



## Transition Timeline: Teen Checklist

### At 14 Years: start planning at 14 years to get a strong start to planning for transition

√	What to do
	Think about what you want to do after high school <ul style="list-style-type: none"> <li>• Talk to your parents, teachers, counselor, friends or anyone else you trust</li> <li>• What are your interests and skills? Is there a job or career you have always been interested in? Or have a new interest in?</li> <li>• Attend your IEP meeting if you haven't yet</li> </ul>
	Get in touch with Michigan Rehabilitation Services (MRS) or Bureau of Services for Blind Persons (BSBP) <ul style="list-style-type: none"> <li>• Find your closest office on the MRS Map and make an appointment to see if you qualify (are eligible) for services</li> <li>• Discuss options for pre-employment transition services (pre-ETS) with their office</li> <li>• Get social and employment skills training and paid or volunteer work experiences</li> </ul>
	Decide what goals are important to you <ul style="list-style-type: none"> <li>• Work with teachers and family to make a goal you want to work on</li> <li>• It can be part of your IEP or a personal goal</li> </ul>
	Learn about your disability <ul style="list-style-type: none"> <li>• It's really helpful to understand and be able to describe your disability, how it affects you, and be able ask for a reasonable accommodation</li> </ul>
	Find out what benefits you get <ul style="list-style-type: none"> <li>• This is usually the money you get through Social Security. There are different programs with different names and rules.</li> <li>• Most common are Supplemental Security Income (SSI) and Title II</li> <li>• The rules change when you turn 18 year of age</li> </ul>
	Get to know your doctor <ul style="list-style-type: none"> <li>• Take an active part or lead the conversation with your doctor-the doctor will start talking to you more and your parents less</li> <li>• You need to be able to talk about your health needs with your doctor</li> <li>• You will be in charge of your own health when you turn 18 year of age</li> </ul>
	Practice being more independent <ul style="list-style-type: none"> <li>• Grow your self-advocacy skills (learn what you need, how to ask for it, who to ask)</li> <li>• Do more around your house—without being told</li> <li>• Get a state ID at the Michigan Secretary of State office</li> </ul>
	Get involved <ul style="list-style-type: none"> <li>• Join a group or club in your community around an area of interest such as sports, animals, music, reading, traveling, or something else</li> <li>• Ask your teachers or family for ideas</li> <li>• Have someone join with you</li> </ul>
	Learn to drive (read <a href="#">Taking the Wheel: Driving with Disabilities</a> ) <ul style="list-style-type: none"> <li>• In Michigan you can start driver's training at 14 years and 9 months</li> <li>• Contact your school, your local driver's training business, or the Secretary of State for more information</li> <li>• The more you practice the more prepared you will be to get your license when you have met the academic and driving hours requirements</li> </ul>



## At 15 Years: do these in any order

√	What to do
	<p>Talk about your goals at your IEP meeting</p> <ul style="list-style-type: none"> <li>• Your school team will help you create a plan to finish high school</li> <li>• You will take a life skills assessment to see what areas can help you become more independent and self-advocating</li> <li>• Your IEP goals will have goals related to employment, education after high school (if that is in your plan), and living independently in the community</li> </ul>
	<p>Plan for graduation</p> <ul style="list-style-type: none"> <li>• With a diploma you will have more options for college, technical education, and jobs</li> <li>• Talk to your school counselor to make sure you are on track</li> </ul>
	<p>Get a part-time or summer job</p> <ul style="list-style-type: none"> <li>• If you are eligible, continue working with MRS or BSBP to assist with locating jobs for experience</li> <li>• Take jobs like babysitting, lawn care, or taking care of pets</li> <li>• You can start working part-time with a work permit</li> </ul>
	<p>Social Security Benefits</p> <ul style="list-style-type: none"> <li>• Social Security information can be confusing</li> <li>• Contact Michigan Department of Health and Human Services (MDHHS) for a benefit specialist to find out more information about Social Security benefits</li> </ul>
	<p>Get to know your medications</p> <ul style="list-style-type: none"> <li>• If you take medicine prescribed by a doctor, find out what they are and how and when to take them</li> <li>• Have your parents assist you learn this and practice becoming more independent in taking them with their help</li> </ul>
	<p>Get a savings and/or checking account</p> <ul style="list-style-type: none"> <li>• When you start to earn money, deposit it into an account</li> <li>• Learn to use a debit or credit card and the ATM machine to withdraw and deposit money, and for transactions at stores and online</li> </ul>
	<p>Try new school or community activities</p> <ul style="list-style-type: none"> <li>• Your involvement in school activities often changes as you get older</li> <li>• Talk to counselor, teachers, and your family about how you can get more involved in activities that interest you</li> </ul>
	<p>Learn to drive—if you haven't already</p> <ul style="list-style-type: none"> <li>• Enroll in driver's training</li> </ul>
	<p>Review things you could do the previous year</p> <ul style="list-style-type: none"> <li>• Make sure you didn't miss anything!</li> </ul>



