yourself as you are.
- It means that you belong to the Disability Community. You are not alone. You advocate for the services, assistive technologies and accommodations you need. You advocate for laws and policies that benefit all people with disabilities. You are an active member of society. (See pages 39-40 & 50-51 for places you can locate adult people with disabilities in the community.)

The curriculum includes information about the philosophy of Independent Living:
- “It’s a philosophy and a movement of people with disabilities who work for self-determination, equal opportunities and self-respect.
- It does not mean that we want to do everything by ourselves and do not need anybody or that we want to live in isolation.
- It means that we demand the same choices and control in our every-day lives that our non-disabled brothers and sisters, neighbors and friends take for granted. We want to grow up in our families, go to the neighborhood school, use the same bus as our neighbors, work in jobs that are in line with our education and interests, and start families of our own.
- Since we are the best experts on our needs, we need to show the solutions we want, need to be in charge of our lives, think and speak for ourselves – just as everybody else.
- To this end we must support and learn from each other, organize ourselves and work for political changes that lead to the legal protection of our human and civil rights.
- As long as we regard our disabilities as tragedies, we will be pitied.
- As long as we feel ashamed of who we are, our lives will be regarded as useless.
- As long as we remain silent, we will be told by others what to do.”
When planning for a student’s transition from high school to the adult world of work or further education, think of these 10 categories of life skills and how IEP teams can include them in the student’s high school program.

<table>
<thead>
<tr>
<th>LIFE SKILL</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SELF DETERMINATION/ DISABILITY MANAGEMENT</strong></td>
<td>Explaining your needs and strengths in the workplace or school. Requesting your needed accommodations. Getting advocacy or legal support when needed. Learning about Assistive Technology (AT), Personal Assistance Services (PAS), Disability Pride.</td>
</tr>
<tr>
<td><strong>ACADEMIC/LIFE LONG LEARNING</strong></td>
<td>Taking classes at a university or community college. Going to community workshops such as gardening, parenting classes, home repair. Using community resources such as the library. Planning a 4 year degree from a college.</td>
</tr>
<tr>
<td><strong>DAILY LIVING</strong></td>
<td>Cooking meals, using home or commercial washers/dryers, using home cleaning equipment, painting walls.</td>
</tr>
<tr>
<td><strong>HEALTH/PHYSICAL CARE</strong></td>
<td>Personal cleanliness such as bathing, washing hair, using deodorant. Dental care, making doctor appointments, learning CPR. Sex education. Mental health screenings.</td>
</tr>
<tr>
<td><strong>LEISURE ACTIVITIES</strong></td>
<td>Joining a bowling league, pursuing a hobby, making dates for movies with friends, going out to eat, biking, and attending community events.</td>
</tr>
<tr>
<td><strong>MOBILITY</strong></td>
<td>Getting a driver’s license, how to ride the city bus/para transit system, using the city maps, calling a cab, sharing the cost in a car pool.</td>
</tr>
<tr>
<td><strong>MONEY MANAGEMENT</strong></td>
<td>How to open and manage a checking account, what credit cards mean, how to get a bank loan, how to budget.</td>
</tr>
<tr>
<td><strong>SOCIAL SKILLS</strong></td>
<td>Speaking and greeting others, appropriate behavior at work/school/friends. Good manners in restaurants, going out on a date, relationships with the opposite sex.</td>
</tr>
<tr>
<td><strong>WORKPLACE READINESS</strong></td>
<td>Managing workplace stresses, dealing with authority, going to a job interview, time management.</td>
</tr>
<tr>
<td><strong>OCCUPATIONAL SPECIFIC SKILLS</strong></td>
<td>Learning the functions of the tools needed for the job, finding a mentor, practice job skills after work such as computer skills, cooking skills.</td>
</tr>
</tbody>
</table>
For Families and Students
Transition Planning Worksheet
Now is the time! It's not too early; it's not too late! It's time to look ahead, difficult though that may be, and think about LIFE AFTER GRADUATION. That's because the choices you and your daughter/son make now are important to success after high school.

Strengths that will be useful in life after graduation:
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Needs that will affect life after graduation:
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Ideas for After Graduation:
As you look ahead what can you see as possibilities in the areas of:
1) Ongoing learning or training _________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
2) Living ___________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
3) Working _________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Next Steps: Use the checklist, pages 29 & 30 to determine what your next steps will be during the coming year.

Consider the following areas:
• Information from transition assessment
• Skills to work on in the coming year
• Curriculum considerations to think about now
• Goals to be included in the IEP

Think planning, think transition, think future!
Transition Planning Grid for Students and Parents

WHAT?

The educational activities in the IEP are based on student’s needs, preferences and interests as well as on the parent concerns, and the strengths of the student. IEP Transition goals are based on this information, as well as, results from any transition assessments.

FOR WHOM?

Students turning 14 years old and older, and their families.

WHY?

Thinking about the future can seem fuzzy and distant. Families lead busy lives with many immediate concerns. Take time to reflect about the future. A little time now will pay off in big ways by easing your family into the next step of life.

Answering specific questions can help parents, students, and teachers see transition in a concrete manner.

WHEN?

Engage in the process before each IEP meeting. Completing the grid (see next page) annually allows reconsideration as needs and goals change with new experiences. Schools in Iowa will be required to initiate the transition planning process with students who are age 14 and older. Age 14 is not too early to start transition planning.

HOW?

Complete the grid that works best for you on the next pages at home and bring it to the IEP meeting. Have your child complete one as well with or without your assistance.

Allow ample time for explanation and discussion. This is a time for dreaming of possibilities.
Transition Planning Grid for Students and Parents

<table>
<thead>
<tr>
<th>Transition Areas</th>
<th>What does your child do now?</th>
<th>What goals do you and your child have for his/her future?</th>
<th>Is support needed to participate?</th>
<th>What agencies or support services are you using now?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Home Living</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(live alone, with a roommate, with support, with family or relatives, or in a group home)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Community Participation</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(drive car; use bus, taxi, paratransit - SEATS, LIFTS, or ECICOG; shopping; make dental or medical appointments; bank; vote; participate in religious or community events)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Recreation and Leisure</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(participate in sports, hobbies, group activities, fitness activities, family events, clubs, make or maintain friendships, volunteering)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Careers or Job Preparation</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(full, part-time, supported or sheltered employment; on-the-job training, volunteer work)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Post-Secondary Education</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(community college, community and adult basic education, on-the-job training, military service)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
A Useful Tool in...
Child Study Team (CST) Meetings, Individual Education Program (IEP) Meetings, or Parent-Teacher Conferences

Exchange of information is essential in understanding and making decisions about children and how they learn best. For sure, listing a child’s strengths and needs for all team members to see and keep fresh in mind is one effective way to help the team make good decisions. Having parents list options which they would like to see in place to help their child be successful in school can serve as a springboard for discussion and a point from which to negotiate. Also helpful is having the parent(s) list questions, fears and concerns about their child and/or situations the child may be in. Once people state or hear these issues, they can better understand all perspectives and take them into account when planning for the child.

<table>
<thead>
<tr>
<th>STRENGTHS</th>
<th>NEEDS</th>
<th>OPTIONS</th>
<th>QUESTIONS, FEARS AND CONCERNS</th>
</tr>
</thead>
</table>
For Families and Students
Transition Planning Worksheet

Now is the time! It’s not too early; it’s not too late! It’s time to look ahead, difficult though that may be, and think about LIFE AFTER GRADUATION. That’s because the choices you and your daughter/son make now are important to success after high school.

**Strengths** that will be useful in life after graduation:

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

**Needs** that will affect life after graduation:

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

**Ideas for After Graduation:**
As you look ahead what can you see as possibilities in the areas of:
1) Ongoing learning or training

___________________________________________________________________________________________
___________________________________________________________________________________________

2) Living

___________________________________________________________________________________________
___________________________________________________________________________________________

3) Working

___________________________________________________________________________________________
___________________________________________________________________________________________

**Next Steps:** Use the checklist, pages 29 & 30 to determine what your next steps will be during the coming year.

Consider the following areas:

- Information from transition assessments
- Skills to work on in the coming year
- Curriculum considerations to think about now
- Goals to be included in the IEP
For Families and Students
Transition Planning Worksheet

Freshman year is another opportunity to think about the future and plan together for a successful transition to life after graduation – adulthood.

Review last year’s plan and ask:
What progress is being made to build strengths and address the needs you identified?

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Think and talk again about your ideas for Life after Graduation.
What are possibilities in the areas of:
1) Ongoing learning or training _________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

2) Living ___________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

3) Working _________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Next Steps: Use the checklist, pages 29 & 30 to determine what your next steps will be during the coming year.
Consider the following areas:
• Information from transition assessments
• Skills to work on in the coming year
• Curriculum considerations to think about now
• Goals to be included in the IEP
With graduation less than three years away, planning for the future becomes more and more important. Examining the question, “What needs to happen in the next two years to assure a successful transition to adulthood?”, will help you know the next critical steps to work on.

