



TRANSITION CHECKLIST 16 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

- ☐ Learn and talk about the benefits of getting transition services through school after completing 12th grade.
- ☐ Discuss with your DDS Service Coordinator and IEP team which adult agency (DDS, DMH, MassAbility) will be the best support to your youth when they are an adult
- ☐ What assessments you need completed for the adult application (DDS and/or other state agencies) and to determine transition services through school

2. THINGS TO DO

- ☐ Check your IEP for Expected Graduation Date and your next 3 Year Re-Evaluation. Share and discuss with your DDS Service Coordinator
- ☐ Ask your school about MassAbility [Pre-Employment Training Services](#) (Pre-ETS)
- ☐ Attend a parent workshop on transition planning sponsored by your local Family Support Center, Federation for Children with Special Needs (FCSN), or your school's Special Education Parent Advisory Council (SEPAC)
- ☐ Provide [life experiences](#) to help your youth explore their interests and gain independence, such as chores and volunteer work, making choices and friends
- ☐ Contact your DDS Service Coordinator and/or Family Support Center when you need help
- ☐ Explore whether you might want to [go to college](#).
- ☐ Attend a transition fair hosted by your DDS area office.

3. RESOURCES

- ☐ [TIPS: Transition Information for Parents and Students with IEP's](#) (age 14-22) Chapter 688 Referral
- ☐ [DDS Transition timeline](#)