**At 16 Years: do these in any order**

√	What to do
	<p>Get ready to apply to college (if that is your plan)</p> <ul style="list-style-type: none"> <li>• May jobs require education after high school such as college, technical, certificate program, or other training</li> </ul>
	<p>Continue exploring possible jobs</p> <ul style="list-style-type: none"> <li>• Check in with yourself about what you might want to do after high school—it may have changed</li> </ul>
	<p>Get work experience</p> <ul style="list-style-type: none"> <li>• You are more likely to get and keep a job after high school if you work while in high school</li> <li>• You do not need a work permit when you are 16</li> <li>• Continue working with MRS or BSBP to gain skills and experience</li> </ul>
	<p>Social Security Benefits</p> <ul style="list-style-type: none"> <li>• You can work and still get Social Security benefits (through a program called Work Incentives)</li> <li>• Contact Michigan Department of Health and Human Services (MDHHS) for a benefit specialist to find out more information about Social Security benefits and this program</li> </ul>
	<p>Think about who can help you</p> <ul style="list-style-type: none"> <li>• Who can help you reach your goals? Your parents? Your teacher? Pastor? Friends or neighbors? Have at least 1 person you can talk to about your future</li> <li>• Think about alternatives to guardianship</li> </ul>
	<p>Continue your school or community involvement</p> <ul style="list-style-type: none"> <li>• It helps build social networks, friendships, and relationships</li> <li>• This can become part of a network to help you get a job or into education after high school</li> </ul>
	<p>Review things you could do in previous years</p> <ul style="list-style-type: none"> <li>• Make sure you didn't miss anything!</li> </ul>



**At 17 Years: do these in any order**

✓	What to do
	<p>Make an action plan for after graduation—this can be exciting and scary</p> <ul style="list-style-type: none"> <li>• Your senior year your focus is graduation and what you will do right after</li> <li>• Do you plan to get a job or further education or training?</li> <li>• Have family and/or counselors help you, and talk to them about your concerns</li> </ul>
	<p>Consider staying in high school after senior year</p> <ul style="list-style-type: none"> <li>• If you and your family decide graduation isn't the best choice you can continue your education if you still meet special education eligibility</li> <li>• Work on skills and experiences that will help you get a job and live more independently</li> </ul>
	<p>Plan for needed supports</p> <ul style="list-style-type: none"> <li>• Talk to your family if you want or need help in some decisions and having some responsibilities</li> <li>• Decisions might be where to live, taking care of yourself, taking care of your medical needs, managing your money so you can pay for your bill and other needs</li> <li>• Think about alternatives to guardianship and how you can be most independent and still get the help you need</li> </ul>
	<p>Apply for college</p> <ul style="list-style-type: none"> <li>• If you are going to college or other training after high school you should start applying to schools now</li> <li>• Apply for financial aid if you need help paying for school</li> <li>• Check to see if you qualify for scholarships—ask a counselor or your parents to help with this</li> <li>• Go to college or training information sessions at school or in the community</li> </ul>
	<p>Consider an ABLÉ savings account</p> <ul style="list-style-type: none"> <li>• This is an account for people with disabilities and their families</li> <li>• Money put into the account will not be taxed so it can help with extra costs you have and you still get your benefits</li> </ul>
	<p>Review things you could do in previous years</p> <ul style="list-style-type: none"> <li>• Make sure you didn't miss anything!</li> </ul>



