

# PA Planning for the Future Transition Checklist

The checklist is intended as a resource for students (with support from their families, schools, and supporting agency professionals) to review and help provide information and suggestions to guide the transition process for students with disabilities, grades 7 - 12, (ages 14 up to 22nd birthday). The checklist is designed for all students - regardless of whether they have an Individualized Education Program (IEP), a 504 Plan (under Section 504 of Rehabilitation Act, 1973), or have not been identified to receive services and supports. Every student is different and should have their own individualized transition plan. Use any sections, suggestion or references needed.

- The checklist can be helpful in identifying IEP yearly and post-school goals, objectives, activities, related services, areas in need of assessment/exploration to assist in planning for life after high school.
- The checklist may be kept as part of the student's file and with families to review and record goals, assessments, activities, services, and resources. With the PDF version, there is unlimited space for notes, questions, and comments for future planning.

The last few pages offer a list of acronyms and resource weblinks.

## Helpful Yearly Tips

Attend, participate and lead your IEP and transition meetings.

Let your IEP team know your plans and dreams for the future.

Review your IEP transition team members and how they each help you. Invite anyone else who you want to join your team for support.

Write, review and update your current IEP and post-school goals, activities, related services and supports. Discuss how they worked and if goals need to change.

Review previous assessments and decide what else is needed to explore.

Create new IEP yearly goals and transition activities that are measurable and help prepare and support your post-school goals for life after high school.

Discuss accommodations and technology you may need to meet your school, work, and other life goals.

Review your school career portfolio – artifacts, activities, and assessments (check with your school—they have these documents)

Check your school status with Act 158 <https://www.education.pa.gov/K-12/PACareerStandards/Resources/Pages/CareerPortfolio.aspx>

Build on what you started the year before.



# 7th /8th Grade

(Ages 13- 14, begins during the year in which you turn 14)

## Things to Think About & Tips

Begin learning about the Transition Process and planning for your future after high school.

- Begin attending, participating, and contributing to your IEP and Transition Meetings (including out of school meetings).  
IEP DATE \_\_\_\_\_
- Get to know the members of your IEP team and their role in supporting you. Think about who else can support you.  
(List members in the section above)

Talk with your IEP Transition Team about your dreams for after high school – college, work, training, where you want to live, how you will get around, what you would like to do for fun, etc.

### Ask yourself, do I have:

- Education/Training Goals \_\_\_\_\_
- Employment Goals \_\_\_\_\_
- Independent Living /Community Participation Goals \_\_\_\_\_

**Where do I want to live?** What skills do I need to live independently or supported? How will I get around (transportation)?  
What will I do for fun? Who will support me if I need help? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**What do I want my day and my week to look like?** \_\_\_\_\_

Participate in Transition Assessments that will help to identify your interests, strengths, preferences, learning style, skill development areas, and needs for technology and accommodations, etc. \_\_\_\_\_

Explore and practice using technology for education, employment, and independent/community living.

## Things to Think About & Tips

Begin working with your IEP team to learn ...

### **Which courses and electives to enroll in to support your post-school goals?**

- Courses \_\_\_\_\_

### **What activities to participate in to support your post school goals?**

- Activities \_\_\_\_\_

### **What support services are available to you now? In the future?**

*(Eligibility vs Entitlement)*

- Supports \_\_\_\_\_

*Ex. - Office of Vocational Rehabilitation (OVR), Office of Developmental Programs (ODP), Office of Long Term Living (OLTL), Office of Mental Health & Substance Abuse (OMHSAS), SSI/SSDI (Social Security), etc. – Refer to section of abbreviations: PA Transition ABCs*

Work with your IEP Team to help you:

- Learn your personal information: ex. DOB, Social Security number, Address, Phone #'s, parent's/guardian's information, people you can use as references, get a state photo identification. [Get An ID \(pa.gov\)](http://pa.gov)
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs.
- Develop skills for decision-making, self-advocacy, and self-determination.

## Helpful Resources / Tools

**PA Secondary Transition** [www.pasecondarytransition.com](http://www.pasecondarytransition.com)

- Transition Planning [Transition Planning \(pasecondarytransition.com\)](http://www.pasecondarytransition.com)
- The Discovery Process [Employment \(pasecondarytransition.com\)](http://www.pasecondarytransition.com)
- Person Centered Planning [Person and Family Directed Planning \(pasecondarytransition.com\)](http://www.pasecondarytransition.com)

**Charting the LifeCourse Framework** [Person Centered LifeCourse Nexus \(lifecoursetools.com\)](http://lifecoursetools.com)

**MAPS (Making Action Plans)** - [Person Centered Planning \(pa.gov\)](http://pa.gov)

**PATH** - [PATH | Person Centred Planning | Person Centred Planning Tools \(inclusive-solutions.com\)](http://inclusive-solutions.com)

**Think College** [Home | Think College \(thinkcollege.net\)](http://thinkcollege.net)

**Pennsylvania Assistive Technology Foundation (PATF)** - [Home | Pennsylvania Assistive Technology Foundation \(patf.us\)](http://patf.us)

