

Transition Planning Timeline: High School

This document provides knowledge of different resources and supports to help parents/caregivers plan for transitions throughout their child's life experience from pre-school to adulthood.

Student Age/Grade Level	Action	Meeting Dates*	Notes
High School 14-15 years (9th grade)	<ul style="list-style-type: none"> <input type="checkbox"/> Call your local health department's Children and Youth with Special Health Care Needs (CYSHCN) program for resources and support in your community. <input type="checkbox"/> Review eligibility criteria for OPWDD (Office for People with Developmental Disabilities) services and apply if applicable. <input type="checkbox"/> If eligible for Medicaid, find and enroll with a Children's Health Home (if not already done). <input type="checkbox"/> Explore NYConnects for transportation options. <input type="checkbox"/> Apply for ACCES-VR (Adult Career and Continuing Education Services – Vocational Rehabilitation) if not already done in 8th grade (when student is 14). <input type="checkbox"/> Measurable postsecondary goals for transition from school must be in the IEP* the year the student turns 15. <input type="checkbox"/> Student participates in IEP meeting and set IEP transition goals from age 15, these goals should be reviewed at the annual IEP meeting every year through graduation or age 21. <input type="checkbox"/> Apply for accommodations to take PSAT, SAT, and Advanced Placement (AP) exams, by having a Services for Students with Disabilities (SSD) Coordinator submit an Accommodations Request. <input type="checkbox"/> Familiarize yourself with the Committee on Special Education (CSE) and IEP contacts as needed. 		

*Examples of meetings: initial Individualized Education Program (IEP) meeting, annual review, meetings requested by parent, final IEP meeting.

Student Age/Grade Level	Action	Meeting Dates*	Notes
High School 15-16 years (10 th grade)	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for OPWDD services if not already done. <input type="checkbox"/> If eligible for Medicaid, find and enroll with a Children's Health Home (if not already done). <input type="checkbox"/> Get connected with Parent to Parent of NYS and Families Together in New York State for support. <input type="checkbox"/> Learn about post-secondary programs and visit campuses <input type="checkbox"/> Access Pre-Employment Transition Services through ACCES-VR. Available from ages 16 to 21. <input type="checkbox"/> Student participates in IEP* meeting and sets IEP transition goals. <input type="checkbox"/> Familiarize yourself with CSE and IEP contacts as needed. 		
High School 16-17 years (11 th grade)	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for OPWDD if not already done. <input type="checkbox"/> Discuss New York Independent Living Centers (assistance for housing, independent living skills, and social activities). <input type="checkbox"/> Obtain driver's license or NYS ID card. <input type="checkbox"/> Check that copies of work-related documents are available: Social Security card, birth certificate, obtain working papers (if appropriate). <input type="checkbox"/> Explore NYConnects for transportation options. <input type="checkbox"/> Plan for Guardianship (if appropriate) or supported decision making at 18 years. <input type="checkbox"/> Student participates in IEP meeting and set IEP transition goals. <input type="checkbox"/> Apply for ACCES-VR if not already done. <input type="checkbox"/> Familiarize yourself with CSE and IEP contacts as needed. 		

*Examples of meetings: initial Individualized Education Program (IEP) meeting, annual review, meetings requested by parent, final IEP meeting.

Student Age/Grade Level	Action	Meeting Dates*	Notes
High School 17-18 years (12 th grade)	<ul style="list-style-type: none"> <input type="checkbox"/> Explore work-based learning opportunities. <input type="checkbox"/> Post-Secondary Education Applications (see below for programs for students with disabilities). <input type="checkbox"/> Learn about and fill out Free Application for Federal Student Aid (FAFSA). <input type="checkbox"/> Student participates in IEP meeting and sets IEP transition goals. <input type="checkbox"/> Have final IEP meeting and obtain exit summary if applicable. <input type="checkbox"/> Familiarize yourself with CSE and IEP contacts as needed. 		
Post High School 18-21 years	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for OPWDD if not already done. While there is no age limit on applying to OPWDD it is recommended to apply when students turn 18 so they can receive adult benefits. <input type="checkbox"/> Plan for Guardianship (if appropriate) or Supported Decision-Making at 18 years. <input type="checkbox"/> Consider the need for residential opportunities, complete applications, as appropriate. <input type="checkbox"/> Obtain photo ID. <input type="checkbox"/> Apply for ACCES-VR (if not already done). <input type="checkbox"/> Apply for Supplemental Security Income (SSI) and Medicaid as needed. <input type="checkbox"/> Complete the SSI Age 18 Redetermination, if receiving benefits. <input type="checkbox"/> Learn about and visit outside adult and employment agencies, where appropriate. <input type="checkbox"/> Have final IEP meeting and obtain exit summary. 		

*Examples of meetings: initial Individualized Education Program (IEP) meeting, annual review, meetings requested by parent, final IEP meeting.

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Other Resources: High School

Education

[504 Plans](#). A 504 plan is a legal document falling under the provisions of the Rehabilitation Act of 1973. It is designed to plan a program of instructional services to assist students with special needs who are in a regular education setting. A 504 plan is not an Individualized Education Program (IEP) as is required for special education students. However, a student moving from special education to a regular education placement could be placed under a 504 plan.

[CareerZone](#). Free career exploration and planning system for NYS students.

[College Board](#). Information on accommodations on College Board Exams.

