



TRANSITION CHECKLIST FOR STUDENTS ABOUT TO EXIT SCHOOL SERVICES



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

- ☐ What are things I really like to do and want to keep doing after I leave school?
Are there new things I want to try?
- ☐ Who are the important people in my life?
- ☐ How do I learn best? What should people know about me if they want to help me?
- ☐ What are my goals for my life for the next five years?

2. THINGS TO DO

- ☐ [Write down what you want and do not want](#) for the next five years.
Consider: employment, transportation, where you want to live, who you want to spend time with, health and medical needs, activities you enjoy.
Share this with your DDS service coordinator.
- ☐ Meet with your DDS Service Coordinator to plan what adult services and other supports may be available to you
- ☐ Attend a transition fair hosted by your DDS area office.
- ☐ Learn about [Participant Directed Services](#)

3. RESOURCES

- ☐ [I is for Individual](#), to help you prepare for your ISP meeting (ask your Service Coordinator if this applies to you)
- ☐ [Life Domain Vision Tool](#)
- ☐ [Autism Housing Pathways workbooks](#)