Review last year’s plan and ask:
What progress is being made to build strengths and address the needs you identified?
What interests need to be pursued?

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Think and talk again about your ideas for Life after Graduation.
What are possibilities in the areas of:
4) Ongoing learning or training _________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
5) Living ___________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
6) Working _________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Next Steps: Use the checklist on pages 29 & 30 to determine what your next steps will be during the coming year.
Consider the following areas:
• Agency contacts to make and gather information about possible programs for after graduation – post secondary programs, community support services, personal assistance, etc.
• Skill need areas to be working on during the coming year both at home and through the IEP – be sure to include self-advocacy skills
• Interest areas to explore for possible career/job opportunities
• Information from transition assessments
For Families and Students
Transition Planning Worksheet

Two years and counting! What’s happening that helps you feel like efforts are being made to get ready for life after high school. Is the picture forming of where s/he will work, live, and continue learning?

Review last year’s plan and ask:
What progress is being made that will help you be ready for life as an adult?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

What needs are there that still should be addressed?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Think and talk again about the ideas for Life after Graduation.
By now there should be plans in the making in the three major areas.
- Ongoing learning or training __________________________________________________________________
  ___________________________________________________________________________________________

- Living _____________________________________________________________________________________
  ___________________________________________________________________________________________
  ___________________________________________________________________________________________

- Working ___________________________________________________________________________________
  ___________________________________________________________________________________________
  ___________________________________________________________________________________________

Next Steps: Use the checklist on pages 29 & 30 to determine what your next steps will be during the coming year.
Consider the following areas:
- Agency contacts yet to be made and information gathered about possible programs for after graduation – community support services, personal assistance, etc. (Refer to page 45-46 for questions to ask.)
- Post secondary applications/visits to determine possibilities
- Skill need areas to be working on during the coming year both at home and through the IEP
- Transition assessment information, interest inventories and work experience/job shadowing for possible career/job opportunities
For Families and Students
Transition Planning Worksheet

12th Grade

Time to plan the graduation party! But before doing that, ask what’s in place for immediately following that party? Consider the areas of:

• Ongoing learning or training

• Living – at home or otherwise

• Working – in what kind of job – for the summer, part time while going to school or full time

Go over those checklists on pages 29 & 30 once more. Consider all of the 10 areas of transition listed on page 14. Which areas need some attention and how will that happen in this senior year?

Next Steps: Where are the holes in realizing the dream?
What needs to happen yet this year? Together make a list:
What do we yet need to know?

Who do we need to talk to?

What do we need to do?
Dear Parent/Guardian of _________________________:

Soon we will be meeting to develop your child’s IEP. We need to look ahead to consider long-term outcomes for your child. Please answer the following questions and bring to the meeting on ________________________. Thank you in advance for your cooperation.

1. Please list the positive attributes [strengths] of your child.
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

2. Please list your child’s interests. What does he/she enjoy doing or learning about?
   __________________________________________________________
   __________________________________________________________

3. Name the career interests your child has indicated below:
   __________________________________________________________

4. List jobs your child does at home (on his/her own or by request):
   __________________________________________________________
   __________________________________________________________

5. Looking ahead – List the things you would expect your child to be doing at school and at home in three years (i.e., improved behavior, more integration into regular class activities, more responsible to complete jobs at home, etc.).
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

6. Do you have any concerns at this time?  □ yes  □ no
   If yes, what are they? ________________________________________
   __________________________________________________________
   __________________________________________________________

7. What is your hope for your child?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
8. What goals do you have for your son/daughter?
   · short term goals
   ____________________________________________________________________________________
   ____________________________________________________________________________________
   · long term goals
   ____________________________________________________________________________________
   ____________________________________________________________________________________

9. From the list below check what you think your child will do following graduation from high school with regard to education, employment, and living arrangements. [Check all that apply to your son/daughter.]

   **Education**
   - ☐ two-year college
   - ☐ four-year college
   - ☐ trade/technical school
   - ☐ no additional education
   - ☐ apprenticeship program
   - ☐ other: ______________

   **Employment**
   - ☐ full-time
   - ☐ part-time
   - ☐ military
   - ☐ at home

   **Living Arrangements**
   - ☐ w/parent
   - ☐ w/friend
   - ☐ own house or apartment
   - ☐ w/relative
   - ☐ dormitory
   - ☐ other: ______________

Our goal is to help students learn to become effective citizens, informed consumers, lifelong learners, responsible family members and productive workers.

10. Check all the skills below that you feel would help your son/daughter to reach these outcomes.

   - ☐ responsibility
   - ☐ self-control
   - ☐ flexibility
   - ☐ motivation
   - ☐ initiative
   - ☐ problem-solving
   - ☐ decision-making
   - ☐ collaboration
   - ☐ self-determination
   - ☐ sociability
   - ☐ creativity
   - ☐ communication

11. What else does the student need to reach these outcomes? [Again, please check all that apply.]

   - ☐ more instruction in the regular class setting
   - ☐ more small group instruction in special education setting
   - ☐ participation in the work-experience program
   - ☐ take part in leisure & community activities
   - ☐ develop more friendships
   - ☐ receive extra help in other area(s) _______________________
   - ☐ other _______________________

 Junior or Senior High School Years
# Student Survey to Prepare for IEP Conference

<table>
<thead>
<tr>
<th>IEP Conference Date</th>
<th>Student:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>will turn 18 on</td>
</tr>
</tbody>
</table>

**Date of Birth:** ________________________________

**Persons Present at IEP Conference:**

1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________
5. ________________________________
6. ________________________________
7. ________________________________

**Strengths:**

**Areas of improvement:**

**Graduation Plans:**

- Living?
  - ☐ w/parent
  - ☐ w/friend
  - ☐ own apartment or house
  - ☐ w/relative
  - ☐ dormitory
  - ☐ other [describe] ________________________________

- Career goals?
  - Do you want to go to college?  ☐ yes  ☐ no
  - If yes, where? ________________________________

- Life? Where would you like to work?

**Extra Curricular Activities?**

**Leisure time activities/Interests/Enjoy?**

**During summer?**

**Chores/responsibilities?**

**Currently employed?**  ☐ yes  ☐ no

- If yes, where?

**Need a transition plan? (age 14)**  yes  no
**Taken Computer Applications?**  yes  no
**Taken Driver’s Education**  yes  no
**Medication:**  ☐ yes  ☐ no

- If yes, what? ________________________________

**Classes/courses to take yet?**

- ___________________________________________
- ___________________________________________
- ___________________________________________
- ___________________________________________
- ___________________________________________
Life Planning

Transition Planning Checklist................................................................. 29-30
Helping Children and Youth Make Career Plans........................................... 31
Record Keeping .................................................................................. 32
Is Attending College a Possibility for Your Child?...................................... 33
Going to College: Guide to Laws and Legal Differences............................... 34
Age of Majority ............................................................................... 35
Planning for the Future ......................................................................... 36
Estate Planning ............................................................................... 37-38
Agencies that Provide Resource Information ............................................ 39-40
# Transition Planning Checklist

