

# Family Transition Checklist

## Pre-K through 12th Grade

This Transition Checklist is designed to help you and your family address some important planning pieces as your student transitions from school to adult life. The document is interactive and will often link users to other sites to gain a deeper understanding of available support and services. Please note that each item listed below is a suggested task or skill and may not be applicable to every family. It is your choice to use this checklist throughout your time with the Special School District.



### Digital Version

A digital version of this document is available via the QR code.

Suggested Activities	Applicable Grades			
	Pre-K	K-5	6-8	9-12
<b>Family Support</b>				
Contact a <a href="#">Family Navigator</a> for one-on-one support to help individuals with disabilities and their families live full lives that align with their personal goals (no cost): <ul style="list-style-type: none"> <li>Information on system program navigation</li> <li>Resources individualized to needs</li> <li>Advocacy training</li> </ul>	●	●	●	●
For support services and resources in the Metro Area: <ul style="list-style-type: none"> <li><a href="#">IDD Gateway Resource Guide</a></li> </ul>	●	●	●	●
Contact <a href="#">SSD FACE</a> (Family & Community Engagement) about <a href="#">Charting the LifeCourse (CtLC) framework for vision building</a> . The CtLC tools can help organize your ideas, vision, and goals, as well as problem-solve, navigate, and advocate for support for family and students. CtLC can be integrated into an IEP meeting.	●	●	●	●
Contact the <a href="#">Regional Office (RO)/Department of Mental Health (DMH)</a> - a statewide system of supportive services. Once determined <a href="#">eligible</a> , RO can help with: <ul style="list-style-type: none"> <li>Accessing/ funding community support and services, including waivers</li> </ul>	●	●	●	●

<ul style="list-style-type: none"> <li>Increasing opportunities for meaningful employment and other post-secondary programs and supports</li> <li>Respite services</li> </ul> <p>Be sure to</p> <ul style="list-style-type: none"> <li>Keep your student's case open with ongoing communication.</li> <li>Invite your RO Support Coordinator to IEP meetings &amp; keep them involved in your student's plans/needs for transition.</li> <li>Update the RO ISP (Individualized Support Plan) annually or more often as your student's needs change.</li> </ul>				
<p>Network with other families to build a circle of support:</p> <ul style="list-style-type: none"> <li>Parent Advisory Council (PAC)               <ul style="list-style-type: none"> <li><a href="#">SSD's PAC</a></li> <li>Home school district's PAC</li> </ul> </li> <li>The <a href="#">Starkloff Disability Institute's</a> parent roundtable</li> <li><a href="#">Agencies</a> that have family &amp; peer support connections</li> <li>SSD's social media               <ul style="list-style-type: none"> <li><a href="#">Facebook</a></li> <li><a href="#">Instagram</a></li> </ul> </li> </ul>	●	●	●	●
Explore SSD <a href="#">Family Toolkit</a> (Family and Community Engagement)	●	●	●	●
Explore <a href="#">SSD FACE Family Workshops &amp; Events</a> - virtual or in-person	●	●	●	●
Sign up online for the <a href="#">Recreation Council</a> - provides a weekly calendar of social & community activities in the St Louis Metro Area.	●	●	●	●
Check out the IDD Gateway Guide for <a href="#">seasonal programs and activities</a> , i.e., summer camps, after-school clubs, social events, and sports.	●	●	●	●
Learn how <a href="#">funding sources and financial assistance programs</a> can benefit you, such as Social Security, Medicaid, Department of Mental Health/Regional Office.	●	●	●	●
Access the <a href="#">State of Missouri Disability Portal</a> for information and resources.	●	●	●	●
<b>Community and Independent Living</b>	<b>Pre-K</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
<b>Transportation</b>				
<p>Explore <a href="#">Metro</a> Public Transportation Options:</p> <ul style="list-style-type: none"> <li>Disability Reduced Fare ID card</li> <li>On the Way with ADA card</li> <li>Call-A-Ride</li> <li>Metro Travel Training – teaches riders how to purchase fares, understand landmarks, schedules, and safety</li> </ul>			●	●

