PLANNING FOR THE FUTURE CHECKLIST

Use this as your checklist to get ready for life after high school. Bring it to your meetings with your school and/or agency supporters to talk about your progress and how best to plan for your future.

**14-15 YEAR OLDS**
- Talk with your school and/or agency supporters about your interests and what you want to study after high school.
- Study websites to learn about training, technical school, college programs and classes where you can explore an interest or hobby. Visit at least one of these educational programs.
- Meet with your school’s transition coordinator to make sure you are taking the right classes for your goals.
- Understand your disability. Ask for your own accommodations.

**15-16 YEAR OLDS**
- Learn how accommodations may be different at the educational program you’ve chosen for after high school, so you can start to prepare.
- If you’ve chosen college, sign-up for the PSAT test (given in fall of sophomore and junior years) and make an appointment with your guidance counselor to talk about colleges and your plan for applying.
- Visit technical schools or certificate programs you may be interested in.

**EDUCATION/TRAINING AFTER HIGH SCHOOL**
- Talk with your school and/or agency supporters about your interests and what you want to study after high school.
- Study websites to learn about training, technical school, college programs and classes where you can explore an interest or hobby. Visit at least one of these educational programs.
- Meet with your school’s transition coordinator to make sure you are taking the right classes for your goals.
- Understand your disability. Ask for your own accommodations.

**EMPLOYMENT**
- Sign up to volunteer and job shadow during school and/or summer months.
- Start keeping a list of the names, email addresses and phone numbers of people who can be references for jobs.
- Learn about programs at your local career and technical education (CTE) centers. If you are interested, ask to visit. If you like it, learn how to apply.
- To get ready for a job, practice filling out job applications and answering questions an employer might ask you.
- Ask your school and/or agency supporters for help with on-the-job training, job exploration, and/or part-time employment in your areas of interest. Your school can help you get this experience during school and during the summer.
- Ask your parent/guardian to sign forms that will allow Office of Vocational Rehabilitation (OVR) and/or other adult agencies to come to your transition meetings.
- Talk with your school and/or agency supporters about the possibility of funding through Medicaid Waivers.

**COMMUNITY LIVING**
- Join an activity at your school, community or place of worship.
- Practice asking for what you need during your IEP and other meetings.
- Ask about certified transportation training at your IEP meeting.
- Know the medications you take (names, dosage, why you’re taking them).
  - Talk with your doctor about sexuality and boundaries; and about how behaviors like smoking and drinking affect our bodies.
  - If you have an intellectual disability and no one has contacted the County’s Office of Intellectual Disabilities (OID), ask your parent/guardian to call the county to complete an intake to register for services.
  - If needed, create an Individual Health Plan with your doctor and school nurse.
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  - Talk with your school and/or agency supporters about the possibility of funding through Medicaid Waivers.
  - Keep a list of your medical conditions and physicians. Be able to describe your health needs.
  - If you have questions about your emotional or mental health, talk to your parent/guardian, school or agency supporters and your medical team. You can also call the county crisis line for help.
  - Find out about adult agencies (like OVR) that can help you prepare for work, training and independent living. The back of this checklist has a list of these agencies.
  - Keep copies of your medical, education and government papers in a file to have ready when you need them.
  - Learn how to manage money.

Need more information? Just call 2-1-1. Similar to 9-1-1, 2-1-1 is a 3-digit dialing code that connects you with assistance. Trained resource navigators are available 24/7 to answer your questions about transition.

Name: ____________________________________________ Date: _____________________
### 16-17 Year Olds

**Education/Training after High School**
- If your goal is a trade or higher education, sign up for standardized tests in your junior year and ask for any testing accommodations you might need.
- Ask your counselor about financial aid to pay for tests and test-prep classes and books.
- Apply to these schools during the fall of your senior year. If needed, apply for financial aid during the winter.

**Employment**
- Research 5-10 jobs that interest you and discuss what accommodations you may need.
- Apply for part time, summer and/or weekend jobs. Ask for help finding good matches with your skills, interests and location.

**Community Living**
- Decide if you want to live independently after graduation. Talk with your family, school and agency supporters about options for housing.
- Learn about community activities you can get involved in.
- Apply for a driver’s license or state ID card.
- If needed, apply for Supplemental Security Income-Social Security (SSI) and Medical Assistance (health insurance). Ask for help to understand working and adult benefits.
- If possible, schedule and attend at least some of your medical appointments yourself.
- Practice budgeting.

### 18-21 Year Olds

**Education/Training after High School**
- Make sure you have current documentation of your disability before you leave high school. If you don’t, ask for an updated evaluation.
- Contact the office for disability services and support at the school you’ll be attending. Let them know the accommodations you need.
- Talk with your IEP team about how you can use your “Summary of Academic Achievement and Functional Performance” after high school.

**Employment**
- Ask adult agencies to come to your IEP meetings at school to assist with job placement, training, and accommodations.
- Ask your school and agency supporters for help in arranging community-based, on-the-job training and employment in your areas of interest. They can help you with this for work during school, nights and weekends and during the summer.

**Community Living**
- If your goal is to live on your own or with a roommate, talk with your family, school and agency supporters.
- Contact the Special Needs Units (Medicaid plans) or Customer Service (private health plans) to choose a physician who treats adults. Ask your pediatrician to send a transfer summary of your records.
- Verify your healthcare insurance coverage and continuation of benefits past age 18.
- Apply for Personal Assistance Services, if needed.
- Register to vote (age 18). Young men need to register for the Selective Service after their 18th birthday.

### Adult Agencies

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<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>ACCESS Transportation</td>
<td>412.562.5353</td>
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<tr>
<td>Allegheny County Office of Behavioral Health</td>
<td>412.350.4456</td>
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<tr>
<td>Allegheny County Office of Intellectual Disabilities (OID)</td>
<td>412.263.1399</td>
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<tr>
<td>CareerLink</td>
<td>412.552.7100</td>
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<tr>
<td>Department of Human Services</td>
<td>1.877.395.8930</td>
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<tr>
<td>PA Elks Home Service Program</td>
<td>724.873.8659</td>
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<tr>
<td>Three Rivers Center for Independent Living (TRCIL)</td>
<td>412.371.7700</td>
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<tr>
<td>Office of Vocational Rehabilitation</td>
<td>1.800.442.6371</td>
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<tr>
<td>Resolve Crisis Network</td>
<td>1.888.796.9226</td>
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<tr>
<td>Social Security Administration</td>
<td>1.800.772.1213</td>
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**Pennsylvania 21 and Able**

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