[Federal & NYS College Financial Aid Programs](#). Information on different financial aid programs offered at the state and federal level, as well as institutional aid and outside scholarships

[NYS 529 College Savings Program](#). A type of investment account used for higher education savings, which can offer different tax benefits for families. Parents, grandparents, other relatives, and friends can open a 529 account, as long as they are a United States Citizen or resident alien.

[NYS Education Department](#). Information on transition from high school to post-school.

[Office of Special Education \(OSE\) Educational Partnership](#). A coordinated and cohesive network of support focused on enhancing services and supports for students with disabilities from early childhood and school-age education to engagement in post-school opportunities. This list contains contact information for each Regional Team across the State.

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Employment

[ACCES-VR \(Adult Career and Continuing Education Services Vocational Rehabilitation\)](#). Employment services for individuals with disabilities aged 14 and up. For eligibility and application information call 800-222-JOBS (5627).

[American Job Centers](#). Provides direct employment and training services 877-872-5627.

[Careers Support Solutions](#). Provides job readiness skills, coordinate internships, secure job placements, provide on-the-job training, offer follow-along support.

[Easterseals New York](#). Provides employment and vocational training services.

[Pre-Employment Transition Services \(Pre-ETS\)](#). Viability program provides students 14-22 years of age with job readiness skills 631-887-3641.

Funding Sources

[ABLE-NY](#). Tax-advantaged savings programs for eligible people with disabilities (or designated beneficiaries). Funds from these 529A accounts can help designated beneficiaries pay for qualified disability expenses.

[Office for People with Developmental Disabilities \(OPWDD\)](#). Coordinates services for people with developmental disabilities, including intellectual disabilities, cerebral palsy, Down syndrome, autism spectrum disorders, Prader-Willi syndrome, and other neurological impairments. For eligibility and application information call 866-946-9733.

[Supplemental Security Income \(SSI\)](#). To determine eligibility and apply for SSI 800-772-1213.

Guardianship

[The Arc Westchester](#). Provides information on guardianship and supported decision making.

[NYS Court](#). Guardianship information. Information on guardianship arrangement and legal process including links for help and resources.

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Health

[Boston's Children's Hospital Transition Toolkit](#). Transition resources for teenagers with metabolic conditions.

[Got Transition®](#). A federally funded national resource center on health care transition (HCT). Its aim is to improve the transition from pediatric to adult health care through the use of evidence-driven strategies for clinicians and other health care professionals, public health programs, payers and plans, youth and young adults, and parents and caregivers.

[New York State Office of Mental Health](#). A list of transition resources for young people transitioning to adulthood.

[Office of Mental Health: Information for Children Teens and Their Families](#). Mental health resources for children and their families.

Independent Living and Transportation

[Easterseals Transportation Services](#). Helps people find rides and transportation resources to reach appointments and other destinations.

[MTA \(Metropolitan Transportation Authority\) Accessibility](#). Provides accessible travel information and resources.

[New York State Independent Living Counsel \(NYSILC\)](#). Promotes independent living for people with disabilities across NYS, in partnership with the network of community-based [Centers for Independent Living \(CILs\)](#) 518-427-1060.

[New York State Technology Related Assistance for Individuals with Disabilities \(TRAID\) Program](#). Assists individuals with assistive technology services and devices 800-624-4143.

New York State and National Resources

[New York State Department of Health Children and Youth with Special Health Care Needs \(CYSHCN\) Program](#). A program which seeks to improve the system of care for children and youth with special health care needs from birth and up to 21 years of age and their families. CYSHCN program specialists at your local health department can help you find information regarding insurance, provider referrals, peer and parent support groups, financial assistance, transportation, advocacy groups and so much more. [Find your local CYSHCN program](#).

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[New York State Department of Health Transition Resources.](#) List of NYS and Federal organizations providing information, support, and programs.

[New York State Multiple Systems Navigator.](#) A user-friendly website where youth, parents, family members and caregivers that rely on supports from multiple child and family serving systems can access helpful health, education, human service and disability information.

[New York State Office of Children and Family Services HEARS \(Help, Empower, Advocate, Reassure, Support\) Family Line.](#) A help line which assists parents and families by providing resources and referrals to a variety of services including food, clothing, housing, medical and behavioral health care services, parenting education and childcare. 1-888-55HEARS (1-888-554-3277) Monday through Friday from 8:30 a.m.-4:30 p.m.

Recreation and Leisure

[Adaptive Skiing in NY.](#) Information on adaptive snow sport programs at ski areas throughout NYS.

[Camps and Recreation Programs.](#) Links to programs in New York State.

[Include NYC.](#) Links to New York City recreation programs.

[Justice Center.](#) Resources on recreation in NYS.

[Needy Meds.](#) Links to retreats, camps, and recreational programs in NYS.

[NY Connects.](#) Information on adaptive winter sports programs.

[The Fitness Inclusion Network \(Fit IN\).](#) Cross-institutional collaboration in Central New York and beyond committed to expanding access and furthering conversations on inclusion in outdoor recreation, team sports, mindful movement, and personal fitness for people of all ability levels.

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Regional Resources – New York State University Centers for Excellence in Developmental Disabilities

New York City and Long Island

[Rose F. Kennedy UCEDD at Einstein/Montefiore](#)

Mid-Hudson; Capital Region; Mohawk Valley; North Country

[Westchester Institute for Human Development](#)

Central and Western New York

[Strong Center for Developmental Disabilities at the University of Rochester](#)

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