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age/Eligibility</th>
<th>Suggested Timeframe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparation for the IEP should include specific ideas for living, learning and working after high school</td>
<td>All students on an IEP</td>
<td>Beginning with 8th grade annual IEP meeting and each year after</td>
</tr>
<tr>
<td>Meet with your guidance counselor and review your credits</td>
<td>All students who want to graduate with a regular high school diploma (vs. an IEP diploma)</td>
<td>Spring of each year of high school</td>
</tr>
<tr>
<td>Discussions about one’s disability and how it will impact one’s adult life</td>
<td>All students with special needs</td>
<td>Beginning at 8th grade IEP and each year after</td>
</tr>
<tr>
<td>Self-Advocacy goals as part of the IEP</td>
<td>All students with special needs who need self-advocacy skills</td>
<td>8th, 9th, 10th, 11th and 12th grades</td>
</tr>
<tr>
<td>Assess student interests, strengths and preferences with post high school goals in mind</td>
<td>All students on an IEP</td>
<td>9th, 10th and 11th grades</td>
</tr>
<tr>
<td>Assess student needs in the areas of functional life skills to help plan course of studies for high school</td>
<td>All students needing vocational and residential supports</td>
<td>8th grade IEP meeting (earlier if necessary)</td>
</tr>
<tr>
<td>Incorporate community mobility in IEP goals</td>
<td>Students who will rely on public transportation</td>
<td>Sophomore &amp; Junior year</td>
</tr>
<tr>
<td>IEP goals to include work experiences in the community</td>
<td>Students who will need vocational supports</td>
<td>Fall of junior year (earlier if necessary)</td>
</tr>
<tr>
<td>Meet with high school counselor and teacher to plan course of studies needed to attend college</td>
<td>Students wanting to go on to community or 4 year college</td>
<td>8th and 9th grade</td>
</tr>
<tr>
<td>Visit community programs and job sites to see “adulthood in action”</td>
<td>All students who want to have a job right out of high school</td>
<td>Spring of junior year</td>
</tr>
<tr>
<td>Invite Vocational Rehabilitation Services to attend IEP meeting</td>
<td>Students who will need vocational supports</td>
<td>During sophomore year in school; fall of junior year</td>
</tr>
<tr>
<td>✓</td>
<td>Activity</td>
<td>Age/Eligibility</td>
</tr>
<tr>
<td>---</td>
<td>----------</td>
<td>----------------</td>
</tr>
<tr>
<td></td>
<td>Explore Workforce Development program</td>
<td>All students who are interested</td>
</tr>
<tr>
<td></td>
<td>Visit vocational (work) providers</td>
<td>All students who will need vocational supports</td>
</tr>
<tr>
<td></td>
<td>Visit sheltered worksites</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Apply to agencies for adult residential and vocational services</td>
<td>All students needing vocational and residential supports</td>
</tr>
<tr>
<td></td>
<td>Contact the local Central Point of Coordination Representative of your county for funding</td>
<td>All students who will need vocational and/or residential supports</td>
</tr>
<tr>
<td></td>
<td>Visit potential residential (living) sites</td>
<td>All students who will need residential supports and determined eligible</td>
</tr>
<tr>
<td></td>
<td>Visit colleges and learn about Disability Services offered and requirements</td>
<td>Students wanting to go on to community or four year college</td>
</tr>
<tr>
<td></td>
<td>Consider guardianship and conservatorship/durable power of attorney</td>
<td>Parents of children needing help with decision making</td>
</tr>
<tr>
<td></td>
<td>Identify transportation needed to meet vocational needs</td>
<td>All students</td>
</tr>
<tr>
<td></td>
<td>Apply for Supplemental Security Income – SSI</td>
<td>Limited financial resources (at age 18, individual becomes family of one)</td>
</tr>
<tr>
<td></td>
<td>Have documentation of your disability</td>
<td>Any student who will need vocational and/or residential support or go on to college</td>
</tr>
<tr>
<td></td>
<td>Assess assistive technology needs for living, learning and working</td>
<td>All students</td>
</tr>
<tr>
<td></td>
<td>Check if your district has a transition program for eligible students, ages 18-21</td>
<td>Students who have yet to meet some of their IEP goals</td>
</tr>
</tbody>
</table>
Helping Children & Youth Make Career Plans:

Parental Responsibility
Career decision making is a process, not a single event that occurs at a given time. Your child’s future career will be influenced by events that occur in the preschool years and continue through adult life. Your child’s career choices will certainly affect your future as well as your child’s; thus, you have a right, as well as a responsibility, to be active in helping your child make career plans. What can you do at home and in your community to help your child?

In the Community:
- **Visit offices, shops, factories, and other places of employment** to help your child acquire a realistic view of a variety of jobs.
- **Introduce your child** to individuals with similar disabilities who are working/participating in the community. Find out where you might meet some people, individually or in groups, by calling a resource agency such as PEP, the Arc of East Central Iowa or the Evert Connor Center. (See pages 39-40 & 50-51).
- **Point out workers to your child** when you go out in the community. Discuss what the worker is doing and encourage your child to think about what jobs s/he might like.
- **Talk about the skills and education** it may have taken for those individuals working in your child’s fields of interest.
- **Help your child explore hobbies and other leisure** time activities that are productive and meaningful. Contact your local recreational center, YMCA, and Arc summer program.

In Your Home:
- **Encourage your child to ask and think about the question**, “What will I be when I grow up?” Try to help your child think about alternate choices with the question, “If for some reason you couldn’t do this, what other things would you want to do?”
- **Teach decision making, self-advocacy and responsibility** by giving your child choices about which movie to go to, where the family will eat out, or making small purchases at the grocery store.
- **Plan with your child chores and jobs around the house** (when and how they will be done), remembering that you might have to teach your child the necessary steps to complete the job. Then hold your child accountable with rewards (allowance) and consequences (lost privileges).
- **Encourage an awareness of the value of money** using allowances and savings accounts, and having your child shop with you.
- **Encourage your child to engage in part-time or volunteer work - individually or with you.** Help your child fill in applications and locate a job. It will help your child explore career interests and discover the sense of accomplishment and self-pride that can come from work.
Record Keeping

Keeping student records organized is especially important for parents when you are assisting your daughter or son through the transition process. There is a lot to keep track of and a lot of information that, once located, will be information you may refer to frequently. Having it at your finger tips will be helpful.

Whether you use a three-ring binder, a corrugated folder with tabs, a number of labeled file folders or, a box or drawer is not as important as the organization it provides. The key is to find a system that works best for you and your family’s lifestyle.

Note the dates you phone, visit or send in applications. Keeping good records can improve communication, make it easier to track information as you accumulate it, allow you to address situations more accurately, and save you time.

See the sample file below with suggested topic areas.
Is Attending College a Possibility for Your Child?

Attending a college or university can be a natural next step for students leaving high school. So, if your child has expressed such an interest and you think it offers possibilities, where do you start? A great resource is Advising High School Students with Disabilities on Post Secondary Options. Email AskHEATH@gwu.edu or visit www.heath.gwu.edu or send request to 2121 K Street, NW, Suite 2000, Washington, DC 20037, or 1-800-544-3284.

Most campuses will give students an opportunity to identify themselves as having a disability at some point during the admissions process. There may be a place to check on the application blank, or with the information sent to you AFTER your acceptance.

If the college invites students to identify themselves as a student with a disability and in need of accommodations, it is to the student’s advantage to let the college know as quickly and completely as possible. Their disability cannot be used to discriminate against them in the admissions process. Documentation of the disability is required.

Colleges and universities are required, by law, to provide any reasonable accommodation that is necessary for equal access to educational opportunities. The accommodations may not be the same as the student was receiving in high school. The college is under no obligation to seek students out to see if there is something they may need.

The people responsible for providing support services to students with disabilities on college campuses differ from campus to campus. Ask for the Office for Disability Services or Office for Special Needs.

An academic advisor can be a great ally. Find someone early on who knows the “system” well and that you feel comfortable with.

Once the student is in contact with the appropriate individual, the questions asked should be very specific and based on needs. Students should put together a list of things to inquire about, remembering they are free to ask about both the accommodations one MUST have and the things that would BE NICE to have available.

Some Sample Questions:

1. What kind of accommodations are available to me for taking tests because of my writing disability?
2. How do I make arrangements for note takers in my classes? Who does the scheduling? How are they recruited? How are they paid?
3. Is there tutoring available if I am having trouble with my classes? How do I arrange that? Who pays for tutors?
4. Reading is a problem for me – can I get my textbooks, tests, handouts, etc. recorded on tape?
5. Can I get extended time for test taking?
6. Would I get academic and career counseling here in your office or from the general counseling offices on campus?
7. What medical support is available to me on campus to assist in addressing my medical needs?
8. May I tape record class lectures?

The laws that govern high school and post high school education are different. The chart on the next page spells out some of those differences.
## Going to College

**Guide to Laws and Legal Differences:** The laws that govern high school and post-high school education are different. The following chart is a comparison of some of those differences.

<table>
<thead>
<tr>
<th>Laws Governing the Entity</th>
<th>Secondary Education</th>
<th>Post-Secondary Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Individuals with Disabilities Education ACT (IDEA)</td>
<td>• Section 504 of the Vocational Rehabilitation Act</td>
</tr>
<tr>
<td></td>
<td>• Iowa Administrative Rules of Special Education</td>
<td>• Americans with Disabilities Act (ADA)</td>
</tr>
</tbody>
</table>

| Mission of the Laws | To provide a free appropriate public education (FAPE) in the least restrictive environment (LRE) for individuals identified as entitled to special education services. | To provide qualified persons with disabilities, to the maximum extent possible, the opportunity to be integrated fully into mainstream life through accessibility and reasonable accommodations. |

| Scope of the Law | Applies to public school. | Applies to public or private entities regardless of federal funding. |
| Coverage | Covers individuals ages 3-21 or until regular high school diploma requirements are met. | Covers students with disabilities regardless of age; school may not discriminate in recruitment, admission, or after admission, solely on the basis of a disability. |

| Disability defined | Covers individuals with “educational disabilities” if intervention, support and/or services are required and eligibility and need are demonstrated. | Covers individuals who have a physical or mental impairment that substantially limits one or more major life activity, have a record of such impairment, or are regarded as having impairment. Further, the person must be qualified for the program or service. |

| Identification process | Responsibility of the school district to identify the individual with a disability and to identify their needs. | Responsibility of the individual with the disability to self-identify and to **provide supporting documentation.** |

| Funds available | Federal, state, and local funds are available to assist school districts in providing appropriate services. | No federal funds are available to the college. |

| Monitoring progress | Progress toward IEP goals is monitored and communicated to the parent(s)/guardian(s) and/or the individual. | Individuals are required to monitor their own progress and communicate their needs to instructors. |

| Support services | Identified through a data-driven process and documented through the IEP. Support is designed by the IEP team. | Identified by the individual and approved by institute of higher education. |
Age of Majority
Transfer of Rights to Your Eighteen Year Old Student with Special Needs

The age of majority is when your child obtains the rights of any Iowa citizen and is legally responsible for his or her own decisions, including educational decisions. In Iowa, your child reaches the age of majority when he or she turns 18, gets married, or is incarcerated into the adult legal system. Federal and state law requires school to transfer educational rights to students with Individualized Education Program (IEP) when they reach the age of majority.