## At 18 Years: you are legal adult now and have legal commitments

√	What to do
	Sign medical release forms <ul style="list-style-type: none"> <li>• Your teachers, therapists, nurses, and doctors can no longer share your information with anyone without your permission</li> <li>• Your parents cannot get information about you without your signed permission</li> <li>• You can sign a form to release information them or whoever you decide, at schools and doctor's offices</li> </ul>
	Contact Social Security about your benefits <ul style="list-style-type: none"> <li>• Your benefits may change when you turn 18 years of age</li> <li>• Contact Social Security to see if you qualify for Social Security Income (SSI) or Social Security Disability Insurance (SSDI), Medical Assistance, or Ticket to Work</li> </ul>
	Register to vote <ul style="list-style-type: none"> <li>• Learn the process on how to register at the Michigan Secretary of State</li> <li>• Learn where elections are held</li> <li>• You can be an absent voter in Michigan. Find out more.</li> </ul>
	Register for the draft <ul style="list-style-type: none"> <li>• Every male 18 years and older is required to register with Selective Services at LINK within 30 days of turning 18.</li> <li>• If there is an active duty requirement, a waiver may need to be submitted</li> </ul>
	Education <ul style="list-style-type: none"> <li>• If you haven't already, apply to a college or training program</li> <li>• Tour the Disability Services Office at the program and ask questions and get comfortable with the environment; talk to them out what accommodations you might need</li> <li>• Know how you learn best so you can self-advocate</li> <li>• Continue working with MRS or BSBP to get employment skills training and job experiences</li> </ul>
	Review things you could do in previous years <ul style="list-style-type: none"> <li>• Make sure you didn't miss anything!</li> </ul>

## Transition Timeline: Parent Checklist

**At 14 Years: start planning early! This gives much more preparation time!**

√	What to do
	<p>Give more independence and responsibility</p> <ul style="list-style-type: none"> <li>• What can they do to help at home? How can they do chores without being told?</li> <li>• This will improve confidence and independence</li> </ul>
	<p>Support your teen in exploring future job and career opportunities</p> <ul style="list-style-type: none"> <li>• Your teen should receive information about pre-employment transition services (pre-ETS) through Michigan Rehabilitation Services (MRS) or Bureau of Services for Blind Persons (BSBP)</li> <li>• If you have not heard from them, find your closest office on the MRS Map and make an appointment to see if you qualify (are eligible) for services</li> <li>• Get involved in your teen’s IEP meeting and encourage his or her discussion about their interests and goals</li> </ul>
	<p>Help your teen learn about their disability</p> <ul style="list-style-type: none"> <li>• They will need to describe their disability regardless of their goals after high school</li> <li>• They need to know how it affects them and be able to disclose if they want to, and ask for reasonable accommodations at work or higher education</li> </ul>
	<p>Help your teen find out about their benefits</p> <ul style="list-style-type: none"> <li>• Your teen should know if they receive Social Security income or benefits</li> <li>• They should learn about changes that affect them when they turn 18 years of age</li> </ul>
	<p>Be prepared for your teen’s changing role at medical appointments</p> <ul style="list-style-type: none"> <li>• More conversations will be directed to them by doctors and nurses as they get older</li> <li>• Medical staff may promote independence by asking them questions or asking to talk to them privately</li> <li>• Teen can learn how to schedule their own appointments and start to carry their own health insurance card</li> </ul>
	<p>Encourage your teen to get involved in school activities</p> <ul style="list-style-type: none"> <li>• Involvement in clubs, sports, or other activities can promote social interactions and diverse interests</li> </ul>
	<p>Where can your teen work or volunteer</p> <ul style="list-style-type: none"> <li>• Teens can start working at 14 years of age with a work permit</li> <li>• Less formal jobs are babysitting, lawn mowing, pet sitting, etc.</li> <li>• Jobs and volunteer opportunities provide ways to build networks, relationships, explore interests, and get experience</li> </ul>
	<p>Consider letting your teen learn to drive (read <a href="#">Taking the Wheel: Driving with Disabilities</a>)</p> <ul style="list-style-type: none"> <li>• In Michigan teens can start driver’s training at 14 years and 9 months</li> <li>• Contact your school, your local driver’s training business, or the Secretary of State for more information</li> <li>• The more they practice the more prepared they will be to get your license when you have met the academic and driving hours requirements</li> <li>• At 18 years of age, individuals with or without disabilities can get a driver’s license by passing a written test; going through driver’s training allows additional time and practice.</li> <li>• Some places provide focused training for people with disabilities (i.e. <a href="#">Oragami</a> near Lansing, MI)</li> </ul>