

# Transition

Years	First year	2	3	4	5	6	7	8	9	10	11
Parent and Child interactions that encourage independence	<p><b>By ages 3-5, or according to your child's developmental ability:</b></p> <ul style="list-style-type: none"> <li>Assign your child chores appropriate to ability level</li> <li>Begin teaching your child about his/her special health care need</li> <li>Begin teaching your child self-care skills: normal skills and those related to his/her special health care need</li> <li>Join associations that represent your child's disability or chronic illness</li> </ul>					<p><b>By ages 6-11, or according to your child's developmental ability:</b></p> <ul style="list-style-type: none"> <li>Begin helping your child interact directly with doctors, nurses, and therapists</li> <li>Assess your child's understanding of his/her special health care need and build on their understanding</li> <li>Continue to teach self-care skills</li> <li>Encourage hobbies and leisure activities</li> <li>Encourage decision making by offering choices to your child</li> <li>Continue assigning chores appropriate to ability</li> <li>Take your child shopping when possible so he/she can help in choices</li> <li>Let your child choose how to spend some or all of allowance</li> <li>Teach your child consequences of his/her behaviors and choices</li> <li>Allow your child to experience the consequences of a poor choice as well as a good choice</li> <li>Take your child to visit your place of work</li> <li>Begin asking your child, "What do you want to be when you grow up?"</li> </ul>					
	<p>Early Intervention            Division of Services for People with Disabilities            Children with Special Health Care Needs            Utah Collaborative Medical Home Project            Supplemental Security Income (SSI)            Medicaid            CHIPS            Shriners Hospital for Children, Intermountain</p>					<p>Utah State Office of Education            Utah Parent Center</p>					
Possible Supports and Services											
Programs	<p>Transition toward adolescence → Transition toward preschool → Transition toward school → School program</p>										
Years	Early intervention					Preschool program			School program		
Years	First year	2	3	4	5	6	7	8	9	10	11

# Timeline

Adapted by the Intermountain Collaborative

12	13	14	15	16	17	18	19	20	21	22	Year
<p><b>By ages 12-18, or according to developmental ability:</b></p> <ul style="list-style-type: none"> <li>Assess your teen's perception of his/her special health care need &amp; fill in gaps of understanding</li> <li>Continue teaching self-help skills</li> <li>Begin helping your teen keep a record of medical history, including conditions, operations, treatments (dates, docs, recommendations)</li> <li>Begin helping teen take responsibility for making and keeping appointments, ordering supplies...</li> <li>Discuss sexuality with your teen and how his/her special health care need will affect it</li> <li>Help your teen identify and build on strengths</li> <li>Explore support groups, if teen is interested</li> <li>Begin to explore and talk about career interests</li> <li>Help your teen find work and volunteer activities</li> <li>Continue to help your teen help with chores</li> <li>Continue to encourage hobbies and leisure</li> <li>Help your teen identify and be involved with older teen role models</li> <li>Begin, with your teen, looking for adult health care provider and financing</li> <li>Encourage teen to communicate directly with doctors during appointments</li> </ul>						<p><b>By ages 18-21 or developmental ability:</b></p> <ul style="list-style-type: none"> <li>Act as a resource and support to your young adult</li> <li>Encourage your teen to participate in support groups or organizations relevant to his/her special health care</li> </ul>					<p><b>Parent and Child interactions that encourage independence</b></p>
						<p><b>Transition to Adulthood</b></p> <p><b>By age 14:</b></p> <ul style="list-style-type: none"> <li>Transition Plan (school) begins for teen on IEP's</li> </ul> <p><b>By age 17:</b></p> <ul style="list-style-type: none"> <li>Notify Vocational Rehabilitation by the beginning of their last school year</li> <li>If appropriate, begin guardianship procedures 2 months before teen turns 18</li> </ul> <p><b>By age 18:</b></p> <ul style="list-style-type: none"> <li>Check eligibility for SSI the month the teen turns 18</li> <li>Investigate SSI work incentives</li> </ul> <p><b>By age 21:</b></p> <p>For young adults with developmental disabilities, notify DSPD for adult vocational services</p>					

