

LOOKING TO THE FUTURE

Planning As Our Children Grow

tran-si-tion (*noun*)

the process or a period of changing from one state or condition to another.

"students in transition from one program to another"

synonyms: growth, development, progress, shift, progression



STARTING YOUNG:

Tips For Transitioning From Early Childhood/Preschool to Kindergarten

- ◆ Well child check in with the Family Physician
- ◆ Developmental screens through your district
- ◆ Understand your child's developmental milestones
 - ◆ Attend Kindergarten orientation
 - ◆ Visit the K classroom and meet the teacher
- ◆ Prepare for day 1 of school-let your child know what to expect
- ◆ If on an IFSP/IEP, schedule a meeting with both current and new team members to ease transition in the spring prior to fall Kindergarten enrollment

ELEMENTARY TO MIDDLE SCHOOL

- ◆ Visit the Middle School's website
- ◆ Tour the new school
- ◆ Get a copy of your child's schedule
- ◆ Get to know the school counselor
- ◆ Attend open house opportunities
- ◆ Visit about time management
- ◆ Encourage the use of a planner
- ◆ If on an IEP, schedule an IEP meeting with current team members and next year's team members
- ◆ Become familiar with adolescent development

MIDDLE SCHOOL TO HIGH SCHOOL

- ◆ Attend orientation
- ◆ Tour the high school
- ◆ Discuss class selection with the guidance counselor
- ◆ Explore extracurricular activities
- ◆ Review the student handbook

If on an IEP/504 plan:

- ◆ Have staff from the high school at the 8th grade transition meeting.
- ◆ Start attending your own IEP or 504 meetings.
- ◆ Meet and introduce yourself to the high school principal.



GRADUATION!

Wait, before we get there, let's talk about what it might look like.

First, you might become 18 years old while in high school. What does this mean? You are legally an adult. At this age, you can:

1. Vote
2. Make a will
3. Be a Power of Attorney
4. Become an organ donor
5. Sign an enforceable contract (rent an apartment, purchase a house, car, take out a loan, etc)
6. Obtain medical treatment
7. Enlist in the armed forces
8. Apply for credit

PARENTS, WHAT YOU NEED TO KNOW BEFORE YOUR CHILD TURNS 18:

- ◆ No later than your child's 17th birthday in SD, the IEP must document that your child has been informed of the rights under IDEA that will transfer at age 18.
- ◆ Obtain either a State-Issued, Non-Driver ID card OR Driver's License
- ◆ Explore and apply for Social Security benefits
- ◆ Explore the options of guardianship, conservatorship, or supported decision making.

Planning for Life after High School

With or without supports (Examples IEP, 504)

If No Supports Are Needed

Going to college? Here are some things to help you prepare.

Keep up with materials by studying every day

Take notes

Start long term projects the day they are assigned

Take ACT/SAT

Tour colleges/universities of interest

Post Secondary Education

If Supports Are Needed

Seek out services and supports

Identify self has having a disability

Contact the Disability Services office

Practice open communication

Develop your resume
Identify career themes
Map out places in your community
Attend job fairs
Prepare for interviews

Employment

Contact Vocational Rehabilitation

◆ Project SKILLS and Project SEARCH

◆ Practice for interviews

◆ Job training and coaching

Contact Department of Labor and Regulations office

Ask IEP team to develop goals to help you achieve your employment goals

◆ Supported employment

◆ Goals that assist movement from school to post school

Housing
Personal care
Transportation
Social and recreational opportunities

Independent Living

Housing

Where do you want to live?

◆ With parents, on your own, or with a roommate?

◆ Different city/state?

Personal Care

◆ Hygiene, laundry

◆ Diet

◆ Grocery shopping

Transportation

◆ Will you drive, ride the bus or walk/bike

◆ Social and Recreational Opportunities

◆ Have friends

◆ A part of a club

If on an IEP, services should include the following:

- Transition planning: opportunities and programs;
- Transition services and requirements, as authorized by IDEA and the Rehabilitation Act;
- Education and employment options for students and youth with disabilities after leaving secondary school; and
- Supporting decisions made by students and youth with disabilities.

it is important that preparations for adult life have started

Who To Talk To If You Have More Questions



In life, we are always transitioning.
Being prepared helps make those transitions be as smooth as possible.

South Dakota Statewide Family Engagement Center
605-484-3401
<https://sdsfec.org/>

South Dakota Parent Connection
800-640-4553
www.sdparent.org

Resources

- ◆ [Resource Guide: Transition To Adulthood](#)
- ◆ [Parent Brief: Reaching Age 18](#)

SD Vocational Rehabilitation Programs
1-877-873-8500
<https://dhs.sd.gov/rehabservices/vocrehabservices.aspx>

SD Department of Labor and Regulation
605.773.3101
<https://dlr.sd.gov/>

Transition Services Liaison Project
605-494-3618
<https://tslp.org/>

Understood
<https://www.understood.org/>

Resources

- ◆ [Transition Resources](#)

LifeCourse
<https://www.lifecoursetools.com/examples/south-dakota-lifecourse-toolkit/>

Center for Parent Information and Resources
(973) 642-8100
<https://www.parentcenterhub.org/>

NEA: National Education Association
www.nea.org

A Transition Guide To Postsecondary Education and Employment for Students and Youth With Disabilities
<https://www2.ed.gov/about/offices/list/osers/transition/products/postsecondary-transition-guide-2017.pdf>

Making the Transition to College
<https://mcgraw.princeton.edu/transition-to-college>