Activities	Notes
<p><b>Post-Secondary Education Training</b></p>	<p>Begin learning about different post-secondary (after HS) education and training options that focus on your interest areas.</p> <p>Research your local high school Career Technical Center (CTE) and learn about training programs you may be interested in</p>
<p><b>Employment</b></p>	<p><b>Career Exploration</b></p> <p>Complete a career survey/ interest inventory, employment preference surveys.</p> <p><b>Job Preparation</b></p> <p>Participate in courses and activities your school offers that help develop pre-vocational and job-related social skills.</p> <p>Research and participate in Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS).</p> <p><b>Career Experience</b></p> <p>Regularly help with chores around your home.</p> <p>Try volunteering in your community with or without family and friends</p>

Activities	Notes
<p><b>Independent Community Living</b></p>	<p>Start learning about your medical history and when your appointments are.</p> <p>Talk with your family about future transportation and travel needs and skills.</p> <p>Start learning about financial literacy – money management skills.</p> <p>Practice using your personal information for filling out important forms.</p> <p>Talk with your family about obtaining a State Photo ID (<i>can obtain as early as age 10</i>) <a href="http://pa.gov">Get An ID (pa.gov)</a></p>
<p><b>Suggestions</b></p>	<p>Ask your parents/guardians to sign forms that allow you to participate in Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) and allow the school’s assigned OVR counselor to begin coming to your IEP/ transition meetings.</p> <p><b>The sooner the better</b> - Check with your county Department of Human Services (DHS) about eligibility for assistance with services and support (including Waiver Funding) and how to register, if needed.</p> <p>If you already have a Supports Coordinator or Case Manager, invite them to your meetings.</p>





## Things to Think About & Tips

Review and refresh knowledge on the transition process – Attend, participate, and practice leading your IEP meeting.

Review your IEP transition team members and how they each help you. Invite anyone else who you want on your team for support.

Write, review and update current post-school goals.

- Education/Training \_\_\_\_\_
- Employment \_\_\_\_\_
- Independent Living \_\_\_\_\_

What courses am I currently taking? \_\_\_\_\_

What activities am I participating in to support my post-school goals? \_\_\_\_\_

What do I want to learn more about? \_\_\_\_\_

What are my skill areas – areas of strength, interest, preferences? \_\_\_\_\_

- Participate in transition assessments to find out about your skills and interests.

What supports and technology can help me meet my goals? - Continue to assess your needs for supports and technology for education, employment, and independent/ community living.

## Things to Think About & Tips

Continue working with your IEP Team to help you:

- Learn your personal information- DOB, Social Security number, Address, Phone #, parents'/guardians' information, people you can use as references, seek obtaining a state photo identification. [Get An ID \(pa.gov\)](http://pa.gov)
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs.
- Develop skills for decision-making, self-advocacy, and self-determination.

## Activities

## Notes

### Post-Secondary Education/ Training

If you are interested in a 2–4-year college or training program, begin to learn what it takes to get into those programs- eligibility requirements. (Entrance exams- PSAT, SAT, ACT tests, GPA). Learn about post secondary and transition years (18-22) non degree or certificate education and training programs.

If you are interested in continuing your education and skill development through Dept. of Human Services (DHS), Office of Developmental Programs (ODP) and Office of Long Term Living (OLTL) waiver funded programs and support services, begin learning about the different adult providers and programming that match your interests, skill training and support needs as well as eligibility and funding requirements.

Visit your local high school Career Technical Center (CTE) and learn about training programs that can help you gain skills and certifications.

Work with your IEP team to choose courses that support your education/training and career goals. These may include involvement in dual credit courses or CTE courses.

Activities		Notes
<p><b>Employment</b></p>	<p><b>Career Exploration</b></p> <p>Complete career interest and employment preference inventories.</p> <p>Begin exploring careers – online virtual curriculum, job tours, volunteering, in school jobs, etc.</p> <p><b>Job Preparation</b></p> <p>Participate in offered Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS).</p> <p>Participate in school courses that prepare you for applying for jobs-filling out applications, resumes, interviewing, etc.</p> <p>Learn about employer expectations, work culture, employee rights and job accommodations under ADA.</p> <p>Learn about obtaining a work permit and what documentation is needed.</p> <p><b>Career Experience</b></p> <p>Participate in school job tours and group job shadows.</p> <p>Learn about community service and volunteer opportunities.</p>	

Activities	Notes
<p><b>Independent Community Living</b></p>	<p>Explore how to obtain a PA driver's learning permit <a href="#">Applying for a Learner's Permit (pa.gov)</a> and or a PA state photo ID <a href="#">Get An ID (pa.gov)</a></p> <p>Explore transportation/travel options – Public, Paratransit, Uber, Lyft, etc.</p> <p>Explore high school and community organizations and activities.</p> <p>Practice saving money and learn what everyday items cost – groceries, personal care items, clothing, household expenses -rent/mortgage, utilities, etc.</p> <p>Continue learning more about your health care needs – start becoming more involved in keeping records, schedule appointments, sign in at appointments, and talk with your medical doctors and other health providers.</p>
<p><b>Suggestions</b></p>	<p><b>If you haven't already done:</b></p> <p>Ask your parents/guardians to sign forms that allow you to participate in Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) and allow the school's assigned OVR Staff to begin coming to your IEP/ transition meetings.</p> <ul style="list-style-type: none"> <li>▪ Open a case with OVR. Options for registering for services <ul style="list-style-type: none"> <li><a href="#">PA CareerLink - INDIVIDUALS WITH DISABILITIES</a></li> <li>- By contacting your schools assigned OVR Staff</li> <li>- Call your local OVR District Office</li> </ul> </li> </ul> <p><b>The sooner the better</b> - Check with your county Department of Human Services (DHS) about eligibility for services and support (including Waiver Funding) and how to register, if needed.</p> <p>If you already have a Supports Coordinator or Case Manager, invite them to your meetings.</p>

## Things to Think About & Tips

Attend, participate, and lead your IEP and transition meetings.

