

Transition Recommendations and Worksheet

Age 14

- ☐ Discuss future educational, recreational, and vocational goals based on the child's interests and skills.
- ☐ Hold IEP meeting with school to discuss transition issues and include transition-related goals in the most recent IEP; most children with FXS will remain in the school system through age 21.
- ☐ Address social, sexuality, and safety issues in a developmentally appropriate manner; ask the school to focus on functional academics (e.g., budgeting, reading), vocational training, and skills of daily living.
- ☐ Start considering estate planning and special needs trust to help the child continue government entitlements and programs in adulthood.
- ☐ Begin formal transition planning with the development of an Individual Transition Plan (ITP); the ITP will formulate a long-term plan focused on graduation from school.

Age 16

- ☐ Continue to develop daily living, vocational, and functional academic skills.
- ☐ Identify and foster community-based employment and volunteer opportunities by job shadowing, integrated/supported employment, internships, and volunteering and doing odd jobs/household chores.
- ☐ Develop a network of committed adults who will take responsibility for certain aspects of planning for the child's future (e.g., family friends, relatives, and school staff).

Age 17

- ☐ Address guardianship issues, power of attorney, power of financial attorney, and medical directives prior to the child's 18th birthday, as they become an adult at the age of 18.
- ☐ Check for eligibility with your region's Aging and Disability Resource Center
(<https://acl.gov/programs/aging-and-disability-networks/aging-and-disability-resource-centers>).
- ☐ Apply for Social Security Income (SSI), Medical Assistance, and SSI-Exceptional Expense Supplement (SSI-E) are government programs for those considered disabled; applications are made through your Social Security Office www.ssa.gov.

- ☐ Consider transitioning medical care to adult providers; ask the child's physician to contact the new physician.
- ☐ Register to vote; males must register for selective service; obtain an identification card through the state department of motor vehicles (DMV).

Age 19

- ☐ A referral to the Division of Vocational Rehabilitation (DVR) should be made at least 18 months before graduation; DVR will help in vocational training, job training and support. The WIOA (2014) One-Stop Centers (https://www.accs.edu/wp-content/uploads/2019/04/WIOA_OneStop_FactSheet.pdf) can also provide additional assistance to job seekers.
- ☐ Assist with learning how to use public transportation.
- ☐ Visit ThinkCollege.net for information about comprehensive transition programs (CTPs), federal aid, and the benefits afforded by HEOA (2008) if post-secondary education is a consideration.