



# WHERE DO I START? TRANSITION RESOURCES

for Families of Teens and Young Adults with Disabilities or Special Health Care Needs



Transition can be an exciting (and sometimes stressful) time for planning for the future. We offer the following questions for your family to discuss, as well as tips and parent recommended resources to get you started. This document is available online with clickable links at [p2p-co.org](http://p2p-co.org).

## Parent to Parent of Colorado (P2P-CO)

P2P will help get you to the right resources. Contact us—we're all in this together.



877-472-7201



[p2p-co.org](http://p2p-co.org)

[infop2p@abilityconnectioncolorado.org](mailto:infop2p@abilityconnectioncolorado.org)

- One-to-one parent matching (birth through life), parent support, information and referral
- Active Online Parent Support group linking parents throughout the state
- Website with disability specific resources, parent wisdom and more

GENERAL PLANNING

**Question:** What will your teen's life look like as an adult?

**Tip:** Participate in a person-centered planning process, such as [PATHs to PossAbilities](#), attend a class through the [PEAK Parent Center](#), or call the Arc of Colorado at (303) 864-9334 to begin to research the possibilities.

**Tip:** At age 14, check with your [Community Centered Board](#) to see if your teen is eligible for adult services.

- [CDE's Transition Resources](#) and [Transition Toolkit](#) include guidance on forming a comprehensive & individualized transition process
- [Transition Resources](#) from PEAK Parent Center
- [Step Up! Into Life After High School](#) video series on Youtube, produced by The Arc
- [Transition, Transition Services, Transition Planning](#) from Wrightslaw provides general and legal transition guidance
- [Pacer's National Parent Center on Transition and Employment](#) has a host of handouts and videos
- [The National Center for Learning Disabilities](#) offers a comprehensive transition guide and e-course

EDUCATION

**Question:** Where could your teen be going vocationally? Will s/he need education or training beyond high school?

**Tip:** Begin at age 14 with measureable IEP transition goals such as 'work experience outside of school hours in at least two worksites.' Educational programs can extend until a student's 21st birthday.

**Tip:** Create an [Individual Career & Academic Plan](#) (ICAP) in the IEP at age 14.

- [Transition Requirements](#) and [Graduation Guidelines](#) from the CO Department of Education
- [Colorado Disabled Students' Network](#) provides peer support, advocacy, and connection
- [Concurrent Enrollment Programs](#) provide free opportunities to attend community college while still in high school
- [Inclusive Higher Education](#) & [Think College](#) have resources for youth with intellectual/developmental disabilities who want to attend college
- [Legal Requirements for Transition Components of the IEP](#) from Wrightslaw

SELF-ADVOCACY

**Question:** Have you encouraged your adolescent to make decisions on his/her own and communicate preferences and feelings?

**Tip:** Encourage your child to become a strong self-advocate. Guide and support him/her to make choices, participate in planning or IEP meetings, have conversations with doctors or be involved with family decisions.

- [Students and Young Adults](#) from PACER Center has information to help develop self-advocacy skills
- [The National Center for Supported Decision Making](#) includes tools, resources, and state-level legislative updates
- [Transition and Self Advocacy](#) from LD Online
- [4 Steps for Stronger Self Advocacy](#) from the Partners Resource Network

**Question:** What work opportunities will your son/daughter have: Competitive employment? Supported employment? Volunteer work?

**Tip:** Explore programs offered by your school district such as [P-TECH](#), [SWAP](#), or state programs such as [Long-Term Services and Supports Training](#) or [Youth Jobs and Training](#). Also, ask friends and neighbors for leads on internships, jobs, or volunteer opportunities.

- [Employment Works](#), a program of Ability Connection Colorado
- [Youth and Transition Services Programs](#) by Colorado Division of Vocational Rehabilitation
- [Colorado Office of Employment First](#) promotes equitable employment and provides training resources for those with disabilities and their families, as well as employers
- [Adult and Community Agencies](#) list from the Colorado Department of Education
- [Brewability/Pizzability](#) in Englewood exclusively hires those with disabilities and hosts employment mixers
- [Project SEARCH](#) is an innovative school-to-work transition program for high school students with significant disabilities (Applications due by October for the following year)
- [Employment Connections](#) has a wide range of resources for youth, parents and professionals
- [Entrepreneurship for Youth with Disabilities](#) an article on the benefits of entrepreneurship by LD Online

**Question:** How will your adult child meet his or her need for health insurance and medical care?

**Tip:** Create a healthcare transition plan at age 14.

- [HCP](#), a healthcare program for children and youth with special healthcare needs, can assist with transition planning
- [Behavioral Health and Crisis Care Resources](#) from the Colorado Behavioral Health Administration
- [Got Transition](#) includes web, video and print resources on transitioning to adult care
- [Becoming An Adult: Taking Responsibility for Your Medical Care](#) video from Nemours Children's Health (<https://youtu.be/cjXurYrFMZM>)

**Question:** What will leisure activities and a social life look like?

**Tip:** Have your son/daughter participate in activities away from you—you need time away from them and vice-versa!

- **Local community recreation centers**, search the web or call to find out about programs
- [Special Olympics Colorado](#), the [YMCA](#), [NSCD](#) (National Sports Center for the Disabled)
- [PAD-CO](#) (Parents of Adults with Disabilities in CO) includes information on social activities and discussion about parenting adult children with disabilities
- **Disability-Specific organizations** for activities and events
- **Faith-based communities** can be a resource for social activities

**Question:** Where will your young adult live and what supports will be needed? What happens when you are no longer around?

**Tip:** Seek out families who have adult children living independently with and without support. Ask questions, observe and then provide age appropriate independent opportunities beginning on a small scale.

**Tip:** Investigate available supports. Have a will in place. Consider a special needs trust. Plan for the future!

- [Home and Community Based Services](#) has a list and flowchart of adult waivers
- [DRMAC](#), Denver Regional Mobility & Access Council
- [In Home Support Services](#) information for services your youth can receive at home
- [The Arc's Center for Future Planning](#) helps individuals with disabilities and their families plan for the future
- [The Guardianship Alliance of Colorado](#) provides information and training related to the guardianship process
- [Atlantis Community, Inc.](#) offers peer support, advocacy, financial planning, and independent living skills training
- [Colorado Statewide Independent Living Council](#) promotes inclusion in the community
- [Social Security Benefits Planner \(SSI\)](#) for a disabled child over 18
- [Disability Housing Information](#) from Disabled World
- [Housing Choice Voucher Program](#) (also known as Section 8).
- [Becoming an Adult: Legal & Financial Planning](#) video from Nemours Children's Health (<https://www.youtube.com/watch?v=CpvlyfiRjRM>)

The **WHERE DO I START?** series is available, in English and Spanish, at [p2p-co.org/where-do-i-start](http://p2p-co.org/where-do-i-start)

- #1 General Resources
- #2 Disability Specific Resources
- #3 The Three P's: P2P, PEAK, PEP
- #4 Transition for Youth and Young Adults



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