



# TRANSITION CHECKLIST 14 & 15 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 use your judgement and reach out to your DDS Service Coordinator if you have questions.

## 1. THINGS TO THINK AND LEARN ABOUT

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- ☐ Provide life experiences to help your youth explore their interests and gain independence, such as chores and volunteer work

## 2. THINGS TO DO

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- ☐ Connect with your [Family Support Center](#) for information, support and to connect with other families. Inquire about groups for transition age parents and youth
- ☐ Connect with your school's [Special Education Parent Advisory Council](#) (SEPAC)
- ☐ Contact your DDS Service Coordinator and/or Family Support Center when you need help
- ☐ Apply for [MassHealth Standard or MassHealth CommonHealth](#)
- ☐ Attend a transition fair hosted by your DDS Area Office
- ☐ Let your DDS Service Coordinator know if you have IEP evaluations coming up so you can discuss what assessments you need completed for the adult application to DDS and/or other state agencies

## 3. RESOURCES

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- ☐ [Focus on Transition to Adulthood](#) a Quick Guide in the life Experience Series
- ☐ [DDS Transition Information Fact Sheets](#)