

Transition guidelines: preparing for life after high school

One year before leaving school

Bolded items are time-specific

HEALTH CARE

- Ask your doctor's office to mail copies of medical tests or reports to your home. Ask for a short written summary of your health condition and treatment plan. Keep all of this information together in a folder or notebook.
- Carry your insurance card and other important health care information with you at all times.
- Make sure you know your insurance carrier and how to get a referral if you need one.
- Keep a list of addresses and telephone numbers of all your doctors and nurses.
- Meet and talk with the new adult doctor before you switch to find out if it's a good match.
- A Release of Information form should be signed to transfer your medical records to your new adult doctors and/or healthcare providers
- Think about signing a Release of Information form that will allow your parents to talk to your doctors when you turn 18.
- Think about appointing a medical decision-maker to make health care decisions for you should you become unable to do so. This is called an Advanced Directive. It is not needed if someone becomes your guardian when you turn 18.
- A parent or other caregiver should apply for guardianship six months before you turn 18 if you are unable to make any medical or financial decisions for yourself.

ADULT SERVICES

- Once you leave school the financial resources and eligibility requirements change for adult programs. Most programs have a waiting list. If you are able to pay for your services then you may not need to wait for county funding.
- Check with the Milwaukee County Office for Persons with Disabilities for financial support.
- **Apply for Milwaukee County Long-Term Support Services. Begin the application process six months before turning 18 or the last semester before leaving school, whichever is later.**
- Tour Day Services programs such as Goodwill Industries and Curative Care Network. Day Services are ways for you to develop recreational and pre-employment interests and skills. If a young adult is eligible and receiving funding from Long-Term Support Services, (Community Integration Program - CIP) that funding can be used for day services programs. For ideas, visit the Wisconsin Statewide Transition Initiative Web site at <http://www.wsti.org/> and click on Resource Directory, then Select a County.

EMPLOYMENT

Follow up with your Department of Vocational Rehabilitation (DVR) counselor

- Participate in Co-Op (school/employment) program with your high school if it is offered.
- **Support Services (age 18)** for independent living/day services/prevocational/employment. You may be eligible for Supplemental Security Income –Exceptional Expense Supplement (SSI-E) if criteria are met.
- **If appropriate, apply for Social Security Income (SSI)**
- **Call this toll free number to find out where to apply for Social Security Programs: 1-800-772-1213**

EDUCATIONAL OPPORTUNITIES AFTER HIGH SCHOOL

- Continue to practice and develop your self advocacy skills and ways to speak up for yourself. At the college level you will be responsible for accessing services by yourself.
- Contact the Disability Services office at the school you plan to attend to talk about your needs and the services available.
- Ask your high school to complete an updated psychological evaluation. You will need a current evaluation for academic accommodations after high school. It can be made part of your Transition Individualized Education Plan (IEP).
- Follow up with your Department of Vocational Rehabilitation (DVR) counselor who is a part of your Transition IEP.
- Apply for admission to the school(s) you wish to attend early in your senior year. Include letters of recommendation. Your high school counselor can help with the application process.
- Apply for federal financial aid Free Application for Federal Student Aid (FAFSA online) and scholarships.