<ul style="list-style-type: none"> <li>• Metro STL-Ride share program</li> <li>• Via Metro STL - hail a vehicle directly from a smartphone using the Via app</li> </ul> <p>Some services require a Paratransit assessment to qualify. After graduation, families may need to arrange and pay for transportation.</p> <p>**waivers/ funding options</p>				
<p>Explore alternatives to public transportation options, i.e., Uber for Teens, Lyft UP for Job Training, OATS, <a href="#">MO-Rides</a></p>			●	●
<p>Obtain <a href="#">a state (non-driver's) ID</a> - no minimum age.</p>			●	●
<p>Obtain <a href="#">a state driver's license</a>. Look into taking the written and driving examinations with accommodations, if needed.</p>			●	●
<b>Independent and Supported Living</b>				
<p>Explore various future <a href="#">healthy living options and services</a>, either independent or supported:</p> <ul style="list-style-type: none"> <li>• <a href="#">Pre-ISLA</a> (Independent Supported Living Arrangements)</li> <li>• ISLA (Independent Supported Living Arrangement)</li> <li>• Discuss eligibility with the <a href="#">Regional Office</a> for in-home and out-of-home services/ supports and home and community-based waivers</li> </ul>				●
<p>Explore <a href="#">Missouri Technology First Initiative</a>, which helps people with disabilities increase independence through the <a href="#">use of technology</a>, i.e., sensors on doors &amp; windows, medication reminders, and dispensers, monitors to access staff remotely, and free Apps (Talk for Me-Text to Speech).</p>			●	●
<p>Search for available technology and apps to increase independence:</p> <ul style="list-style-type: none"> <li>• <a href="#">State of MO Disability Portal-Assistive Technology</a></li> <li>• <a href="#">IDD Resource Guide-Enabling &amp; Assistive Technology</a></li> <li>• <a href="#">SSD Assistive Technology</a></li> <li>• <a href="#">SSD Augmentative Communication</a></li> </ul>	●	●	●	●
<p>Encourage independent living skills like routines, grooming, hygiene, household care and use/safety, phone use, meals, technology, shopping, money, transportation, community safety (including interacting with first responders), emergencies, first aid, medication, cyber safety, health &amp; self-care routine.</p> <ul style="list-style-type: none"> <li>• Check out community programs/classes at <a href="#">St. Louis ARC</a>,</li> <li>• <a href="#">SSD Supports for Transition Planning</a> <ul style="list-style-type: none"> <li>• Independent Living Skills</li> <li>• Supports for Transition Planning - PreVocational Skills by Grade Levels</li> </ul> </li> </ul>	●	●	●	●

<p>Promote Self Determination/Self Advocacy by encouraging your student to speak up for themselves, problem solve, work toward goals, be involved in making life decisions, make safe choices, describe disability and how it affects their learning,</p> <ul style="list-style-type: none"> <li>• <a href="#">Transition - Self Determination</a> - Core Components</li> <li>• <a href="#">Transition - Self Determination</a> - Transition Planning</li> </ul>	●	●	●	●
<b>Employment Options and Services</b>	<b>Pre-K</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
Talk about various jobs and careers, at every age and stage. Encourage your student to volunteer, find paid jobs, and participate in community service projects.	●	●	●	●
Encourage your student to volunteer, find paid jobs, and participate in community service projects.			●	●
<p>Explore/ contact SSD case manager for <a href="#">summer paid work experiences</a>:</p> <ul style="list-style-type: none"> <li>• Summer Work Experience Program (SWEP), students can participate as many summers as desired between the ages of 16-20, and are returning to school in the fall (ratio: 1 job coach/ 4 students).</li> <li>• Vocational Rehabilitation (VR)- Summer Work Experience (SWE), for summer before a student's junior or senior year (ratio: 1 job coach/ 10 students).</li> </ul> <p>Both programs are open to county residents with a qualifying disability.</p>				●
Contact your SSD Case Manager regarding <a href="#">Pre-ETS</a> (Pre-Employment Transition Services) Specialists, who partner with local high schools and assist students (ages 14-21) with career counseling, job exploration, and work readiness.				●
For help with obtaining and maintaining competitive, integrated paid employment, contact SSD case manager to complete an intake with <a href="#">Vocational Rehabilitation (VR)</a> during the first semester of the last year of high school.				●
<p>Talk to your student’s SSD case manager regarding school-sponsored work training opportunities and programs, such as:</p> <ul style="list-style-type: none"> <li>• <a href="#">Community-Based Vocational Instruction (CBVI)</a></li> <li>• <a href="#">Vocational Skills Program (VSP)</a></li> </ul>			●	●