Review your IEP transition team members and how they each help you. Invite anyone else who you want to join your team for support.

Write, review and update current post-school goals.

- Education/Training \_\_\_\_\_
- Employment \_\_\_\_\_
- Independent Living \_\_\_\_\_

What courses am I currently taking? \_\_\_\_\_

What activities am I participating in to support my post-school goals? \_\_\_\_\_

What do I want to learn more about? \_\_\_\_\_

What are my skills, areas of strength, interests, preferences? \_\_\_\_\_

- Participate in transition assessments to explore areas to address. \_\_\_\_\_

What supports and technology can help me meet my goals? - Continue to assess your needs for supports and technology for educational, vocational, and independent/ community living needs. \_\_\_\_\_

Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

## Things to Think About & Tips

Continue working with your IEP Team to help you:

- Learn your personal information- DOB, Social Security number, Address, Phone #, parents'/guardians' information, people you can use as references, seek obtaining a driver's license [Driver Licensing \(pa.gov\)](http://pa.gov) or state photo identification. [Get An ID \(pa.gov\)](http://pa.gov)
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs.
- Develop skills for decision-making, self-advocacy, and self-determination.

Activities	Notes
<p><b>Post-Secondary Education Training</b></p>	<p>If you are interested in pursuing a 2-4 college, participate in the PSAT test (given in the fall of sophomore and junior years).</p> <ul style="list-style-type: none"> <li>■ Research needed accommodations for testing (PSAT, SAT, ACT)</li> <li>■ Pay attention to deadlines for applying for testing accommodations.</li> </ul> <p>If you are interested in continuing your education and skill development through Dept. of Human Services (DHS), Office of Developmental Programs (ODP) and Office of Long Term Living (OLTL) waiver funded programs and support services, learn about different adult providers and programming that match your interests, skill training and support needs as well as eligibility and funding requirements.</p> <p>Begin reviewing websites and catalogs for colleges, training programs, apprenticeships or related careers.</p> <p>Attend Transition, Career and College Fairs.</p> <p>Explore the need for future technology in post-secondary education/ training and talk with your school about practicing with it now.</p> <p>Understand your rights for higher education and training accommodations and supports through the Americans with Disabilities Act (ADA).</p> <ul style="list-style-type: none"> <li>■ Learn how they may be different from what you received during high school, learn about accommodations and how to ask for what you need.</li> </ul> <p>Meet with your guidance counselor to discuss the results of testing, career goals</p>

Activities		Notes
<p><b>Employment</b></p>	<p><b>Career Exploration</b></p> <p>Take a career interest inventory, employment preference survey.</p> <p>Explore careers on the internet-research education requirements, pay range, local market availability, etc.</p> <p><b>Job preparation</b></p> <p>Practice filling out applications, developing a resume &amp; cover letter, and interviewing.</p> <p>Identify 2-3 people who might agree to be listed as references.</p> <p><b>Career Experiences</b></p> <p>Participate in school opportunities for job shadowing and community-based work experiences.</p> <p>Consider volunteering or applying for summer employment (will need work permit).</p>	
<p><b>Independent Community Living</b></p>	<p>Talk with your family about opening a savings/checking account.</p> <p>Practice taking Public or Paratransit transportation – Mobility/ Transportation Training. If needed you may wish to speak with your IEP Team about Travel Instruction and accommodations.</p> <p>Continue learning more about your health care needs – Fill out your health history form at your next annual physical, know your medications and what to buy over the counter that you need.</p>	



Activities		Notes
<p><b>Suggestions</b></p>	<p><b>If you haven't already done:</b></p> <p>Ask your parents/guardians to sign forms that allow you to participate in the Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) and allow the school's assigned OVR Staff to attend your IEP/ transition meetings.</p> <ul style="list-style-type: none"> <li>▪ Open a case with OVR. Options for registering for services. <ul style="list-style-type: none"> <li>- On-line <u>PA CareerLink - INDIVIDUALS WITH DISABILITIES</u> (<a href="http://pacareerlink.pa.gov">pacareerlink.pa.gov</a>)</li> <li>- By contacting your schools assigned OVR Staff</li> <li>- Call your local OVR District Office</li> </ul> </li> </ul> <p><b>The sooner the better</b> - Check with your county Department of Human Services (DHS) about eligibility for services and support (including Waiver Funding) and how to register, if needed.</p> <p>If you already have a Supports Coordinator or Case Manager, invite them to your meetings.</p> <p>Social Security Administration (SSA) Benefits Counseling – learn about benefits SSI, SSDI (types of Social Security), Medicare and Medicaid <u>Benefits Counseling and the Path to Employment - Ticket to Work - Social Security</u> (<a href="http://ssa.gov">ssa.gov</a>)</p>	



# 11th Grade

(Ages 16-17)

## Things to Think About & Tips

Attend, participate, and lead your IEP and Transition Meetings.

