

Checklist for Parents & Teens (Guideline to help prepare your children for Transitioning to Young Adulthood and Beyond.)

Ages 9- 12

- Proper Hygiene and self care (Daily showers, deodorant, teeth brushing, clean and combed hair)
- Encourage age appropriate attire
- Promote independence with daily living skills
- Discuss changes they will experience in puberty
- Advocate for your child to receive homework this prepares them for high school demands)
- Practice healthy communication skills at home (ie, loving words,)
- Monitor computer internet use. (social networking sites can be dangerous)
- **SHOW THAT YOU CARE** (focus on the positive behaviors too)

Skills to Introduce

- Learning to help/do their laundry.
- Chores around the house
- Homework completion before free time
- Helping prepare meals
- Learning the names and dosages of their medications
- Understanding the challenges and strengths they possess

Ages 13- 14

- Encourage dressing appropriate for school...
- Promote independence with daily living skills (alarm clock to wake up, organize for school)
- Discuss changes they are experiencing in puberty
- Explain the importance of homework and school for graduation from high school. Homework is a big part of grades. You earn credits.
- Practice healthy communication skills at home. Natural and realistic consequences for undesirable behavior
- Monitor computer internet use. (social networking sites can be dangerous)

Continue to Reinforce the Skills Introduced to ages 9- 12

Ages 15- 16

Continue with the above skill development and expectations and add these !!!

- Teach financial responsibility skills. (how to write a check/ balance checkbook)
- Complete an application for a part time job and keep it as an example to use every time they apply for a job
- If a driver's permit is desired and supported, get a free manual from DMV
- Look into volunteer opportunities
- Discuss diploma options and future plans (college, work ,or technical schools)
- Ask school personnel about area agencies that serve youths with transition needs.

Skills to Reinforce

- Do their own laundry depending on their level of functioning, or make them help out.
- Chores around the house, consistency in follow through with consequences of earning privileges or restrictions
- Homework completion before free time if they are not completing homework
- Helping prepare meals, basic cooking skills should be taught
- Learning the names and dosages of their medications
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Ages 16- 17

Continue with the above skill development and expectations in addition to the ones listed below!!!

- Have your child participate in their IEP meetings.
- Question the school or case workers about Vocational Rehabilitation services (VR)
- Figure out transportation plans for after graduation
- Start discussing medical and psychological care options after graduation
- Be realistic and explore post high school living arrangements and agencies that can assist you
- Apply for agency services that are recommended.
- Continue to explore career options
- Pre-register to vote at age 17
- ADDRESS Guardianship options when indicated/ appropriate

Skills to Reinforce

- Do their own laundry depending on their level of functioning, or make them help out.
- Chores around the house, consistency in follow through with consequences of earning privileges or restrictions
- Part time work, if capable
- Helping prepare meals, basic cooking skills should be taught
- Learning the names and dosages of their medications
- Understanding their challenges and strengths/ compared to non-disabled peers

Ages 18- 22

By law your child is considered an Adult at age 18... make sure the following is in place;

- Have your child participate in their IEP meetings if they haven't graduated yet.
- Apply to Vocational Rehabilitation services (VR) if you haven't yet. www.rehabworks.org
- Figure out transportation plans for after graduation. Palm Tran Connection
- Arrange for medical and psychological care options. Many school aged support services will no longer be available at age 18. Apply for adult services
- Consider applying for Social Security Disability Benefits now that they are an adult (if they are disabled they may qualify for Medicaid and supportive funds)
- Be realistic and explore post high school living arrangements and agencies that can assist you
- Apply for agency services that are recommended. CILO
- Continue to explore career options- Job Coach
- Register to vote
- ADDRESS Guardianship options when indicated/ appropriate