Talk to your student's SSD case manager about COOP, a cooperative educational program that allows high school students to earn elective credit for paid employment.				●
Familiarize yourself with skills needed for various post-secondary options, i.e., employment, college, and adult day programs. <ul style="list-style-type: none"> <li>● <a href="#">SSD Local Industry Standards</a></li> <li>● <a href="#">IDD Gateway Resource Guide</a></li> </ul>			●	●
Access the <a href="#">State of Missouri Disability Portal</a> for state-wide information and resources.			●	●
For supported/supervised employment, tour and learn about <a href="#">sheltered workshops</a> , a supervised employment option with pay based on productivity (waitlists can be long, and pay is often sub-minimum wage).				●
Help your young adult learn about disability rights under the <a href="#">Americans with Disability Act (ADA)</a> , including employment, transportation, public accommodations, communications, and access to state and local government programs and services.			●	●
<b>Education &amp; Post-Secondary Adult Options</b> (Technical Programs, 2 & 4 Year College/University, Post-Secondary Education Programs)	<b>Pre-K</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
Talk to your SSD case manager about SSD <a href="#">Career &amp; Technical Education (CTE) Programs</a> <ul style="list-style-type: none"> <li>● <a href="#">North Technical High School</a></li> <li>● <a href="#">South Technical High School</a></li> <li>● <a href="#">Applied Tech - Nursing Field</a></li> </ul>			●	●
Consider touring college campuses, exploring entrance requirements, available funding resources, and accessibility issues.			●	●
Meet with the guidance counselor about: <ul style="list-style-type: none"> <li>● Earning "College Credit in High School" programs</li> <li>● Check out the <a href="#">St Louis Community College</a> ( i.e., dual enrollment, early college, dual credit, Make it Count)</li> <li>● <a href="#">Individual Career and Academic Plan (ICAP)</a>-- student's roadmap to their future via anticipated coursework, assessments, organizations, and experiences</li> <li>● Options after graduation</li> </ul>				●
Have early discussions with the SSD case manager and guidance counselor prior to graduation, such as: <ul style="list-style-type: none"> <li>● Credits needed</li> </ul>				●

