



Connections California
Transition to Adulthood

Transition Timeline

The transition to adulthood is HARD! Connections California can make it a little easier!

Parents Helping Parents understands how overwhelming and complex the transition to adulthood for people with disabilities of any kind can be. Connections California: Transition to Adulthood is here to help!

You'll find important information in Connections California. We want to help YOU create the smoothest transition to adulthood possible alongside your loved one!

Connections California has useful information for any person, starting as young as 12, with any disability.

Connections California is organized into five main categories with the goal to help you find the information you need easily for this critical life transition.

**Adulting Soup: Glossary of
Transition Terms**

**Agencies, Financial Assistance
& Public Benefits**

**Create your own adventure!
How to use this Timeline**

**Click to learn
more!**



**Engage with
more content
online!**



Under 12

12 - 16

16 - 18

18 - 22

22+

Have your child **participate** at their IEP meetings; learn about **student-led IEPs**

Teach child about their disability; **identify** strengths and needs

Learn about an **Individual Transition Plan (ITP)**; ask **504** team about transition planning

Develop self-care routines; assign chores

High school **diploma**? **New pathway** to diploma?
Certificate of completion?

Apply for **college** and/or **other post-high school programs** and **opportunities**

Create and frequently review a robust **Individual Transition Plan**; include **504** team for input on **transition**

Request annual **transition assessments**, including interest/career inventories; **assess** independent living, education and training, and employment skills

Determine youth's ability to make **decisions at 18**

Navigate transition from **pediatric to adult healthcare**; **review** insurance coverage; investigate rider of **continued eligibility**

Start a Letter of Intent; **review** on an annual basis

Explore adulting options: **Department of Rehabilitation**, **Regional Center**, education/training, housing, assistive technology

Investigate **public benefits**: **CalFresh**, **In-Home Supportive Services (IHSS)**, **Supplemental Security Income (SSI)**, **MediCal**, **Medicare**

Explore financial/estate planning: **ABLE** accounts, special needs **trusts**, **conservatorship**, durable **power of attorney**, **supported decision making**

Regional Center clients: understand post secondary services; explore **Self-Determination**

Develop **transportation/mobility** strategies

Build a **team to carry on** when you are gone

Increase **independence** at home; **promote independence** in choice-making, communication, living skills, and more

Develop **self-advocacy/determination** skills early. Research strength-based **person centered** planning; develop **person centered plan**

Investigate **assistive technology** tools that increase involvement and opportunities

Talk about **puberty, sexuality, and safety**

Explore history of **disability rights**

Explore **WorkAbility** and/or **transition partnership programs**; understand **Department of Rehabilitation** services, including **student services** and **supportive employment**

Develop a postsecondary **employment goal** as part of your **ITP**; develop and review a **career plan**

Build work experience: intern/volunteer/job; practicing filling out job applications, writing resumes

Regional Center clients: explore **supportive employment**/work services and **Paid Internship** program

Driver's License/ID
Passport
Register to Vote
Selective Service

Click **words in bold** to learn more!

Engage with more content online!



Transition Planning



Education and Training



Adult Life



Self-Advocacy



Work Preparation