

# Transition Reference Sheet: Ages 14-16

## Transitioning from Pediatric To Adult Care



### Tips to Transition

#### NEXT STEPS

- Are you ready? Complete a readiness tool to assess you/your child's health care independence skills
  - Please refer to the Got Transition Sample Readiness Tool for Youth or Parents/Caregivers
- Remember: You/your child's transition should be continued to be celebrated throughout the process!
- Create a Healthcare passport
- Begin to talk with your doctor about what is important to you/your child in an adult provider
- Participate in community recreation activities to support independent living and social skills

#### IMPORTANT TOPICS

- Education - Transition planning should begin by the time your child turns 14 years old and a statement of transitions services should be included in the IEP by age 16
  - Please refer to the NJ Department of Education Sample Activities/Strategies for Statements of Transition Services and Sample IEP Measurable Goals
- Post-secondary Education and Employment - Become familiar with the Division of Vocational Rehabilitation Services (DVRS) and how they can support your goals through job coaching, vocational training, college planning and supported employment
  - Please refer to Step by Step Guide for Transitioning Students and the DVRS list of contacts for your local office
- Guardianship - Understand what the options are for your family and begin the process early so that you are prepared to file by your child's 18<sup>th</sup> birthday
  - Please refer to the The Arc Family Institute Guide to Guardianship & Alternative Options or the Bureau of Guardianship Services resources for additional information

#### ADULT SERVICE SYSTEMS

- Familiarize yourself with the adult service systems and understand that many services will no longer be entitlements as an adult
  - Additional information about accessing adult services available through The Arc of New Jersey Family Institute
  - <http://www.thearcfamilyinstitute.org/resources/helpful-guides.html>
- Adult service systems include:
  - Division of Developmental Disabilities
    - <http://www.nj.gov/humanservices/ddd/home>
    - Please refer to the Supports Program Quick Guide for families and the DDD Community Service Location list for your local office
  - Division of Vocational Rehabilitation Service
    - [http://careerconnections.nj.gov/careerconnections/plan/foryou/disable/vocational\\_rehabilitation\\_services.shtml](http://careerconnections.nj.gov/careerconnections/plan/foryou/disable/vocational_rehabilitation_services.shtml)
    - Please refer to the Step by Step Guide for Transitioning Students and the DVRS list of office contacts for your local office
  - Centers for Independent Living
    - <http://www.njsilc.org>
    - Please refer to the NJ Centers for Independent Living contact list for your local office

#### SKILLS TO FOCUS ON



- Continue with effective communication, social skills, independent living, self-help, self-advocacy

#### **RELATED TOPICS TO CONSIDER & RESOURCES THAT CAN HELP**

- Safety & Elopement - If your child is at risk to wander or get lost, contact your local sheriff office to access services available through Project Lifesaver
  - Please refer to the Autism NJ Q&A sheet on Project Lifesaver for more information and your county sheriff's office
- Hygiene & Sexuality - Puberty can be a stressful and confusing time for adolescents
  - Please refer to The Vanderbilt Kennedy Center Healthy Bodies Toolkit or the Autism Speaks Puberty and Adolescence Resource Guide for additional resources and tools to help support your child through this process

#### **ADDITIONAL RESOURCES**

- Special Child Health Case Management Unit
  - Contact your local county office for additional resources and support
  - <http://www.nj.gov/health/fhs/sch/sccase.shtml>
- Perform Care is the statewide service delivery system, for all individuals under age 18, for access to additional behavioral health and developmental disability services
  - Please refer to The Arc of New Jersey's Understanding New Jersey's Service Delivery System Eligibility Process for Children with Intellectual and Developmental Disabilities Under 21 Flowsheet or the Perform Care FAQs for Developmental Disabilities and Family Support Services for more information
  - <http://www.performcarenj.org>
- Got Transition
  - Please refer to the Got Transition website for more information on health care transitions
  - <http://www.gottransition.org/>
- SPAN
  - Please refer to SPAN's Transition from School to Adult Life Project for additional information and technical assistance
  - <http://www.spanadvocacy.org/content/transition-school-adult-life>
- Planning for Adult Life
  - Please refer to the Planning for Adult Life website for assistance with a variety of transition topics
  - <http://planningforadulthood.org>
- Autism Speaks
  - Please refer to the Autism Speaks Transition Tool Kit for additional assistance on the journey from adolescence to adulthood
- Please contact your doctor or patient care coordinator for additional resources