Does this transfer of rights mean parents no longer have a voice in their child’s educational planning? Not necessarily, it does, however, change the parental role. That’s why it is important to be informed!

Your high school has information about this transfer of rights. At your child’s first IEP meeting when he or she is 14, ask the team about Age of Majority and Transfer of Rights. It is never too soon to plan for the time when your child with a disability will become an adult.

Some parents may want and need to obtain guardianship and/or conservatorship of their adult child. (Definitions for these are given on page 36.) It is recommended that discussion about pursuing these legal procedures should take place before the child turns 18. Call your lawyer, or, The ASK Center at 1-800-450-8667 for additional information.

The Iowa Dept. of Education has developed a parent’s guide—The Age of Majority: A Parent’s Guide that answers frequently asked questions. Call the PEP program 1-800-332-8488 for a copy of this manual.
Planning For The Future
Who Makes Decisions When My Child With A Disability Becomes an Adult?

Parents of children with disabilities have to prepare for their child becoming an adult before the child turns 18! Questions families must consider are:

- Can my child take responsibility for their own personal safety?
- Can my child take responsibility for providing the necessities of food, clothing, and shelter, on their own?
- Can my child manage their money independently?
- Is my child’s decision-making ability and judgment so impaired that being completely independent would be a threat to their welfare?

Parents who think their child will need help with responsibilities of adulthood should understand, BEFORE the child turns 18, the terms CONSERVATORSHIP and GUARDIANSHIP. Parents should consider, BEFORE their child turns 18, visiting with a lawyer and/or a financial planner to help prepare the whole family for when the child with a disability becomes an adult and what supports that ADULT child will now need.

Terms to know:

**CONSERVATORSHIP** or **GUARDIANSHIP** is a form of substitute decision making which is established through a LEGAL ACTION or proceeding. In this proceeding, the COURT orders the appointment of a person, (a CONSERVATOR or GUARDIAN) to act as a substitute decision maker for another person (the WARD).

**CONSERVATORSHIP:** A person (CONSERVATOR) is appointed by the COURT to have custody and control of the property/estate (MONEY) of the WARD, that is, your adult child with a disability. This is a LEGAL proceeding!

**GUARDIANSHIP:** A person (GUARDIAN) is appointed by the COURT to make NON-FINANCIAL decisions for the WARD such as where the ward lives, medical treatment, and other rights.

**PAYEE:** A person or agency designated to receive benefit checks on behalf of the individual with disabilities, and responsible for seeing that the money is used for the individual. In the case of social security benefits, accounting has to be done annually to Social Security Administration as to how the money was spent.

There are levels or types of involvement of the conservatorship and guardianship that can be granted. Families need to inform themselves about this process and discuss the support options. **IT IS STRONGLY RECOMMENDED THAT FAMILIES SEEK THE HELP OF A KNOWLEDGEABLE ATTORNEY OR FINANCIAL ADVISOR!**

See the resources on pages 39 & 40 to help families make those first inquiries into how they want to plan for their adult children with disabilities; again PLAN BEFORE your child turns 18.
Estate Planning
Special Needs Trust

WHAT?
Families who want to make additional money available for their child’s future should consider using a carefully worded legal instrument called a Special Needs Trust. Parents, grandparents, siblings, relatives and friends can leave money directly to the Trust to make the person’s life more meaningful. A Special Needs Trust will not make the child ineligible for benefits if the attorney uses the proper wording. The money in the Trust can be available to supplement what the government provides, to step in when there are emergencies, or to take over completely if there are government cutbacks or termination of services.

FOR WHOM?
Parents of a child with a disability.

WHEN?
A family should consider developing a Special Needs Trust even if only a modest estate is involved. If the Trust is written as part of a person’s will, it is called a testamentary trust and it becomes effective upon the death of the person who sets up the Trust. If the Trust is written as a separate document from a will, it is called an inter vivos Special Needs Trust. People can begin to fund it while they are alive and it can be used while the parents are living.

Just as saving for a child’s college expenses should begin at an early age, so should plans for a Trust that is to be used to supplement government benefits or other agency assistance. A Special Needs Trust should be developed as one plans for the child’s future.

WHY?
The purposes of a Special Needs Trust are:
· To leave funds to benefit a person who cannot, or needs assistance to manage funds.
· To leave funds to a person that will supplement her/his government support or other agency assistance.
· To avoid spend down requirements whereby the government or other agency require the person to spend their own assets prior to applying for government or other agency support or will seek to recover costs for services it provides.
· To leave the person funds without disqualifying him/her from benefits.
· To give the trustee maximum flexibility in financial decision-making.

HOW?
A properly drafted Special Needs Trust will provide additional opportunities for the individual with a disability without making him/her ineligible for government benefits or exposing the assets to collection by state agencies who have provided services to the individual. The person who creates the Trust decides who the trustee will be and sets guidelines by which the Trust will be held and managed.

The Special Needs Trust is normally written with the terms supplemental and discretionary, which means that the Trustee (the person that is appointed to oversee the money) will use it only if it will not replace any benefits or services provided by the government.
In the development of a Trust for a beneficiary with a disability it is very important to insure that the state and federal benefits the individual is receiving are not jeopardized. The size of the Trust should be calculated in advance. Government programs should be reviewed and the cost for supplementary items and personal needs should be analyzed so that one can make sure adequate reserves will always be available. Factors to consider when establishing a Special Needs Trust with an attorney are:

- Experience of the attorney in drafting a Special Needs Trust.
- Do not use standardized trust forms.
- Discuss the advantages of using a inter vivos Special Needs Trust document versus a testamentary trust.
- Talk about how the Trust will be funded and who might contribute to the Trust.
- Be very specific about the purpose of the Trust and the limitation of the powers and duties of the trustee. Specify that the Trust is to be used to supplement not supplant government benefits and that it is not considered as an income stream.
- Discuss a spendthrift clause that protects the Trust against creditors.
- The greater control a beneficiary has over the use of trust assets the greater the possibility that those assets will be considered to belong to the beneficiary and could jeopardize state and federal benefits.
- Be very careful in selecting the trustee to insure s/he or the institution is able to manage funds responsibly and understands the particular needs of the beneficiary. Co-trustees such as a family member who understands the needs of the person with a disability along with an institution that has experience and legal expertise in managing a Trust may be appointed.
- Identify local, state and federal programs and services available to a child with a disability and eligibility requirements that are based on the family’s or individual’s financial resources.
- Know under what circumstances benefits, services and eligibility may be lost or become chargeable due to inheritance.
- Discuss a self-termination clause which will dissolve the trust if laws or circumstances change that threatens the trust. Determine who will inherit remaining money in the Trust when the child dies.
- Insure that the Trust never is funded with money that belongs to the child.

WHERE?
The Grant Wood AEA PEP (Parent Educator Partnership) Library has materials that can be checked out for further information.

PEP at the Grant Wood AEA
1120 33rd Avenue SW
Cedar Rapids, IA 52404-4499
1-800-332-8488, x6719

Families should consult their lawyer for specifics and assistance when establishing a Special Needs Trust. In addition, there are lawyers in the Iowa City and Cedar Rapids area who specialize in creating a Special Needs Trust.

Adapted from—Transition Topics, Lake County, Illinois, Planning for the Future of Your Child With a Disability, Iowa Department of Education and Drake University and information prepared by Frank A. Varvaris, 115 – 3rd Street SE, Cedar Rapids, IA 52401.

