



Transition: To Adulthood

A guide to helping you and your student.

Transition to adulthood begins with creating a vision for a good life after school ends — college, work, independent living, community, or whatever our youth want their futures to hold!

When students understand their strengths, interests, and their ability to self-advocate, they will exit school and begin their path to success. So, let's get started on planning that good life!





See definitions of acronyms with an asterisk * at the end of page 3.

Independent Living

- Increase life skills and independence by encouraging chores linked to allowances.
- Promote job skills: consider volunteer opportunities through family networks.
- Develop and increase community and personal safety skills including transportation.
- Acquire the Maryland State Identification Card from the Motor Vehicle Administration and ensure you have a copy of your birth certificate.
- Increase social opportunities including school and community-based extra-curricular activities.
- Finalize Alternatives to Guardianship (if appropriate) before age 18 and begin financial planning.

To Do

Done

Education & Employment

- Participate in IEP* meetings, complete transition assessments and be actively involved in developing your transition goals.
- Work with your IEP team and/or your school counselor to discuss diploma options, CTE* programs and to understand the differences between the diploma and certificate of completion.
- Identify your abilities, strengths, and career interests and how your disability affects you.
- Practice how to request available support, services and accommodations.
- Engage in volunteer and summer employment opportunities in the community.

A tool for you and your youth to help with self-advocacy: [The 411 on Disability Disclosure Workbook](#).

To Do

Done

Agency Supports

- Sign consent to release information for school to share information to DDA¹ and/or DORS²
- Complete the initial application process for DDA & DORS – Pre-ETS³ and/or Employment Services
- Contact your local America’s Job Center for summer youth employment (see Labor Link below to find the one closest to you)
- Explore what services you are or will potentially be eligible for that will lead to employment.
- Attend community transition fairs.

To Do

Done



Independent Living

- Confirm health insurance after age 18.
- If receiving SSI*, understand and prepare for age 18 redetermination process.
- Develop and practice your self-advocacy skills
- Increase appropriate levels of independence in anticipation of independent living.
- Create a support network, maintain list of support people and community organizations
- Continue to develop personal interests and participate in leisure activities (local clubs, parks and rec).

To Do

Done

Education & Employment

- Actively participate in and lead your IEP meetings
- Review your course of study and graduation requirements
- Learn more about college enrollment requirements and do college tours
- Complete entrance exams and applications for post-secondary education, financial aid and/or other post school training programs
- Participate in work experiences such as internships, service learning, paid and unpaid work-based experiences
- Understand the differences between IDEA*, Section 504 and the ADA* in post-secondary settings and how to disclose and self-advocate in postsecondary education and employment settings.

To Do

Done

A tool for you and your youth to help with self-advocacy: [The 411 on Disability Disclosure Workbook](#).

Agency Supports

- Complete the second part of the DDA eligibility process in the year prior to exit
- If not eligible for DDA or waitlisted for DORS and not going to college, contact your local America's Job Center (see Labor link below).
- Confirm your eligibility, select a provider, if appropriate and begin developing your post school plan for services prior to exit.

To Do

Done

*IEP = Individualized Education Program, *CTE = Career and Technical Education, *SSI = Supplemental Security Income, *IDEA = Individuals with Disabilities Education Act, *ADA = Americans with Disabilities Act

Your Transition Partners

Transition Partner	Information	Counselor Contact Email Address & Phone Number
<p>Division of Rehabilitation Services (DORS)² dors.maryland.gov</p>	<p>DORS offers two programs to help youth (ages 14-21) with disabilities prepare for employment or training:</p> <ul style="list-style-type: none"> • Pre-Employment Transition Services (Pre-ETS)³ for students at least 14 years old and no more than 21. • Vocational Rehabilitation (VR) Employment Services for adults and students, beginning as early as high school. <p>A DORS counselor is assigned to every public high school in Maryland. dors.maryland.gov/Brochures/DORS Transition Liaisons.pdf</p>	
<p>Developmental Disabilities Administration (DDA)¹ dda.health.maryland.gov</p>	<p>To be eligible for assistance from DDA, a person must be diagnosed with a developmental disability, and meet the following criteria:</p> <ul style="list-style-type: none"> • Maryland resident • Waiver eligible • 21 years old and have a severe chronic disability <p>Available services include:</p> <ul style="list-style-type: none"> • Employment Services • Day Services • Family Supports 	
<p>Behavioral Health Administration (BHA) health.maryland.gov/bha/Pages/Core-Service-Agencies-Resources.aspx</p>	<p>Through local Core Service Agencies, BHA funds and administers programs for individuals with mental illnesses, based on the following criteria:</p> <ul style="list-style-type: none"> • Aged 16-21 • Have a diagnosed chronic/severe mental health condition (according to the DSM-IV-TR) • Are Medicaid eligible or qualify for subsidized services through state or local funds. 	

Transition Partner	Information	Counselor Contact Email Address & Phone Number
Maryland Department of Labor labor.maryland.gov/County/	To be eligible for assistance from the Department of Labor, a person must be age 14-21, classified as low-income and one or more of the following: <ul style="list-style-type: none"> • An offender • Classified as homeless • Pregnant or parenting youth • Youth with a disability • Youth that requires additional assistance to complete an educational/employment program At age 21, you are eligible as an out-of-school youth until age 24.	

Other Transition Partners You May Have

Transition Partner	Counselor Contact Email Address & Phone Number

More Maryland State Resources

- marylandlearninglinks.org/st/
- www.mdtransitions.org
- ctci-umd.org
- marylandpublicschools.org/programs/Pages/Special-Education/index.aspx
- mdod.maryland.gov
-
- www.ppm.org