<ul style="list-style-type: none"> <li>• Diploma</li> <li>• When eligibility for SSD services end</li> </ul>				
Take the ACT/SAT/community college entrance exam. Be sure to request accommodations (extra time, time breaks, use of a calculator) if needed.				●
<p>Learn the difference between high school and college accommodations. After graduation, IDEA/IEPs (Individuals with Disabilities Education Act) end, and other legal protections begin for college students.</p> <ul style="list-style-type: none"> <li>• <a href="#">What laws do what (IDEA, Section 504, and ADA)</a></li> <li>• <a href="#">Differences between College and High School</a></li> <li>• <a href="#">Supports for College Bound Students</a></li> </ul>				●
<p>Explore post-secondary training programs, like inclusive higher education programs for students with disabilities (credit vs non-credit, diploma vs certificates):</p> <ul style="list-style-type: none"> <li>• <a href="#">Starkloff Access U</a></li> <li>• <a href="#">UMSL- SUCCEED, Succeed Plus, Link Programs - St Louis Campus</a></li> <li>• <a href="#">MO State University - Bear Power</a> - Springfield Campus</li> <li>• <a href="#">University of Central MO - THRIVE</a> - Warrensburg Campus</li> <li>• <a href="#">University of MO - PAWS</a> - Columbia Campus</li> <li>• <a href="#">Illinois- PaCE</a></li> </ul>				●
<p>Explore online resources on topics related to post-secondary education for people with disabilities:</p> <ul style="list-style-type: none"> <li>• <a href="#">AHEAD</a> (Association on Higher Education and Disability)</li> <li>• <a href="#">Think College</a></li> <li>• <a href="#">A Practical Guide for People with Disabilities Who Want to go to College</a></li> <li>• <a href="#">National Center for College Students with Disabilities</a></li> </ul>				●
<p>Inquire about disability services and accommodations at post-secondary programs and schools of interest. Most colleges/universities have a Disability Support Services Access Office for students. i.e., <a href="#">St Louis Community College Access Office</a>.</p>				●
<p>Adult Day Programs offer continuous care, assistance, and supervision throughout the day in an adult setting.</p> <p>Talk to a <a href="#">Regional Office Support Coordinator</a>, a <a href="#">Family Navigator</a>, and/or an SSD <a href="#">Transition Specialist</a> about:</p> <ul style="list-style-type: none"> <li>• Eligibility for services/application process (waitlists can be long, plan early)</li> <li>• Touring programs</li> <li>• Funding/ waivers</li> </ul>				●

Healthcare (including behavioral and mental health) & Safety	Pre-K	K-5	6-8	9-12
Prepare and plan for the <a href="#">transition from medical pediatric care providers to adult care providers</a> , around the age of 15 or 16.				●
Find out about medical coverage for adult disabled dependents and at what age private insurance ends, if applicable.				●
Have your young adult start talking to the doctor/dentist, filling out medical forms, and making appointments.			●	●
Talk to your child about puberty and sexuality (body, privacy, boundaries/ safe touch, consent, expressing affection, social/ relationships skills, and exploitation prevention), also explore programs in the community (i.e., <a href="#">Paragad</a> , <a href="#">EasterSeals</a> , <a href="#">SSD resources</a> ).	●	●	●	●
<p>Apply/Renew annually - <a href="#">MO HealthNet/Medicaid</a></p> <p>Medicaid is a joint Federal and State program. There are several ways to qualify for Medicaid adult benefits. After age 18, an individual is seen as a “family of one” and parental income is no longer considered as part of their income. Many youth who do not qualify for Medicaid because their parent's income was too high become eligible at age 18 when only their own income is counted.</p>	●	●	●	●
<p><a href="#">Explore resources</a> for support in a mental health crisis.</p> <p>Explore services funded by the <a href="#">St. Louis County Children’s Services Fund</a>, which provides an extensive range of mental health services and programs to kids and their families.</p>	●	●	●	●
Contact <a href="#">Behavioral Health Response</a> for mental health support. Behavioral Health Response provides crisis support, telephone counseling, and mental health resources 24 hours a day, 7 days a week.	●	●	●	●
Contact <a href="#">UMSL-Community Psychological</a> Services, an outpatient mental health center that provides counseling and evaluation support.	●	●	●	●
Legal Protections, Financial Planning & Guardianship	Pre-K	K-5	6-8	9-12
Apply for <a href="#">Social Security Benefits</a> (SSI) (if applicable)	●	●	●	●
Apply for <a href="#">Medicaid/MO Health Net</a> (if applicable)	●	●	●	●
<p>Register for Selective Service via:</p> <ul style="list-style-type: none"> <li>● <a href="#">Selective Service online</a></li> <li>● <a href="#">US Post Office Service</a></li> </ul>				●

