

Transition guidelines: preparing for life after high school

Four to five years before leaving school

HEALTH CARE

- Develop a clear understanding of your disability or medical condition and how to manage it without help from your parents.
- Start to learn the names of your medications, what time you take them and why you take them.
- Become responsible for taking medication without help from an adult.
- Know who to call in case of an emergency and carry that information with you.
- Spend a portion of your doctor's appointments with your parents outside of the room.

ADULT SERVICES

- Take classes at school that will teach you skills such as how to manage your money, do your own laundry, shop for groceries and cook for yourself.
- Become a self-advocate. Learn how to speak up for yourself.
- Learn about your personal safety issues and needs.
- Start building relationships in order to develop natural supports. *Natural supports are unpaid, interested people who assist with participation in community activities.* (This is called inclusion.)
- Contact agencies that can help support you as you learn how to become an adult. For ideas, visit the Wisconsin Statewide Transition Initiative Web site at <http://www.wsti.org/wsti.cfm> and click on Point of Entry Manual.
- Determine your transportation, assistive technology, nursing services, mobility training and recreational option needs. Find services available to meet these needs.
- Learn about and participate in leisure and recreational options. For ideas, visit the Statewide Transition Initiative Web site at <http://www.wsti.org/wsti.cfm> and click on Point of Entry Manual.

EMPLOYMENT

Vocational exploration is an ongoing process that must begin early!

- Become a community volunteer
- Ask you parents, relatives and family friends if you can shadow them at work.
- Explore your career possibilities. Use the Internet or go to your school's career center or library to learn about different jobs.
- Tour a business to see what kind of work they do and jobs they offer.
- Talk to adults about what they do for work.

EDUCATION OPPORTUNITIES AFTER HIGH SCHOOL

- Develop a clear understanding of your disability and how it affects your learning.
- Attend and participate in Individualized Education Plan (IEP) meetings.
- Use a calendar or a planner to help you develop good time management and study skills.
- Take college admission requirements into consideration when planning high school course work.
- Investigate assistive technology tools such as keyboards and communication devices