

# PLANNING FOR THE FUTURE CHECKLIST



Use this as your checklist to get ready for life after high school. Bring it to your meetings with your school and/or agency supporters to talk about your progress and how best to plan for your future.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

- EVERY YEAR**
1. Meet with your agency and school supporters.
  2. Take time to talk about information learned from any assessments about your abilities & interests.
  3. Ask about accommodations and technology you can use to meet your school, work & other life goals.
  4. Use your IEP to create the right goals to help you get ready for life after high school (transition).
  5. Build on what you started the year before.

## 14-15 YEAR OLDS

## 15-16 YEAR OLDS

### EDUCATION/TRAINING AFTER HIGH SCHOOL

- Talk with your school and/or agency supporters about your interests and what you want to study after high school.
- Study websites to learn about training, technical school, college programs and classes where you can explore an interest or hobby. Visit at least one of these educational programs.
- Meet with your school's transition coordinator to make sure you are taking the right classes for your goals.
- Understand your disability. Ask for your own accommodations.



### EMPLOYMENT

- Sign up to volunteer and job shadow during school and/or summer months.
- Start keeping a list of the names, email addresses and phone numbers of people who can be references for jobs.
- Learn about programs at your local career and technical education (CTE) centers. If you are interested, ask to visit. If you like it, learn how to apply.



### COMMUNITY LIVING

- Join an activity at your school, community or place of worship.
- Practice asking for what you need during your IEP and other meetings.
- Ask about certified transportation training at your IEP meeting.
- Know the medications you take (names, dosage, why you're taking them). Talk with your doctor about sexuality and boundaries; and about how behaviors like smoking and drinking affect our bodies.
- If you have an intellectual disability and no one has contacted the County's Office of Intellectual Disabilities (OID), ask your parent/guardian to call the county to complete an intake to register for services.
- If needed, create an Individual Health Plan with your doctor and school nurse.



- Learn how accommodations may be different at the educational program you've chosen for after high school, so you can start to prepare.
- If you've chosen college, sign-up for the PSAT test (given in fall of sophomore and junior years) and make an appointment with your guidance counselor to talk about colleges and your plan for applying.
- Visit technical schools or certificate programs you may be interested in.



- To get ready for a job, practice filling out job applications and answering questions an employer might ask you.
- Ask your school and/or agency supporters for help with on-the-job training, job exploration, and/or part-time employment in your areas of interest. Your school can help you get this experience during school and during the summer.
- Ask your parent/guardian to sign forms that will allow Office of Vocational Rehabilitation (OVR) and/or other adult agencies to come to your transition meetings.



- Talk with your school and/or agency supporters about the possibility of funding through Medicaid Waivers.
- Keep a list of your medical conditions and physicians. Be able to describe your health needs.
- If you have questions about your emotional or mental health, talk to your parent/guardian, school or agency supporters and your medical team. You can also call the county crisis line for help.
- Find out about adult agencies (like OVR) that can help you prepare for work, training and independent living. The back of this checklist has a list of these agencies.
- Keep copies of your medical, education and government papers in a file to have ready when you need them.
- Learn how to manage money.



**Need more information? Just call 2-1-1.** Similar to 9-1-1, 2-1-1 is a 3-digit dialing code that connects you with assistance. Trained resource navigators are available 24/7 to answer your questions about transition.

**16-17 YEAR OLDS**

**EDUCATION/TRAINING AFTER HIGH SCHOOL**

- If your goal is a trade or higher education, sign up for standardized tests in your junior year and ask for any testing accommodations you might need.
- Ask your counselor about financial aid to pay for tests and test-prep classes and books.
- Apply to these schools during the fall of your senior year. If needed, apply for financial aid during the winter.



**18-21 YEAR OLDS**

- Make sure you have current documentation of your disability before you leave high school. If you don't, ask for an updated evaluation.
- Contact the office for disability services and support at the school you'll be attending. Let them know the accommodations you need.
- Talk with your IEP team about how you can use your "Summary of Academic Achievement and Functional Performance" after high school.



**EMPLOYMENT**

- Research 5-10 jobs that interest you and discuss what accommodations you may need.
- Apply for part time, summer and/or weekend jobs. Ask for help finding good matches with your skills, interests and location.



- Ask adult agencies to come to your IEP meetings at school to assist with job placement, training, and accommodations.
- Ask your school and agency supporters for help in arranging community-based, on-the-job training and employment in your areas of interest. They can help you with this for work during school, nights and weekends and during the summer.



**COMMUNITY LIVING**

- Decide if you want to live independently after graduation. Talk with your family, school and agency supporters about options for housing.
- Learn about community activities you can get involved in.
- Apply for a driver's license or state ID card.
- If needed, apply for Supplemental Security Income-Social Security (SSI) and Medical Assistance (health insurance). Ask for help to understand working and adult benefits.
- If possible, schedule and attend at least some of your medical appointments yourself.
- Practice budgeting.



- If your goal is to live on your own or with a roommate, talk with your family, school and agency supporters.
- Contact the Special Needs Units (Medicaid plans) or Customer Service (private health plans) to choose a physician who treats adults. Ask your pediatrician to send a transfer summary of your records.
- Verify your healthcare insurance coverage and continuation of benefits past age 18.
- Apply for Personal Assistance Services, if needed.
- Register to vote (age 18). Young men need to register for the Selective Service after their 18th birthday.



**ADULT AGENCIES**

ACCESS Transportation	412.562.5353
Allegheny County Office of Behavioral Health	412.350.4456

Allegheny County Office of Intellectual Disabilities (OID)	412.253.1399
CareerLink	412.552.7100
Department of Human Services	1.877.395.8930
PA EKS Home Service Program	724.873.8659
Three Rivers Center for Independent Living (TRCIL)	412.371.7700

Office of Vocational Rehabilitation	1.800.442.6371
Resolve Crisis Network	1.888.796.8226
Social Security Administration	1.800.772.1213



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