- Review your IEP team members and invite others who can support your current and future goals.

Write, review and update current post-school goals.

- Education/Training \_\_\_\_\_

- Employment \_\_\_\_\_

- Independent Living \_\_\_\_\_

What courses am I currently taking? \_\_\_\_\_

Am I on track for graduation requirements? \_\_\_\_\_

What activities am I participating in to support my post-school goals? \_\_\_\_\_

\_\_\_\_\_

What do I want to learn more about? \_\_\_\_\_

What are my skills, areas of strength, interests, preferences? \_\_\_\_\_

\_\_\_\_\_

- Participate in transition assessments to explore areas to address. \_\_\_\_\_

What supports and technology can help me meet my goals? - Continue to assess your needs for supports and technology for education, employment, and independent/ community living needs.

\_\_\_\_\_

Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

## Things to Think About & Tips

Continue working with your IEP Team to help you:

- Learn your personal information- DOB, Social Security number, Address, Phone #, parents'/guardians' information, people you can use as references, seek obtaining a driver's license [Driver Licensing \(pa.gov\)](#) or state photo identification. [Get An ID \(pa.gov\)](#)
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs.
- Develop skills for decision-making, self-advocacy, and self-determination.

Activities	Notes
<b>Post-Secondary Education Training</b>	<p>If haven't already done so and are planning to go onto a 2-4-year college, take the ACT or SAT (with accommodations, if necessary) for admission, placement, and/or scholarship awards.</p> <p>Start touring colleges and training programs, meet with their Disability Support Services</p> <p>If interested in Department of Human Services (DHS) waivers or Office of Long Term Living (OLTL) programs and services, meet with providers, tour programs, learn about different services and programming that match your interests, skill and support needs.</p> <p>Attend a financial aid seminar, talk with your family about funding post-secondary programs.</p> <p>Research scholarships</p>

Activities	Notes
<p><b>Employment</b></p>	<p><b>Career Exploration</b></p> <p>Research 3-5 local businesses that you have an interest in applying for part-time work.</p> <p>Make a list of accommodations you may need on the job (ex. job coach, checklists, modified schedule).</p> <p>Learn about your job accommodations and employee rights protected by law (ADA)</p> <p><b>Job preparation</b></p> <p>Obtain work permit.</p> <p>Develop a pocket resume for reference when filling out applications.</p> <p>Make a video of yourself completing work tasks to show your skills.</p> <p><b>Career Experiences</b></p> <p>Participate in a Paid Work Experience through the Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) or apply for a local part-time job or summer employment on your own.</p> <p>Participate in a long-term volunteer activity.</p>
<p><b>Independent Community Living</b></p>	<p>Apply for a driver's learning permit. <a href="http://pa.gov">Applying for a Learner's Permit (pa.gov)</a></p> <p>Practice budgeting money to save for things you need vs things you want.</p> <p>Continue learning more about your health care needs. Fill out your own health history form at your next yearly physical, start scheduling your appointments.</p>

Activities	Notes
<b>Suggestions</b>	<p>Practice explaining your accommodation needs with your IEP team.</p> <p>Meet with your school's assigned OVR counselor. If you haven't already done so, register for OVR services.</p> <ul style="list-style-type: none"><li>■ Options for registering for services.<ul style="list-style-type: none"><li>- On-line <u>PA CareerLink - INDIVIDUALS WITH DISABILITIES</u> (<a href="http://pacareerlink.pa.gov">pacareerlink.pa.gov</a>)</li><li>- By contacting your schools assigned OVR Staff</li><li>- Call your local OVR District Office</li></ul></li></ul> <p>Social Security Administration (SSA) Benefits Counseling – learn about benefits SSI SSDI (types of Social Security), Medicare and Medicaid <u>Benefits Counseling and the Path to Employment - Ticket to Work - Social Security</u> (<a href="http://ssa.gov">ssa.gov</a>)</p> <p>For eligible students who are pursuing DHS Medicaid waiver funded programs and services, work with your supports coordinator to start compiling necessary documentation. <u>Waiver Information</u> (<a href="http://pa.gov">pa.gov</a>)</p>

## Things to Think About & Tips

Attend, participate and Lead your IEP and Transition Meetings.

Review your IEP team members and invite others who can support your current and future goals.

Write, review and update current post-school goals.

- Education/Training \_\_\_\_\_
- Employment \_\_\_\_\_
- Independent Living \_\_\_\_\_

What courses am I currently taking? \_\_\_\_\_

**Am I on track for graduation requirements?** \_\_\_\_\_

**If not graduating yet, will I walk with my class for the graduation ceremony?** \_\_\_\_\_

What activities am I participating in to support my post-school goals? \_\_\_\_\_

\_\_\_\_\_

What course and activities do I still want to learn more about or need to take? \_\_\_\_\_

\_\_\_\_\_

What are my skills, areas of strength, interest, preferences? \_\_\_\_\_

\_\_\_\_\_

- Participate in transition assessments to explore areas to address. \_\_\_\_\_

What supports and technology can help me meet my goals? - Continue to review your needs for supports and technology for education, employment, and independent/ community living needs.

Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

## Things to Think About & Tips

Continue working with your IEP Team to help you:

- Learning your personal information- DOB, Social Security number, Address, Phone #, parents'/guardians' information, people you can use as references, seek obtaining a driver's license [Driver Licensing \(pa.gov\)](#) or state photo identification. [Get An ID \(pa.gov\)](#)
- Learn and understand all your future transportation needs for school, work, and community living
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs.
- Develop skills for decision-making, self-advocacy, and self-determination.



Activities	Notes
<p><b>Post-Secondary Education Training</b></p>	<p>If not done in 11th grade, take the ACT or SAT (with accommodations, as necessary) in the fall for admission, placement, and/or scholarship awards.</p> <p>If not done already - visit colleges and training programs of interest and meet with their Disability Support Services – ask for a list of required documentation.</p> <p>Apply to colleges and training programs that support your career goals.</p> <p>Apply for Financial Aid (FAFSA) and scholarships. <a href="#">FAFSA® Application   Federal Student Aid (studentaid.gov)</a></p> <p>Meet with your OVR Counselor to discuss funding for education.</p> <p>Request for full transcript to be sent to colleges and training programs where you have been accepted.</p> <p>Request copy of all school records for future needs</p> <p>Review your Summary of Academic Achievement and Functional Performance (SAAFP) with your IEP Team.</p> <p>If pursuing Department of Human Services (DHS), Office of Developmental Programs (ODP) or Office of Long Term Living (OLTL) supported programs and services, meet with providers, tour programs, learn about different services and programming that match your interests, skills, and support needs.</p> <ul style="list-style-type: none"> <li>▪ Learn about eligibility criteria, ask if they have transition programs</li> </ul>

Activities		Notes
<p><b>Employment</b></p>	<p><b>Career Exploration</b></p> <p>Research careers that you would like to explore after post-secondary education/ training.</p> <p><b>Job Preparation</b></p> <p>Practice requesting accommodations you may need on a job.</p> <p>Participate in mock interviews.</p> <p><b>Career Experiences</b></p> <p>Participate in a Paid Work Experience through OVR Pre-ET Services, apply for a local part-time job or summer employment on your own.</p> <p>Participate in a long-term volunteer activity.</p>	
<p><b>Independent Community Living</b></p>	<p>Register for Selective Service (male students).</p> <p>Register to vote at age 18.</p> <p>Continue practicing budgeting money- use a bank card.</p> <p>Practice getting around your community – use public transportation, paratransit, and other alternative transportation.</p> <p>Take charge of your health care needs - keep track and schedule your appointments, meet with your providers (with or without support)</p> <p>Learn about your healthcare insurance(s). If you use Medicaid (Medical Assistance) , find out about Special Needs Units.</p>	

Activities	Notes
<b>Suggestions</b>	

Practice requesting your ADA accommodations with your IEP team.  
Meet with your school's assigned Office of Vocational Rehabilitation (OVR) counselor. If you haven't already done so, register for OVR services.

- Options for registering for services.
  - On-line [PA CareerLink - INDIVIDUALS WITH DISABILITIES \(pacareerlink.pa.gov\)](http://pacareerlink.pa.gov)
  - By contacting your schools assigned OVR Staff
  - Call your local OVR District Office

Social Security Administration (SSA) Benefits Counseling – learn about benefits SSI SSDI (types of Social Security), Medicare and Medicaid [Benefits Counseling and the Path to Employment - Ticket to Work - Social Security \(ssa.gov\)](#)

For eligible students who are pursuing DHS Medicaid waiver funded programs and services, work with your supports coordinator to compile necessary documentation. [Waiver Information \(pa.gov\)](#)



# Senior Year & Beyond

(Ages 18 up to 22nd birthday)

## Things to Think About & Tips

Attend, participate and Lead your IEP and Transition Meetings.

Review your IEP team members and invite others who can support your current and future goals.

Write, review and update current post-school goals.

- Education/Training \_\_\_\_\_
- Employment \_\_\_\_\_
- Independent Living \_\_\_\_\_

**When do I plan to graduate?** \_\_\_\_\_

**Will I walk with my class for the graduation ceremony?** \_\_\_\_\_

What courses am I currently taking? \_\_\_\_\_

What activities am I participating in to support my post-school goals? \_\_\_\_\_

What course and activities do I still want to learn more about or need to take?

What are my skills, areas of strength, interest, preferences? \_\_\_\_\_

- Participate in transition assessments to explore areas to address. \_\_\_\_\_

What supports and technology can help me meet my goals? Continue to assess your needs for supports and technology for education, employment, and independent / community living needs.

Learn about any 18-22 transition, career prep and post-secondary programs that can support my future goals.

## Things to Think About & Tips

Continue working with your IEP Team to help you...

- Learning your personal information- DOB, Social Security number, Address, Phone #, parents'/guardians' information, people you can use as references, seek obtaining a driver's license [Driver Licensing \(pa.gov\)](http://pa.gov) or state photo identification. [Get An ID \(pa.gov\)](http://pa.gov)
- Learn and understand all your future transportation needs for school, work, and community living.
- Understand your disability. How well do you understand your disability and what do you need to support your future education, employment and independent living and community accessibility?
- Learn the importance of taking responsibility for your own health care and long-term support needs.
- Develop skills for decision-making, self-advocacy, and self-determination.

