



TRANSITION CHECKLIST 18, 19 AND 20 YEARS OLD



This checklist is intended to help families prepare for a smooth transition from school to DDS Adult services. These suggested topics, action items and resources may not be relevant to everyone. Please reach out to your DDS Service Coordinator with questions.

1. THINGS TO THINK AND LEARN ABOUT

- ☐ [Think about and write down](#) what you want and do not want after leaving school transition services. Think about things you may want to explore or try as well.

Consider: employment, further education, transportation, where you want to live, who you want to spend time with, health and medical needs, activities you enjoy.

Share this with your IEP Team and discuss how school transition services can help you meet your goals. Share with your DDS Service Coordinator as well.

2. THINGS TO DO

- ☐ [Complete application for DDS Adult supports](#) if you haven't already done so. Contact your local Family Support Center if you need help.
- ☐ Provide life experiences to help your youth explore their interests and gain independence, such as chores and paid or volunteer work, making choices and friends
- ☐ Invite your DDS Service Coordinator to your IEP meetings; let them know if you might exit school services before age 22
- ☐ Apply for [MassHealth CommonHealth](#)
- ☐ [Apply for SSI](#) if needed
- ☐ [Register to Vote](#)
- ☐ Apply for subsidized housing and vouchers:
 - [CHAMP application](#) for housing authorities and projects
 - [Section 8](#) application
- ☐ Attend a transition fair hosted by your DDS area office.
- ☐ Complete documents for adult decision making, such as health care proxy, power of attorney, supported decision making, guardianship. Contact your DDS Service Coordinator, local Family Support Center, financial planner, and Court Service Center for help and guidance.

3. RESOURCES

- ☐ [DDS Authorization for Release of Information form](#)- page 5 and 6 of eligibility application
- ☐ [Life Domain Vision Tool](#)
- ☐ [Benefits counseling](#) provides advice on working and public benefits
- ☐ [Autism Housing Pathways Turning 18 Checklist](#)
- ☐ [What you Need to know About your Supplemental Security Income](#) (SSI) When you Turn 18 (SSA.gov)
- ☐ [Focus on Transition to Adulthood](#): a Quick Guide in the life Experience Series