PH: (319) 862-0363  FAX: (319) 862-0354  www.disabilityplanning.org
Agencies that Provide Resource Information to People with Disabilities and their Families:

The Parent Educator Partnership (PEP) Program
1120 33rd Ave. SW
Cedar Rapids, IA 52404
1-800-332-8488 or 399-6746

The ASK Family Resource Center
317 East Sixth St.
Des Moines, IA 50309-1903
1-800-450-8667 or 1-515-243-1713

Legal Aid
Iowa offers free legal help for low income households with non-criminal legal issues:
- Residents of Benton, Iowa, Linn County: call 1-800-332-0419
- Residents of Cedar, Washington, Johnson County: call 1-800-272-0008
- Residents of Jones County: call 1-800-942-4619

Main Office
1111 19th Street Ste. 230
Des Moines, IA 50314-2527
1-800-532-1275

Cedar Rapids Office
210 2nd St. SE #302
Cedar Rapids, IA 52401
319-364-6108

Iowa City Office
430 Iowa Ave.
Iowa City, IA 52240
319-351-6570
1-800-272-0008

Iowa Compass-State of Iowa Resource Connection for Persons with Disabilities
(Books/Videos/Etc. on various topics can be mailed to your home address.)
1-800-779-2001 TTY-1-877-686-0032

Evert Conner Center for Independent Living
Main Office
730 S. Dubuque St.
Iowa City, Iowa 52240
319-338-3870

Cedar Rapids Office
3108 Ridgemore Dr.
Cedar Rapids, Iowa 52403
319-363-0887
e-mail: empoweria@mchsi.com
Agencies continued...

**Iowa Protection & Advocacy Services, Inc.**
950 Office Park Rd. Ste. 221
West Des Moines, IA 50265
515-278-2502
866-483-3342
TTY 515-278-0571
info@pna.org

**Division of Persons with Disabilities**
Lucas State Office Building
Des Moines, IA 50319-1903
1-515-242-6172
1-888-219-0471 (V/TTY)
www.state.ia.us/dhr/pd

**Arc of East Central Iowa**
680 2nd St. SE
Cedar Rapids, IA 52401
1-319-365-0487
(also includes Cedar County)

**Arc of Johnson County**
2620 Muscatine Ave.
Iowa City, IA 52240
1-319-351-5017

**Iowa County Arc**
503 Henry
Williamsburg, IA 52361
1-319-662-4043

For written resources about Planning for the Future, Conservatorship, Guardianship, and other supports for adults with disabilities, call the Parent Educator Partnership (PEP) library at 1-800-332-8488, ext. 6719 for check out information or links to other resources.

**IT’S NEVER TOO EARLY TO THINK ABOUT THE FUTURE!**
Adult Life

Here Life Comes ................................................................................................................... 42
Things You Need to Know ...............................................................................................43-44
Questions to Ask When Gathering Information ..............................................................45-47
Adult Services ..................................................................................................................48-52
County Transition Information Contacts of GWAEA .....................................................53
Here life comes!

Consider the following key themes listed on the spokes of the wheel below as you help to prepare your child for adulthood. Strong spokes and good rubber are what a wheel needs to turn successfully.
**THINGS YOU NEED TO KNOW**

**Age of Majority:** This is when the person obtains the rights of any Iowa citizen and is legally responsible for his/her own decisions. In Iowa, the age of majority is when your child turns 18, gets married, or is incarcerated into the adult legal system. See page 35.

**Guardian:** The person appointed by the court who is responsible for the personal affairs of an incompetent individual determined to be incompetent to handle their own. Guardianships may be granted for limited decisions or for all personal affairs. See page 36.

**Conservator:** The person appointed by the court to have custody and control of the property of the individual determined to be incompetent. See page 36.

**County of Legal Settlement:** Is the county that has the legal responsibility to pay for the disability-related services a person uses. Usually this is the county where the person and family has lived, paid property tax, and voted. The only way to change your county of legal settlement is to live in a different county for a year without getting any disability-related services. Iowa is the only state to still have a “legal settlement” requirement. In most states, disability services are paid for by the state, not by the county. Legal settlement is extremely complex; contact your CPC. See page 53.

**Case Management:** Call your county CPC’s office and request an application for Case Management. To be determined eligible, a person must exhibit deficits in at least 3 of the following areas self-care, receptive or expressive language, learning, mobility, self-direction, capacity for independent living, and economic self-sufficiency.

**CPC (Central Point of Coordination):** This person’s job is to act as a gate keeper to the funding streams that may be approved for eligible individuals for specific services. One is assigned per county. He or she works in the DHS or MHDD county office. See page 53.

**Constituent:** An individual who lives in the district represented by a legislator. To find out who represents you and your child, go to: http://www4.legis.state.ia.us/find-leg. Constituents must make their needs known.

**HCBS Waiver Services:** The Home and Community Based Waivers provide funding to assist individuals needing support in order to remain in the community. Individuals must be Medicaid eligible and have a qualifying disability to be eligible for HCBS services. Waiver services are designed to meet the needs of each consumer. Not all waivers provide the same level or kind of services. Eligible consumers might access the following services Supported Community Living (SCL), Respite, Supported Employment, Consumer Directed Attendant Care (CDAC). Access specific waiver information by going to:

www.dhs.state.ia.us or Child Health Specialty Clinic

click on services A-Z 319-384-6281 or email scroll down to Home & Community kristi-lynch@uiowa.edu Based Waivers 1-866-219-9119, ext. 1
...THINGS YOU NEED TO KNOW continued

**Competitive employment:** Being gainfully employed, able to maintain a job in the competitive labor market, with or without assistive technology supports.

**Applying for adult services:** Many agencies have waiting lists, so it is wise to complete the applications at least 6 months before you want services. The applications include area for you to provide information regarding competencies, skills and needs of the consumer.

**Psychological evaluation:** In order to receive the most funding for adult services, an individual must have a diagnosis of Mental Retardation (IQ lower than 70) determined before age 18 yrs or they must have limitations in 2 or more adaptive skill areas, such as communication, self-care, home living, social skills, community use, functional academics, or leisure and work. The less this disability, the less the funding to meet needs.

**SSI (Supplemental Security Income):** A federal program operated by Social Security designed to meet some of the financial needs of persons with disabilities. To apply you need a certified copy of the original birth certificate, a second means of identification (school I.D.), names/addresses of treating physicians, and income information. If a person is determined eligible for SSI, that person is also eligible for Title 19 (Medicaid benefits). When a child turns 18 yrs, he/she needs to apply or reapply for SSI. The adult child needs to speak to the SSI worker if possible.

**Transportation Needs:** The Americans with Disabilities Act has helped mandate affordable transit services for persons with disabilities. Phone your county CPC office to find out the name(s) and phone number(s) of the transportation system(s) available in your county. See page 53.

**Peers Action Disability Support (PADS):** A resource and support group for and of adult persons with disabilities. The group meets monthly and is sponsored by the Evert Conner Center for Independent Living. See page 39.

**Iowa COMPASS:** A free, confidential guide to disability information and services in the state of Iowa. Call 1-800-779-2001 and see if they can put you on the right path to more than 7,000 local, state, and national resources.
Questions to Ask When Gathering Information about Adult Service Providers/Support

After graduation, a school district no longer has a legal responsibility to provide services. However, there are sources of help available in the community for people with disabilities. Please don’t make the assumption, however, that your student will be eligible for certain programs. Instead, make plans to learn about the programs that seem to match your child’s needs, visit them and learn how or if one becomes eligible for them. **Eligibility** is key to whether your child receives such services or not. *(Freshman year in high school is not too early to begin making these contacts).* Questions? Concerns? Call the Parent Educator Partnership (PEP) program, 1-800-332-8488.

When looking for an agency or service provider to assist you, it is important to get answers to some key questions. Shop around and ask questions so that you select the services that will best accommodate your child’s needs.

It is important to talk with your child to understand, the best you can, what s/he wants. Allow your child opportunities to self-advocate by stating his or her likes, dislikes, hopes, preferences in IEP meetings and meetings with agencies. **Self-determination** is another key word to understand. Make sure self-determination skills are included in the IEP so your child can work on them during his high school years.

One of the mandated goals of the Parent Educator Partnership (PEP) program is to assist families as their children transition from high school to the adult service world of disability. PEP welcomes your phone calls and questions as you begin learning and continue learning about what happens next. We look forward to hearing from you. Call PEP at 1-800-332-8488.

The following pages have suggested questions to get you started as you gather information from adult providers.
Questions to Ask When Gathering Information about Adult Service Providers/Support continued...

