

TRANSITIONING TO ADULTHOOD

Considerations for Students with Intellectual and Developmental Disabilities

IEP Transition Plan

By age 16 your IEP must include measurable post-secondary goals based upon age appropriate assessments relating to training, education, employment, and independent living skills (if applicable). The IEP team may include Department of Rehabilitation staff for input on services and supports such as job training or other services, including counseling on post-secondary options, and training on technology. You can practice self-advocacy by leading your IEP meetings. Learn more: tinyurl.com/hs-transition



Post-Secondary Accommodations

If you plan to attend community college or a 4-year college, Section 504 accommodations can be sought through the disability centers of your school. Learn more: tinyurl.com/accommodations-college Reasonable accommodations may also be requested by employees with disabilities under the Americans with Disabilities Act (ADA). Learn more: www.askjan.org



Regional Center and the IPP

If you are eligible for regional center services, your Individual Program Plan (IPP) outlines their goals and services designed to increase your independence, productivity, community integration and more. Examples of services include transportation, social-recreation programs, employment supports and residential options. Learn more: tinyurl.com/Regional-center

Department of Rehabilitation (DOR)

DOR's vocational rehabilitation services are designed to help job seekers with disabilities obtain competitive employment in integrated work settings. Several important services for students (ages 14 years and up) are available too! Learn more: www.dor.ca.gov. And Learn how work and benefits go together: <https://ca.db101.org/>



Decision Making Supports

There are many ways to receive/provide support with decision making. Options include: Supported Decision Making (SDM), durable power of attorney (medical and/or financial), HIPAA medical release, conservatorship, and more. Self-advocacy and decision making skills are critical skills to work on! Learn more: tinyurl.com/decision-support



Social Security (SSI and SSDI)

Social Security offers two types of benefits for people with disabilities over 18: Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI). At age 18, the income and resources of family members are not counted, even if the you live at home. Learn more: www.ssa.gov



Health Benefits

If you qualify for SSI, you are eligible to receive Medi-Cal health insurance. Private health insurance must be tapped for behavioral health services before the regional centers will fund those types of supports. Most parents' policies allow continued coverage for dependents up to age 26.



In-Home Support Services (IHSS)

Eligibility for IHSS is only available to those with Medi-Cal and who live with their family or in their own home (not a group home). Services include domestic and related services, personal care services, paramedical services, and protective supervision. Learn more: www.cdss.ca.gov/in-home-supportive-services



CalABLE Account

The ABLE (Achieving a Better Life Experience) Act allows tax-exempt savings accounts to be used for maintaining health, independence, and quality of life for people with disabilities. Earnings in a CalABLE account receive federal and California state tax-free treatment. Withdrawals for a wide range of qualified expenses are also tax-free. Up to \$17,000 a year can be deposited into a CalABLE account without affecting the beneficiary's disability benefits. If you receive SSI benefits, you can save up to \$100,000 in your account with **no** effect on federal and California state benefits! Learn more: www.calable.ca.gov



Housing Waitlists

Sign up for Section 8 (portable voucher) waitlists and other low-income housing (set-aside) waitlists. If voucher waitlists are closed, you should contact your county's Housing Authority to find out when your waitlist will open. Know that you have a right to reasonable accommodations. Learn more: tinyurl.com/discrimination-housing



Emergency Preparedness

As always, make sure to have a up to date emergency plan in place that you practice. Sign up for alerts and create and maintain a go-kit that includes essentials and addresses your disability-related needs (communication, health, mobility, etc.). Learn more: tinyurl.com/prep-disaster

