

# Fact Sheet: Transition to Adulthood



## IEP Transition Plan

By age 16 your IEP must include a transition plan. This plan should include measurable goals based upon age-appropriate assessments relating to adult life including training, education, employment, and independent living skills (if applicable). The IEP team meeting 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 here.](#)

## Disability Accommodations – College and Work

### Education

IEPs do not apply when you are in college. If you plan to attend college, Section 504 accommodations can be sought through the disability centers of your college. [Learn more from Understood.](#)

### Employment

Reasonable accommodations may be requested by employees with disabilities under the Americans with Disabilities Act (ADA). [Learn more from AskJan.](#)

## Regional Center and Your IPP

If you are eligible for regional center services, your Individual Program Plan (IPP) outlines the goals and services designed to increase your independence, employment, community integration and more. Examples of services include transportation, social-recreation programs, employment supports, and residential options. The IPP team should meet before you leave school to discuss your goals as you transition to adulthood and the services and supports you will need to reach those goals. [Learn more from Rights Under the Lanterman Act.](#)

## 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 at DOR.](#)

### Work and Benefits

Many families have concerns about how employment will affect benefits like MediCal, SSI, and others. Dept. of Rehabilitation has councilors who specialize in helping people navigate these questions. You can also find useful information at [Disability Benefits 101.](#)

### Decision-Making Support

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.

Learn about these options at [Disability Rights California](#). Find resources on [Supported Decision-Making at SCDD](#).

### 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 you live at home. [Find information about SSDI here.](#) [Find information about SSI here.](#)

### Health Insurance

There are several options for health insurance.

- Most young adults may stay on their parents' health insurance until they turn 26.
- If you qualify for SSI, you will also qualify for [MediCal, California's Medicaid program.](#)
- You can find other health insurance options at [Covered California](#). You may qualify for financial assistance depending on your income.

## **ABLE Accounts**

Achieving a Better Life Experience (ABLE) accounts allow people with disabilities to save money and continue to receive means-tested benefits such as SSI, MediCal, Section 8 vouchers, etc. You can save up to \$18,000 a year (this amount is adjusted each year). You may have up to \$100,000 in your account without impacting your SSI. [Go to CalABLE](#) to learn about eligibility and how the program works.

## **Housing Choice Vouchers**

If you plan to move into your own home, sign up for your county's Housing Choice voucher wait list as soon as possible. Housing Choice vouchers provide financial assistance for housing for low-income, elderly, and disabled residents. If your county's wait list is closed, ask to be notified when it reopens. [Learn more about the Housing Voucher program here.](#)

## **Prepare for Emergencies**

Make sure to have a up to date emergency plan in place that you practice regularly. Sign up for alerts and create and maintain a go-kit that includes essentials and addresses your disability-related needs (communication, health, mobility, etc.). [Find out more at Listos.](#)