



HIGH SCHOOL TO ADULT TRANSITION

Planning Checklist



12-24 MONTHS PRIOR TO GRADUATION

- ☐ Review the student's Individualized Education Program (IEP) and ensure a transition plan is in place.
- ☐ Identify post-school goals: employment, adult day program, further education, or combination.
- ☐ Talk to your school's transition coordinator about community partnerships or internships.
- ☐ Contact your state's Vocational Rehabilitation (VR) agency for eligibility and intake process.

6-12 MONTHS PRIOR TO GRADUATION

- ☐ Begin researching local adult day programs and vocational training centers.
- ☐ Arrange for job skill assessments through the school or VR services.
- ☐ Collect documentation: medical records, disability diagnoses, IEP history, Social Security info.
- ☐ Apply for or update Social Security benefits (SSI/SSDI) if eligible.
- ☐ Learn about Medicaid waivers and how they may fund adult services.

0-6 MONTHS PRIOR TO GRADUATION

- ☐ Schedule visits/tours of adult day programs and meet staff.
- ☐ Finalize placement in adult program or confirm job training schedule.
- ☐ Practice transportation routines (public transit, paratransit, or family transport).
- ☐ Ensure ongoing therapies (OT, PT, speech) are set up for continuity after school.
- ☐ Create a weekly schedule that blends work, social time, and rest.

AFTER GRADUATION

- ☐ Attend first program/job training sessions and meet all support staff.
 - ☐ Review progress regularly with program coordinators or employers.
 - ☐ Keep communication open and adjust goals or supports as needed.
 - ☐ Stay connected with parent support groups for encouragement and resources.
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