

Be Aware and Be Prepared!

Resources related to transition from high school to adult life.

Youth transitioning to adulthood can be an awkward time in life. There are many challenges for almost every young person today but there are also exciting opportunities ahead. As a parent/family member of a child with a disability, preparation, and knowledge of available resources can aide in the transition.

Youth with disabilities may need extra supports throughout their transition period in order to make informed choices and become self-sufficient adults. This includes planning for post-secondary education, housing options, and their careers.

The resources listed in this fact sheet are designed to assist parents and family members in understanding the various systems and available services/supports youth might need during and after the transition process.

It's never too early to get engaged in collecting the necessary information you and your child will need to navigate transiting from high school to adult life.

While we cannot include every possible resource, we have compiled a list we think covers a large sector to equip you with tools necessary to help guide you through the transition process. The websites listed on the reverse side include tool kits, articles on best practices, and services/supports in your area.

MPACT is a great way to get started!



www.missouriparentsact.org

MPACT is Missouri's statewide parent training and information center that serves parents of children with all disabilities.

Our primary goal is to assist parents in their efforts to effectively advocate for their children's educational rights and services.

MPACT staff and volunteers are located throughout Missouri and work with public and private agencies, parent groups, professional organizations, and advocacy groups to achieve that goal.

Transition resources and trainings are some of the many available resources MPACT offers.

Transition Resources:

Consider the following: *Begin exploring early!*

- ❖ Centers for Independent Living – The Missouri Statewide Independent Living Council (MOSILC) promotes independent living for persons with disabilities and assists the 22 Centers for Independent Living in Missouri in developing their capacity and expanding their services. For a list of your area center go to <http://www.mosilc.org/mo-centers-db/>
- ❖ Missouri Vocational Rehabilitation (VR) – VR specializes in employment and training services that can assist you in becoming employed. VR offers a wide range of services that are individualized for your needs. You and your counselor decide which services will help you become employed. Some of the services that may be available are: Guidance and Counseling, Job-Seeking Skills and Job Placement and Vocational Training. VR also provides assistance with Transition Services, Supported Employment Services, Rehabilitation Technology Services, and the Ticket to Work Program.
<https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation>
- ❖ National Collaborative on Workforce and Disability – Publications for understanding the various systems youth are involved in during the transition process and research-based programs and policies that have been found to be highly effective in assisting youth with disabilities through the process. *Family Guideposts* highlight proactive roles families can play and offer examples of how families can become informed, supportive, and engaged in their youth's transition. **<http://www.ncwd-youth.info/topic/transition>**
- ❖ Choose Work – The Social Security Administration (SSA) and CESSI, the Program Manager for Recruitment and Outreach for the Ticket to Work program, launched the Choose Work website for people with disabilities receiving Social Security disability benefits. The Ticket to Work program is a way to assist people to gain and maintain employment. **<http://www.choosework.net/>**
- ❖ Going to College – Information for high school students on living college life, providing video clips, activities, and additional resources that can help you get a head start in planning for college. **<http://www.going-to-college.org/overview/index.html>**
- ❖ Heath Resource Center at the National Youth Transition Center – The Heath Resource Center Clearinghouse has information for students on educational disability support services, policies, procedures, adaptations, accessing college or university campuses, career-technical schools, and other post-secondary training entities. Check out the resources tab on the site. **<http://www.heath.gwu.edu/>**
- ❖ Career One Stop – Provides free tools and resources to a variety of audiences and about many topics, including multiple topics for workers with disabilities. **<http://www.careeronestop.org>**
- ❖ My Next Move – My Next Move is sponsored by the U.S. Department of Labor, Employment & Training Administration, and developed by the National Center for O*NET Development. It is an online job-exploration tool designed to assist any job seeker to explore and search possible employment opportunities. **<http://www.mynextmove.org>**
- ❖ Self Determination Synthesis Project – Information on self-determination and self-advocacy for professionals and parents. **<http://sdsp.uncc.edu/home.asp>**
- ❖ I'm Determined – Goal setting and understanding personal strengths. **www.indetermined.org**
- ❖ Youthhood – Dynamic, curriculum based tool that can help young adults plan for life after high school. **<http://www.youthhood.org>**
- ❖ Job Accommodation Network (JAN) – Source of free, expert, and confidential guidance on workplace accommodations. **<http://askjan.org/>**