

Transition Planning Timeline: Middle 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
Middle School 12-13 years (6th & 7th grades)	<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"/> Get connected with Parent to Parent of NYS and Families Together in New York State for support. <input type="checkbox"/> Discuss and set age-appropriate home/community IEP* goals (dressing, hygiene, chores, purchasing, phone skills, community safety, etc.). <input type="checkbox"/> Complete Level 1 Vocational Assessment at age 12 which should be reviewed every year after at the annual IEP meeting. <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.

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Student Age/Grade Level	Action	Meeting Dates*	Notes
Middle School 13-14 years (8 th grade)	<ul style="list-style-type: none"><input type="checkbox"/> Apply for OPWDD services if not already done.<input type="checkbox"/> Discuss ACCES-VR (watch orientation video) and appropriate job training.<input type="checkbox"/> Discuss and set age-appropriate home/community IEP goals (dressing, hygiene, chores, purchasing, phone skills, community safety, etc.)<input type="checkbox"/> Advocate for your child's future based on their strengths, goals, and your family's culture.<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.

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Other Resources: Middle 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.

[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.

[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.

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).

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

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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.

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.

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

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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 Technology Related Assistance for Individuals with Disabilities \(TRAD\) 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](#).

[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.

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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.

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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