Males must register within 30 days of their 18th birthday. Although it is highly unlikely that individuals with a significant disability would be asked to serve in the military, failing to register could affect eligibility for certain government programs or benefits.				
Get organized by consolidating important and personal information in a safe place <ul style="list-style-type: none"> <li>• <a href="#">Birth certificate</a></li> <li>• <a href="#">State ID</a></li> <li>• <a href="#">Social Security Card</a></li> <li>• <a href="#">IEP/ SSD student records - (initial evaluation/ re-evaluation)</a></li> <li>• Health/Medical records</li> </ul>	●	●	●	●
Practice safety and security <ul style="list-style-type: none"> <li>• Help your young adult know how to interact with law enforcement (police) &amp; other first responders (paramedics, EMT) and understand their ADA rights</li> <li>• Explore registering your young adult with local authorities as an individual with a disability</li> <li>• If applicable, contact <a href="#">Home Safe</a> - Creve Coeur only - for help from police to develop a safety medical plan</li> </ul>		●	●	●
Access the <a href="#">State of Missouri Disability Portal</a> for state-wide information and resources		●	●	●
<b>IEP Planning</b>	<b>Pre-K</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
Review <a href="#">DESE's Transition IEP Tips</a> about the IEP process (what to do before, during, and after the meeting)			●	●
Visit SSD's <a href="#">Transition</a> webpage for a variety of topics	●	●	●	●
Review SSD's <a href="#">Transition Planning Information</a>	●	●	●	●
Ask an <a href="#">IDD Family Navigator</a> about inviting an adult agency provider to the IEP.		●	●	●
Learn about how the student's education rights will transfer on reaching the <a href="#">age of majority</a> (18 yrs).  Unless declared incompetent through the court system, the student becomes the <a href="#">educational decision-maker</a> (EDM) regardless of the student's disability or mental capacities.				●
Ensure that accessibility issues or adaptive equipment (communication, canes, wheelchairs, head tracker, etc.) needs are being addressed	●	●	●	●

<p>Consider post-school <a href="#">augmentative and alternative communication</a> and/or <a href="#">assistive technology</a> needs. Devices funded by the school are District property and will need to be returned. Funding may be available through <a href="#">Medicaid/ DMH waivers</a>, or personal/private sources.</p> <p>Unless enrolled in ESY, school-owned equipment is serviced during the summer months between grades.</p>	●	●	●	●
<p><a href="#">Develop an IEP Transition Plan</a> with the team.</p> <p>Transition planning is required to begin with the first IEP that is in effect when the student turns 16, or younger if determined to be necessary by the IEP team. Includes in part:</p> <ul style="list-style-type: none"> <li>● Transition assessments of students' interests, strengths &amp; needs</li> <li>● Post Secondary Goals--developed for Education/Training, Employment, and Independent Living if appropriate</li> <li>● Action Plans-activities to meet the PostSecondary goals</li> </ul>		●	●	●
<p>Ask your Case Manager about <a href="#">Charting the LifeCourse (CtLC) framework</a> for vision building. The CtLC tools can help you organize your ideas, vision, and goals, as well as problem-solve, navigate, and advocate for support for your family and child. CtLC can be integrated into an IEP meeting.</p>	●	●	●	●
<p>Prepare students to <a href="#">participate</a> and self-advocate in the transition IEP, supporting their diverse needs. Students can participate at any age, however, are required to be invited at 16.</p>		●	●	●
<p>Talk to your child about his/her disability. The <a href="#">“411 on Disability Disclosure Workbook”</a> can help families and students think about how and when to disclose.</p>		●	●	●
<p>Attend in-person, or virtual <a href="#">SSD's FACE workshops</a> and community <a href="#">EasterSeal's family workshops</a>.</p>	●	●	●	●