Questions to Consider:
1. What is the agency’s philosophy? What do they think is important and what are their goals? How many persons with disability serve on the Board of Directors?
2. What types of disabilities do they serve and how do they determine eligibility?
3. How are services designed so that they meet individual needs and interests?
4. What is the cost? Can financial assistance be obtained and if so, whom do you contact?
5. How long are services provided?
6. Will the agency provide you with names of other consumers and their families to ask about the services they have received? Confidentiality can be preserved with permission from the contacts.
7. Does the agency seek input from consumers in developing their policies and practices?
8. How many years has your program been in operation? How do you evaluate your program?
9. Is there a waiting list for your program? If so, how long?
   Can my child visit?
10. If my child’s name comes up before s/he graduates, what happens?
11. How are the consumers involved in decisions that affect their lives?
12. Who is the contact person?
13. Is there a written appeals process and explanation of how it works?
Added Questions when Shopping for Vocational Support:
1. How do you help find employment in the community?
   Are there choices in the type of job?
2. Where do your clients work?
   What is the range of support you give them?
3. What are the different ways you help people get a good job match?
   Assessment? On-the-job training? Work crew? Job carving?
4. What is your consumer/job coach ratio?
5. What do you do when an employer fires a client or discriminates against her/him?
6. What if a client loses or quits their job?
7. I understand that services may vary from county to county. Could you mail me information about our county’s policy and eligibility requirements?
ADULT SERVICES
LIVING, LEARNING AND WORKING PROVIDERS

Once your adult child is determined eligible to receive a specific service, the funding to put those services into place is a must. The following information is a place to begin looking at various providers in the Cedar Rapids and surrounding areas. This certainly is not a complete listing of every agency, but it is meant to be a starting place for a family to begin their search for information. Names of some agencies and phone numbers are provided here. You may refer to the phone directory for location information or to the following website: www.aea10.k12.ia.us, then follow the directions given on page 55.

FUNDING SOURCES
It is necessary to have eligibility determined in order to receive:
1. SSI (Supplemental Security Income) on the 18th birthday at the local Social Security Office.
2. Title 19/Medicaid; requesting Waiver Services, at any age, phone your child’s county DHS or MHDD office.
3. County funding, 18 years or older, phone the local Central Point of Coordination (CPC) for an application. This person is typically located in the DHS/MHDD of your child’s county.
4. Department of Human Services (DHS), at any age; call your child’s county DHS office
5. Voc Rehab during high school; invite to your child’s IEP meeting and find out what assessments or funding your child is eligible to receive.

On page 53, you will find the names, email addresses and phone numbers of the CPCs of the 7 counties that make up the Grant Wood Area Education Agency area.

It is not uncommon to have your application for funding denied or dismissed the first go around. Please reapply and make a necessary follow-up phone call to your local county’s CPC office. If necessary, call another agency that might be able to help you through what can be a frustrating process. Those agencies are listed on pages 38 and 39.
ADULT SERVICES
LIVING, LEARNING AND WORKING PROVIDERS

LIVING PROVIDERS:

Crest Services Office…………………………………………………………364-6774
Discovery Living………………………………………………………………378-7470
Linnhaven………………………………………………………………………377-9788
New Horizons………………………………………………………………..366-8704
REM Developmental Services………………………………………………378-8396
Reach For Your Potential……………………………………………………354-2983
Systems Unlimited……………………………………………………………..654-9195

Supervised Apartment Living Program: Provides independent living skills, training, and other support for people determined eligible and who are mentally retarded, developmentally delayed or chronically mentally ill, yet able to live independently.
ADULT SERVICES
LIVING, LEARNING AND WORKING PROVIDERS

LEARNING PROVIDERS:
Grant Wood Area Education Agency................................. 1-800-332-8488
Offers many support services to the schools – get names from your child’s teacher:
School psychologists
School social workers
Educational consultants
Work experience coordinators/transition specialists
Therapies – speech & language, occupational, physical
Assistive Technology
Parent Educator Partnership (PEP)............. 1-800-332-8488, ext. 6746
Assists with IEP meetings; Books and Videos about Transition and many other resources

Career Connections Transition Program
John Nietupski .................................................. 1-800-332-8488, ext. 6442
• Belle Plaine .............................. • Linn-Mar
• Benton ............................................. • Solon
• Clear Creek-Amana .................. • Tipton
• College Community .............. • Vinton-Shellsburg
• Iowa City ...................................... • West Branch

Local Public School District
Some offer a transition program for eligible students ages 18-21 years who have completed
4 years of high school. Currently there are such transition programs at:
   Cedar Rapids Community School District ..................... 558-2000
   Iowa City Community School District .............................. 688-1000
   Linn-Mar Community School District .............................. 447-3003
   Mount Vernon Community School District ...................... 895-8845
Call your local school district’s central office for more information about such a program.

Some College Opportunities in AEA 10:
Capri (Cosmetology) College ........................................ 364-1541
Kirkwood VITAL Program ............................................. Local High School
   (Ask your child’s IEP teacher about this option.)
   Students must be determined eligible by your student’s IEP team.)
Kirkwood Community College ........................................ 398-5411
Hamilton College .......................................................... 363-0481
University of Iowa .......................................................... 335-3500

* Some of these colleges have a Services for Persons with Disabilities department. Be sure to ask for this resource.

Other Post High School Options:
Iowa Workforce Development Center ................................ 365-9474
ADULT SERVICES
LIVING, LEARNING AND WORKING PROVIDERS

WORKING PROVIDERS:

Vocational Rehabilitation ............................................................... 294-9308
Assists eligible persons pursue competitive employment goals.
Also refer to page 46.

Goodwill Employment and Training Center ......................... 393-3434

Systems Unlimited ................................................................. 338-9212

Options of Linn County ....................................................... 892-5800
Provides sheltered workshop facility and work site enclaves

REM Developmental Services .............................................. 378-8396 or 378-9333
REA of Conroy (Iowa County) ............................................. 662-4043
Provides sheltered workshop facility and community work sites

WCDC (Washington County Developmental Center) ............ 653-7248
Provides sheltered workshop facility & supported employment

Job Corps ............................................................................. 363-6660

Iowa Workforce Development Center .................................... 365-9474
Assists with job placement and skill development into a system of lifelong
learning and opportunity
ADULT SERVICES
LIVING, LEARNING AND WORKING PROVIDERS

OTHER RESOURCES:

Best Buddies Program: A program sponsored by the Arc of East Central Iowa. College students are matched with persons with disabilities who are at least 18 years old to meet two times a month to do social activities together during the academic school year. For more information call 365-0487, ext. 1043.

Cedar Rapids Recreation Department: A Drop-In day-time recreation program. Also Special Olympics sports of all kinds. Call 286-5796.

Recreation Division-Iowa City: has a Special Populations Program for individuals with special needs; call 356-5100.

Johnson County Coalition of Persons with Disabilities: is an association of individuals devoted to disability rights education and advocacy on behalf of persons with disabilities. For more information, call 319-338-9859.

Parent Educator Partnership (PEP) Program: A good contact for resources from the PEP Resource Library, covering many topics; and a place to go for support and assistance with your concerns and questions. Two parents and an educator on staff. Call 319-399-6746 or 1-800-332-8488, x6746.

Center for Disabilities and Development (CDD): CDD engages in a wide range of clinical service, training, research, and information sharing activities designed to promote independence, productivity, and full community participation of people with disabilities. Call 1-877-686-0031 or 319-353-6902.

Evert Conner Center for Independent Living: Assists teens and adults with disabilities to maintain control over day-to-day activities and to advocate for themselves in order to achieve greater independence and full participation in an integrated society. Call 363-0887 or 338-3870.

Peer Action Disability Support (PADS): A resource and support group for and of adults with physical and other disabilities that meets monthly in downtown Cedar Rapids and is sponsored by the Evert Conner Center for Independent Living. For more information, call 319-363-0887 between 10am – 4pm or email empoweria@mchsi.com.

Voices Unlimited: An information and social group for persons with disabilities 18 years and older that meets two times each month in the Cedar Rapids area. One meeting is informative and the other involves a social event. For more information, call the Arc of East Central Iowa at 365-0487, ext. 1043.

See the next page for names and phone numbers for the DHS/MHDD county offices of Benton, Cedar, Iowa Johnson, Jones, Linn, and Washington counties.
Your child’s transition IEP will include goals in the areas of living, learning, and working. Here are the names of two extremely important public agencies and contact persons, Department of Human Services Central Point of Contact and Vocational Rehabilitation, that will serve your child before, during, and especially, after they transition from high school to adults services. Get to know these agencies and the people in them who work with adults with disabilities. They are there for your child, your family, and your community.