## Activities

## Notes

### Post-Secondary Education Training

Complete any graduation requirement courses.  
 When ready, apply for college and training programs.  
 Complete eligibility and applications for Department of Human Services (DHS) Medicaid waiver funded programs and support services – compile all necessary documentation.  
 Participate in courses and activities that support my post-school goals

### Employment

Participate in school supported or Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services (Pre-ETS) for Work-Based Learning Experiences (WBLE).  
 Practice vocational skills in competitive integrated employment settings (community based).  
 Understand job accommodations and supports you may need on a worksite (ex. job coach, added software on computer).

Activities	Notes
<b>Independent Community Living</b>	<p>If not done already - Register for Selective Service (male students).</p> <p>Obtain state photo identification card <a href="#">Get An ID (pa.gov)</a> or <a href="#">Driver's License Driver Licensing (pa.gov)</a>.</p> <p>Practice functional daily living skills.</p> <p>Practice social skills and self-advocacy.</p> <p>Practice mobility skills - using public, paratransit, Uber/Lyft, or driving.</p> <p>Continue leading your health care needs, scheduling appointments, and talk with your network of medical and other providers.</p> <p>Learn about your healthcare insurance(s). If you use Medicaid (Medical Assistance), find out about Special Needs Units.</p>

Activities	Notes
<p><b>Suggestions</b></p>	<p>Practice requesting your ADA accommodation needs with your IEP team and out in the community.</p> <p>Meet with your school's assigned OVR counselor. If you haven't already done so, register for OVR services.</p> <ul style="list-style-type: none"> <li>■ Options for registering for services. <ul style="list-style-type: none"> <li>- On-line <u>PA CareerLink - INDIVIDUALS WITH DISABILITIES</u> (<a href="http://pacareerlink.pa.gov">pacareerlink.pa.gov</a>)</li> <li>- By contacting your schools assigned OVR Staff</li> <li>- Call your local OVR District Office</li> </ul> </li> </ul> <p>Social Security Administration (SSA) Benefits Counseling – learn about benefits SSI SSDI (types of Social Security), Medicare and Medicaid <u>Benefits Counseling and the Path to Employment - Ticket to Work - Social Security</u> (<a href="http://ssa.gov">ssa.gov</a>)</p> <p>For eligible students who are pursuing DHS Medicaid waiver funded programs and services, work with your supports coordinator to compile necessary documentation. <u>Waiver Information</u> (<a href="http://pa.gov">pa.gov</a>)</p> <p>Request copy of all school records for future needs</p> <p>Review your Summary of Academic Achievement and Functional Performance (SAAFP) with your IEP Team.</p>
<p><b>Special Considerations</b></p>	<p>Discuss with family how you want to be supported as an adult. <u>Supported Decision Making</u> (<a href="https://supporteddecisionmaking.org/in-your-state/pennsylvania/">https://supporteddecisionmaking.org/in-your-state/pennsylvania/</a>)</p> <p>Research a long-term financial support plan to include income support, banking needs, social security income, and medical assistance.</p>



# PA Transition ABCs

<b>AAC</b>	Augmentative/Alternative Communication
<b>ABA</b>	Applied Behavior Analysis
<b>ADA</b>	Americans With Disabilities Act
<b>ADA</b>	Assistant District Administrator
<b>ADHD</b>	Attention Deficit Hyperactivity Disorder
<b>AEM</b>	Accessible Educational Materials
<b>ALD</b>	Assistive Listening Device
<b>APS</b>	Approved Private School
<b>ASD</b>	Autism Spectrum Disorder
<b>ASL</b>	American Sign Language
<b>AT</b>	Assistive Technology
<b>AYP</b>	Adequate Yearly Progress
<b>BEC</b>	Basic Education Circular
<b>BSE</b>	Bureau of Special Education
<b>BSOD</b>	Business Services and Outreach Division
<b>BSR</b>	Business Services Representative
<b>C&amp;G</b>	Vocational Counseling and Guidance
<b>CAO</b>	Chief Administrative Officer
<b>CAC</b>	Citizens Advisory Council
<b>CAP</b>	Client Assistance Program
<b>CART</b>	Computer Aided Realtime Translation

<b>CASSP</b>	Child & Adolescent Service System Program
<b>CAVP</b>	Corrective Action Verification Plan
<b>CBA</b>	Curriculum-Based Assessment
<b>CBWA</b>	Community Based Work Assessment
<b>CDT</b>	Classroom Diagnostic Tools
<b>CFR</b>	Code of Federal Regulations
<b>COP</b>	Communities of Practice
<b>CPN</b>	Case Progress Notes
<b>CTC</b>	Career and Technical Education Center
<b>CTE</b>	Career and Technical Education
<b>CWDS</b>	Commonwealth Workforce Development System
<b>DA</b>	District Administrator
<b>DHS</b>	Department of Human Services
<b>DIBELS</b>	Dynamic Indicators of Basic Early Literacy Skills
<b>DO</b>	District Offices (PA OVR)
<b>DSM-V</b>	Diagnostic & Statistical Manual of Mental Disorders
<b>EBR</b>	Educational Benefit Review
<b>ED</b>	Emotional Disturbance
<b>EI</b>	Early Intervention
<b>EIPA</b>	Educational Interpreter Performance Assessment
<b>EITA</b>	Early Intervention Technical Assistance