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>CPC/WAIVERS</th>
<th>VOC REHAB</th>
<th>OTHER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>BENTON</td>
<td>Mary Williams 319-472-4743</td>
<td>Sandy Ashley 319-294-9308</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:bcss@mebbs.com">bcss@mebbs.com</a></td>
<td><a href="mailto:Sandy.ashley@iowa.gov">Sandy.ashley@iowa.gov</a></td>
<td></td>
</tr>
<tr>
<td>CEDAR</td>
<td>Connie Fett 563-886-3955</td>
<td>Susan Summers 319-354-4766</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:cedarcpc@netins.net">cedarcpc@netins.net</a></td>
<td><a href="mailto:Susan.summers@iowa.gov">Susan.summers@iowa.gov</a></td>
<td></td>
</tr>
<tr>
<td>IOWA</td>
<td>Marilyn Austin 319-662-4245</td>
<td>Sally Murray 319-354-4766</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:iaco@iowatelecom.net">iaco@iowatelecom.net</a></td>
<td><a href="mailto:Sally.murray@iowa.gov">Sally.murray@iowa.gov</a></td>
<td></td>
</tr>
<tr>
<td>JOHNSON</td>
<td>Ask for Johnson Cty. CPC 319-356-6050 <a href="mailto:mhansen@co.johnson.ia.us">mhansen@co.johnson.ia.us</a></td>
<td>Linda Harris 319-354-4766</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:Linda.harris@iowa.gov">Linda.harris@iowa.gov</a></td>
<td></td>
</tr>
<tr>
<td>JONES</td>
<td>Deborah Schultz 319-462-4457</td>
<td>Gary Widdel 319-294-9308</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:cpc53@co.jones.ia.us">cpc53@co.jones.ia.us</a></td>
<td><a href="mailto:Gary.widdel@iowa.gov">Gary.widdel@iowa.gov</a></td>
<td></td>
</tr>
<tr>
<td>L Lav</td>
<td>Craig Wood 319-892-5620</td>
<td>Ray Manning 319-294-9308</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:Craig.Wood@linncounty.org">Craig.Wood@linncounty.org</a></td>
<td><a href="mailto:Ray.manning@iowa.gov">Ray.manning@iowa.gov</a></td>
<td></td>
</tr>
<tr>
<td>WASHINGTON</td>
<td>Bobbie Hoover 319-653-7751</td>
<td>Richard Grose 319-354-4766</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:wccs5@iowatelecom.net">wccs5@iowatelecom.net</a></td>
<td><a href="mailto:Richard.grose@iowa.gov">Richard.grose@iowa.gov</a></td>
<td></td>
</tr>
</tbody>
</table>
Resources

Website to get to Your County’s Information ................................................................. 55
The Parent Educator Partnership (PEP) Resource Library ............................................. 56
Websites for Students, Families and Teachers ................................................................ 57-59
Transition and the Internet ........................................................................................... 60-62
Website to Get to Your County’s Information

These Transition Topics and Agency Profiles were developed for parents, students, and educators. Each county profile has information about the agencies and services they provide to adults with disabilities and their families.

The entire Transition Topics and Agency Profiles for each county have been added to the Grant Wood AEA 10 web site. You may view, download, or copy these profiles.

In these profiles you will find agency information and resources on topics such as housing, transportation, medical assistance, legal assistance, and other topics of interest to those who are preparing for the adult world of living, learning, and working.

Follow these steps to find your county’s Transition Topics and Agency Profile manual:

1. Go to – www.aea10.k12.ia.us
2. Click on – Services
3. Click on – “P”
4. Click on – Parent-Educator Partnership (PEP)
5. Click on – Parent Information Resources
6. Click on – Secondary Transition Topics and Agency Profiles
7. Click on – Your County
8. Click on – Your topic of interest in the index
THE PARENT EDUCATOR PARTNERSHIP (PEP) RESOURCE LIBRARY
TRANSITION RESOURCES FOR PARENTS AND EDUCATORS

The Parent Educator Partnership (PEP) Resource Library has books, videos, handouts, and brochures available for parents and educators to help prepare their students for the transition to life after high school. The materials and resources cover such topics as job interviews, sexuality, guardianship and conservatorship, barrier free homes, supported employment, going to college, and many others on the transition areas of living, learning, and working.

Here are a few examples of the resources on transition in the PEP Library:

- **It's All Part of the Job**: A video on what skills students need to get and keep a job.
- **Moving Forward**: A video about the skills students need to learn to live on their own.
- **It's My Life**: Life planning guide for high school students.
- **My Future, My Plan**: Video and workbook for planning after high school in the areas of learning, living, and working.

Parents and educators can find out what materials the PEP Library has by calling 1-800-332-8488, ext. 6719 and asking for information about transition resources.

Another way to find out about the materials in the PEP Library is to use the Grant Wood AEA website, going to the PEP web page. Here’s how:

- Go to wwwaea10.k12.ia.us
- Click on Services
- Click on the letter “P”
- Click on Parent-Educator Partnership Program
- Click on Resource Library
- Click on Planning (for the future)

The PEP Resource Library uses the Grant Wood AEA van delivery system which delivers Grant Wood AEA Resources to every school in Area 10 twice a week. Parents can pick materials up and send them back through their child’s school.

For more information about the PEP Library and transition resources call 1-800-332-8488, Ext. 6719 or go to the PEP web page wwwaea10.k12.ia.us or stop by our office at 1120 33rd Ave. SW, Cedar Rapids.
## Websites For Students, Families And Teachers

<table>
<thead>
<tr>
<th>TOPICS</th>
<th>RESOURCES</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Riley Guide</td>
<td><a href="http://www.rileyguide.com">http://www.rileyguide.com</a> (select A to Z Index, select Apprenticeships)</td>
</tr>
<tr>
<td>Assessments</td>
<td>America’s Career InfoNet</td>
<td><a href="http://www.acinet.org">http://www.acinet.org</a> (select Resource Library, under Occupational Information, select Career Assessment)</td>
</tr>
<tr>
<td></td>
<td>Career Key</td>
<td><a href="http://www.careerkey.org/english">http://www.careerkey.org/english</a></td>
</tr>
<tr>
<td></td>
<td>Emotional Intelligence</td>
<td><a href="http://www.utne.com/azEQ.tmpl">http://www.utne.com/azEQ.tmpl</a></td>
</tr>
<tr>
<td></td>
<td>Riley Guide</td>
<td><a href="http://www.rileyguide.com">http://www.rileyguide.com</a> (select A to Z Index, select Assessment Resources for Yourself, Career Planning Help, Personality Tests, or Self Assessment Resources)</td>
</tr>
<tr>
<td></td>
<td>Work Keys</td>
<td><a href="http://www.act.org/workkeys">http://www.act.org/workkeys</a></td>
</tr>
<tr>
<td>Career Exploration</td>
<td>America’s Career InfoNet</td>
<td><a href="http://www.acinet.org">http://www.acinet.org</a></td>
</tr>
<tr>
<td></td>
<td>Career Voyages</td>
<td><a href="http://www.careervoyages.gov">http://www.careervoyages.gov</a></td>
</tr>
<tr>
<td></td>
<td>Careers in Healthcare</td>
<td><a href="http://www.njha.com/healthrecruitment">http://www.njha.com/healthrecruitment</a></td>
</tr>
<tr>
<td></td>
<td>IPTV</td>
<td><a href="http://careers.iptv.org">http://careers.iptv.org</a></td>
</tr>
<tr>
<td></td>
<td>IWD</td>
<td><a href="http://www.iowaworkforce.org">http://www.iowaworkforce.org</a> (select Students)</td>
</tr>
<tr>
<td></td>
<td>Job Star Central</td>
<td><a href="http://jobstar.org/tools/career/spec-car.cfm">http://jobstar.org/tools/career/spec-car.cfm</a></td>
</tr>
<tr>
<td></td>
<td>Next Step</td>
<td><a href="http://www.nextstepmagazine.com">http://www.nextstepmagazine.com</a></td>
</tr>
<tr>
<td></td>
<td>O*Net</td>
<td><a href="http://online.onecenter.org">http://online.onecenter.org</a></td>
</tr>
</tbody>
</table>
# Websites For Students, Families And Teachers

<table>
<thead>
<tr>
<th>TOPICS</th>
<th>RESOURCES</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Career Exploration</strong></td>
<td>Student Transitions</td>
<td><a href="http://www.studenttransitions.com">http://www.studenttransitions.com</a></td>
</tr>
<tr>
<td></td>
<td>World of Work Map</td>
<td><a href="http://www.act.org/wwm">http://www.act.org/wwm</a></td>
</tr>
<tr>
<td><strong>Career Planning</strong></td>
<td>Mapping Your Future</td>
<td><a href="http://mapping-your-future.org/planning">http://mapping-your-future.org/planning</a></td>
</tr>
<tr>
<td><strong>College Planning</strong></td>
<td>College Planning</td>
<td><a href="http://www.collegeplanning.org">http://www.collegeplanning.org</a></td>
</tr>
<tr>
<td></td>
<td>Students.gov</td>
<td><a href="http://www.students.gov">http://www.students.gov</a></td>
</tr>
<tr>
<td></td>
<td>Think College</td>
<td><a href="http://www.ed.gov/thinkcollege/index.html">http://www.ed.gov/thinkcollege/index.html</a></td>
</tr>
<tr>
<td><strong>Education Needed for Specific Jobs</strong></td>
<td>America’s Career InfoNet</td>
<td><a href="http://www.acinet.org">http://www.acinet.org</a> (select What It Takes)</td>
</tr>
<tr>
<td><strong>Financial Aid</strong></td>
<td>Financial Aid</td>
<td><a href="http://www.finaid.org">http://www.finaid.org</a></td>
</tr>
<tr>
<td><strong>Interviewing</strong> (Also see Resources Under Job Banks)</td>
<td>America’s Career InfoNet</td>
<td><a href="http://www.acinet.org">http://www.acinet.org</a> (select Resource Library, then Job Search Tips)</td>
</tr>
<tr>
<td></td>
<td>Monster Board</td>
<td><a href="http://www.monster.com">http://www.monster.com</a> (select Career Center, then Interview Center)</td>
</tr>
<tr>
<td></td>
<td>Riley Guide</td>
<td><a href="http://www.rileyguide.com">http://www.rileyguide.com</a> (select A to Z Index, select Interviewing)</td>
</tr>
<tr>
<td><strong>Job Banks</strong></td>
<td>America’s Job Bank</td>
<td><a href="http://www.ajb.org">http://www.ajb.org</a></td>
</tr>
<tr>
<td></td>
<td>Career Builder</td>
<td><a href="http://www.careerbuilder.com">http://www.careerbuilder.com</a></td>
</tr>
<tr>
<td></td>
<td>Career Exposure</td>
<td><a href="http://www.careerexposure.com">http://www.careerexposure.com</a></td>
</tr>
<tr>
<td></td>
<td>Cool Works</td>
<td><a href="http://www.coolworks.com">http://www.coolworks.com</a></td>
</tr>
<tr>
<td></td>
<td>Employment Spot</td>
<td><a href="http://www.employmentspot.com">http://www.employmentspot.com</a></td>
</tr>
<tr>
<td></td>
<td>Flip Dog</td>
<td><a href="http://www.flipdog.com">http://www.flipdog.com</a></td>
</tr>
</tbody>
</table>
# Websites For Students, Families And Teachers