<b>ELL</b>	English Language Learners
<b>ER</b>	Evaluation Report
<b>ESL</b>	English as a Second Language
<b>ESSA</b>	Every Student Succeeds Act
<b>ESY</b>	Extended School Year
<b>EWS</b>	Early Warning System
<b>FBA</b>	Functional Behavioral Assessment
<b>FERPA</b>	Family Educational Rights and Privacy Act
<b>FNT</b>	Financial Needs Test
<b>HGAC</b>	Hiram G. Andrews Center
<b>ICC</b>	Interagency Coordinating Council
<b>ID</b>	Intellectual Disability
<b>IDEA</b>	Individuals With Disabilities Education Act
<b>IEE</b>	Independent Educational Evaluation
<b>IEP</b>	Individualized Education Program
<b>IFSP</b>	Individualized Family Service Plan
<b>IPE</b>	Individualized Plan for Employment
<b>IU</b>	Intermediate Unit
<b>L&amp;I</b>	Department of Labor and Industry
<b>LEA</b>	Local Educational Agency
<b>LICC</b>	Local Interagency Coordinating Council
<b>LOFA</b>	Local Office Fiscal Assistant
<b>LRE</b>	Least Restrictive Environment
<b>LTCC</b>	Local Transition Coordinating Council

<b>LTF</b>	Local Task Force
<b>MA</b>	Medical Assistance
<b>MOU</b>	Memorandum of Understanding
<b>MTSS</b>	Multi-tiered Systems of Support
<b>NCSC</b>	National Center and State Collaborative
<b>NOREP</b>	Notice of Recommended Educational Placement
<b>O &amp; M</b>	Orientation and Mobility
<b>OCDEL</b>	Office of Child Development and Early Learning
<b>OCR</b>	Office for Civil Rights
<b>ODHH</b>	Office for the Deaf and Hard of Hearing
<b>ODR</b>	Office for Dispute Resolution
<b>OHI</b>	Other Health Impairment
<b>OJT</b>	On the Job Training
<b>O* NET</b>	Occupational Information Network
<b>OOS</b>	Order of Selection
<b>OSEP</b>	Office of Special Education Programs
<b>OSERS</b>	Office of Special Education and Rehabilitation Services
<b>OT</b>	Occupational Therapy
<b>OVR</b>	Office of Vocational Rehabilitation
<b>Pa POS</b>	Pennsylvania Post-School Outcome Survey
<b>PASA</b>	Pennsylvania Alternate System of Assessment
<b>PaTTAN</b>	Pennsylvania Training and Technical Assistance Network
<b>PBIS</b>	Positive Behavior Interventions and Supports

**PBSP** Positive Behavior Support Plan  
**PDE** Pennsylvania Department of Education  
**PIMS** Pennsylvania Information Management System  
**Pre-ETS** Pre-Employment Transition Services  
**PSN** Procedural Safeguards Notice  
**PSSA** Pennsylvania System of School Assessment  
**PT** Physical Therapy  
**PWN** Prior Written Notice  
**PVAAS** Pennsylvania Value Added Assessment System  
**RENEW** Rehabilitation for Empowerment, Natural Supports, Education and Work  
**RR** Reevaluation Report  
**RtII** Response to Instruction and Intervention  
**SAS** Standards Aligned System  
**SaS** Supplementary Aids and Services  
**SBBH** School Based Behavioral Health  
**SDI** Specially Designed Instruction  
**SEA** State Educational Agency  
**SEAP** Special Education Advisory Panel  
**SICC** State Interagency Coordinating Council  
**SLD** Specific Learning Disability  
**SLP** Speech/Language Pathologist  
**SSIP** Statewide Systemic Improvement Plan  
**STF** State Task Force

**STL** Short-Term Loan  
**TBI** Traumatic Brain Injury  
**TSS** Therapeutic Staff Support  
**TVI** Teacher of Visually Impaired  
**UDL** Universal Design for Learning  
**VI** Visual Impairment  
**VRC** Vocational Rehabilitation Counselor  
**WIOA** Workforce Innovation and Opportunity Act  
**WOTC** Work Occupational Tax Credit