<table>
<thead>
<tr>
<th>TOPICS</th>
<th>RESOURCES</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Job Banks</strong></td>
<td>Hot Jobs</td>
<td><a href="http://www.hotjobs.com">http://www.hotjobs.com</a></td>
</tr>
<tr>
<td></td>
<td>Illinois Skills Match</td>
<td><a href="http://www.illinoisskillsmatch.com">http://www.illinoisskillsmatch.com</a></td>
</tr>
<tr>
<td></td>
<td>Iowa Workforce Development</td>
<td><a href="http://www.iowajobs.org">http://www.iowajobs.org</a></td>
</tr>
<tr>
<td></td>
<td>Monster Board</td>
<td><a href="http://www.monster.com">http://www.monster.com</a></td>
</tr>
<tr>
<td></td>
<td>Smart Career Move</td>
<td><a href="http://www.smartcareermove.com">http://www.smartcareermove.com</a></td>
</tr>
<tr>
<td></td>
<td>Student Jobs</td>
<td><a href="http://www.studentjobs.gov">http://www.studentjobs.gov</a></td>
</tr>
<tr>
<td></td>
<td>Wetfeet</td>
<td><a href="http://www.wetfeet.com">http://www.wetfeet.com</a></td>
</tr>
<tr>
<td><strong>Job Corps</strong></td>
<td>Job Corps</td>
<td><a href="http://jobcorps.doleta.gov">http://jobcorps.doleta.gov</a></td>
</tr>
<tr>
<td><strong>Job Search</strong></td>
<td>Richard Bolles’ Website</td>
<td><a href="http://jobhuntersbible.com">http://jobhuntersbible.com</a></td>
</tr>
<tr>
<td><strong>Military</strong></td>
<td>Access America for Students</td>
<td><a href="http://www.students.gov">http://www.students.gov</a> (select Military Service)</td>
</tr>
<tr>
<td></td>
<td>My Future</td>
<td><a href="http://www.myfuture.com">http://www.myfuture.com</a></td>
</tr>
<tr>
<td><strong>Resume Writing</strong></td>
<td>America’s Career InfoNet</td>
<td><a href="http://www.acinet.org">http://www.acinet.org</a> (select Resource Library, Job Search Tips, Resume Guides)</td>
</tr>
<tr>
<td>(also see Resources under Job Banks)</td>
<td>Damn Good Resume</td>
<td><a href="http://www.damngood.com">http://www.damngood.com</a></td>
</tr>
<tr>
<td></td>
<td>Riley Guide</td>
<td><a href="http://www.rileyguide.com">http://www.rileyguide.com</a> (select A to Z Index, select Resumes and other related topics)</td>
</tr>
<tr>
<td><strong>Study Skills</strong></td>
<td>Study Skills Self-help Information</td>
<td><a href="http://www.ucc.vt.edu/stdysk/stdyhlp.html">http://www.ucc.vt.edu/stdysk/stdyhlp.html</a></td>
</tr>
<tr>
<td><strong>Teen Workers</strong></td>
<td>Iowa’s Child Labor Laws</td>
<td><a href="http://www.iowaworkforce.org/labor/childlabor.htm">http://www.iowaworkforce.org/labor/childlabor.htm</a></td>
</tr>
<tr>
<td></td>
<td>Youth Rules</td>
<td><a href="http://www.youthrules.dol.gov">http://www.youthrules.dol.gov</a></td>
</tr>
</tbody>
</table>
Transition and the Internet

Transition Information & Services in Area 10: There is a lot of information about the whole area of Transition and about agencies who provide services in the seven counties that comprise Area 10 (Grant Wood AEA). The website is www.aea10.k12.ia.us. Click on “Parents and Students” box to right. Go to the heading “Special Education Programs and Services” and click on Transition under that heading. “Transition Topics and Agency Profiles” pops up. Click on your county. While some agencies serve every county, there are Agency Profiles that reflect services specific to a given county.


This handbook, developed by the Wisconsin Department of Public Instruction, is a resource for students, parents, and teachers on preparing and planning for the postsecondary experience. It includes checklists and information on what to expect and how to prepare and plan for postsecondary education. This publication is available in PDF (20 pages) at:

Parent/Professional Collaboration Topic on NCSET’s Website

http://ncset.org/topics/family/?topic=29

This topic explores how teachers, families, and schools can collaborate to help families become and stay involved in helping their children to succeed in school and make the transition to jobs or postsecondary education. Interested? Go to:

Making a Difference: Thinking About Decision-Making Support in the Transition Process

http://wcdd.org/Publications/pub_all_details.cfm?pubID=40

(scroll down to “WCDD Publication,” click on “Subject,” and then on “Guardianship”)

In this 18-page paper, the author talks to parents of children with developmental disabilities about what they need to consider about guardianship as their children transition to adulthood. The paper explores guardianship decisions from the perspective of self-determination principles. It describes an approach that results in decision-making support tailored to the individual’s capacities and needs. This paper is free, and available from the Wisconsin Council on Developmental Disabilities website:
...Transition and the Internet continued

Oregon Department of Education Transition Resources Family Role in Transition

http://www.hsd.k12.or.us/schools/specprograms/discover_idea-edv5/OSE/Transition/

Visit the Oregon Department of Education’s web page to access a number of transition resources that address person centered planning, self-determination, and student and family roles in transition.

Center for Effective Collaboration & Practice
- Help with Behavioral Problems

http://cecp.air.org/familybriefs

The Center for Effective Collaboration & Practice (CECP) has published a series of short information briefs on research-based intervention practices and programs for children with behavioral problems. Written for use by families, these briefs translate research on effective intervention practices into a format that is easy to understand and useful for family members and practitioners. While they may not relate specifically to transition, there are good strategies for use in the home that will surely have ripple effects in preparation for adulthood. Briefs on a variety of topics are available on the CECP site at:

Post-ITT(Postsecondary – Innovative Transition Technologies Project)

www.postitt.org/text/index.htm

A collection of resources and activities established to aid students, parents, educators and Disability Services coordinators in the task of planning for a student’s transition from secondary to postsecondary education.

Family Village Project

www.familyvillage.wisc.edu/sp/trans.html

Lists a wealth of internet websites on transition information organized under such topic headings as General Information, Employment, The IEP Process, Independent Living, Career Interest Inventories, Health, Legal Information, etc.

Job Accommodation Network (JAN)

www.jan.wvu.edu

Provides information and technical assistance on accommodating employees with disabilities.1-800-526-7234 (voice/TTY)
DisabilityInfo.gov

www.disabilityinfo.gov/

Provides information on employment, education, housing, transportation, health, income support (“entitlement programs”), assistive technology, community life (includes accessibility, disaster preparedness, recreation & travel, disability culture, and centers for independent living), and civil rights.

Great Plains ADA & IT Center

www.adaproject.org/

Provides information, materials and technical assistance to individuals and entities that are covered by the Americans with Disabilities Act (ADA). 1-800-949-4232 (voice/TTY - Toll-free for IA, KS, MO & NE)

American Association of People with Disabilities (AAPD)

www.aapd-dc.org/
www.aapd-dc.org/JFA/JFAabout.html

Provides membership benefits, mentoring & leadership opportunities, and systemic advocacy. AAPD also sponsors the Justice For All E-mail Network (JFA) – a free e-mail listserv for awareness of national advocacy efforts.