# Links and Resources

Agency/ Resource		Statewide Resources	Contacts in your area
<b>BSASP</b>	PA - Bureau of Supports for Autism and Special Populations	<a href="https://www.dhs.pa.gov/contact/DHS-Offices/Pages/ODP-Bureau%20of%20Autism%20Services.aspx">https://www.dhs.pa.gov/contact/DHS-Offices/Pages/ODP-Bureau%20of%20Autism%20Services.aspx</a>	
<b>DHS</b>	PA - Department of Human Services	<a href="https://www.dhs.pa.gov/Pages/default.aspx">https://www.dhs.pa.gov/Pages/default.aspx</a>	
<b>HCSIS</b>	PA - Home and Community Services Information System	<a href="https://www.hcsis.state.pa.us/hcsis-ssd/Types%20of%20Services">https://www.hcsis.state.pa.us/hcsis-ssd/Types of Services -</a> <a href="https://www.dhs.pa.gov/Services/Disabilities-Aging/Pages/Available-Disability-Services.aspx">https://www.dhs.pa.gov/Services/Disabilities-Aging/Pages/Available-Disability-Services.aspx</a>	
<b>ILRU</b>	ILRU - Independent Living Research Utilization	<a href="https://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/PA">https://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/PA</a>	
<b>JAN</b>	Job Accommodation Network	<a href="https://askjan.org/">https://askjan.org/</a>	
<b>L&amp;I</b>	PA Department of Labor & Industry	<a href="https://www.dli.pa.gov/Pages/default.aspx">https://www.dli.pa.gov/Pages/default.aspx</a>	
<b>NTACT:C</b>	National Technical Assistance Center on Transition: The Collaborative	<a href="https://transitionta.org/">https://transitionta.org/</a>	
<b>ODP</b>	PA - Office of Developmental Programs	<a href="https://www.dhs.pa.gov/providers/Providers/Pages/Developmental-Programs.aspx">https://www.dhs.pa.gov/providers/Providers/Pages/Developmental-Programs.aspx</a>	
<b>OLTL</b>	PA - Office of Long-Term Living	<a href="https://www.dhs.pa.gov/contact/DHS-Offices/Pages/OLTL-Waiver-Amendments-and-Renewals.aspx">https://www.dhs.pa.gov/contact/DHS-Offices/Pages/OLTL-Waiver-Amendments-and-Renewals.aspx</a>	
<b>OMHSAS</b>	PA- Office of Mental Health and Substance Abuse Services	<a href="https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/OMHSAS-Information.aspx">https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/OMHSAS-Information.aspx</a>	
<b>OSEP</b>	Office of Special Education Programs	<a href="https://www2.ed.gov/about/offices/list/osers/osep/index.html">https://www2.ed.gov/about/offices/list/osers/osep/index.html</a>	

Agency/ Resource		Statewide Resources	Contacts in your area
<b>OVR</b>	PA - Office of Vocational Rehabilitation	OVR PA - Office of Vocational Rehabilitation <a href="https://www.dli.pa.gov/ovr">https://www.dli.pa.gov/ovr</a> <b>Local</b> <a href="https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/OVR-Office-Directory.aspx">https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/OVR-Office-Directory.aspx</a>	
<b>PAAutism.org</b>	Collaboration with ASERT and BSASP	<a href="https://paautism.org/">https://paautism.org/</a>	
<b>PA CareerLink</b>	PA - CareerLink	<a href="http://www.pacareerlink.pa.gov">www.pacareerlink.pa.gov</a>	
<b>PA.GOV</b>	Official Website for the Commonwealth of PA	<a href="https://www.pa.gov/">https://www.pa.gov/</a>	
<b>PASCILs</b>	PA Statewide Centers for Independent Living	<a href="https://pasilc.org/independent-living/centers-independent-living/">https://pasilc.org/independent-living/centers-independent-living/</a>	
<b>PA Secondary Transition</b>	PA Secondary Transition	<a href="https://www.pasecondarytransition.com/">https://www.pasecondarytransition.com/</a>	
<b>PATF</b>	Pennsylvania Assistive Technology Foundation	<a href="https://patf.us/">https://patf.us/</a>	
<b>PATH</b>	Inclusion Solutions	<a href="https://inclusive-solutions.com/person-centred-planning/path/">https://inclusive-solutions.com/person-centred-planning/path/</a>	
<b>PaTTAN</b>	PA Training and Technical Assistance Network	<a href="https://www.pattan.net/">https://www.pattan.net/</a>	
<b>PDE</b>	Pennsylvania Department of Education	<a href="https://www.education.pa.gov/Pages/default.aspx">https://www.education.pa.gov/Pages/default.aspx</a>	
<b>PEAL CENTER</b>	Parent Education & Advocacy Leadership Center	<a href="https://www.pealcenter.org/">https://www.pealcenter.org/</a>	
<b>Post Secondary Education ID/DD</b>	Think College	<a href="https://thinkcollege.net/">https://thinkcollege.net/</a>	
	Dream Partnership	<a href="https://dreampartnership.org/">https://dreampartnership.org/</a>	
<b>PYLN</b>	The Pennsylvania Youth Leadership Network	<a href="https://www.pyln.org/">https://www.pyln.org/</a>	

Agency/ Resource		Statewide Resources	Contacts in your area
<b>SSA</b>	Social Security Administration	<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>	
	Social Security Administration (SSA) Benefits Counseling	<a href="https://choosework.ssa.gov/library/fact-sheet-benefits-counseling-and-the-path-to-employment">https://choosework.ssa.gov/library/fact-sheet-benefits-counseling-and-the-path-to-employment</a>	
<b>Supported Decision Making</b>	National Resource for Supported Decision-Making	<a href="https://supporteddecisionmaking.org/">https://supporteddecisionmaking.org/</a>	
<b>Transition Discoveries</b>	Transition Discoveries	<a href="https://transitiondiscoveries.org/">https://transitiondiscoveries.org/</a>	



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