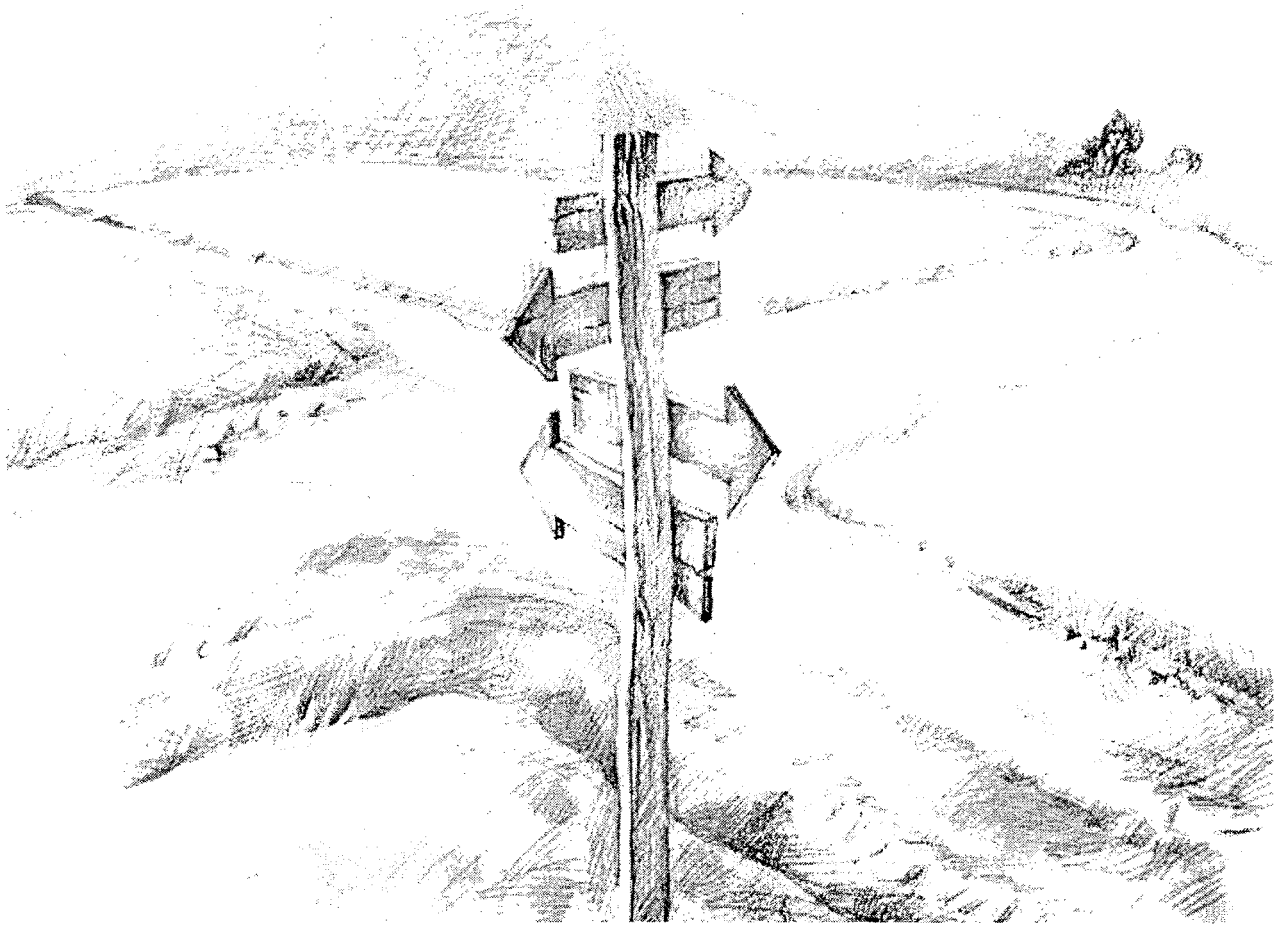


**Transition
Pathways to Your Future**



**Indiana State Department of Health
Maternal & Children's Special Health Care Services
2 N Meridian Street, Section 7B
Indianapolis, IN 46204
(800) 475-1355**



**Indiana State
Department of Health**

TABLE OF CONTENTS

INTRODUCTION	3
WHAT IS TRANSITION?	3
GENERAL TRANSITIONAL TIMELINE.....	4
WHAT ARE TRANSITIONAL SERVICES?.....	5
PLANNING STEPS.....	5
ALL ABOUT ME	7
EDUCATIONAL SYSTEMS.....	8
HEALTH CARE.....	11
MY MEDICAL HISTORY.....	11
MY PROVIDERS	12
MY FAMILY’S HEALTH HISTORY	13
MEDICAL EQUIPMENT & MEDICINES	14
MY PHARMACY	14
INSURANCE and WORK INFORMATION.....	15
NATIONAL AND FEDERAL TRANSITION RESOURCES	16
IMPORTANT DOCUMENTS	18

INTRODUCTION

The Maternal & Children's Special Health Care (MCSHC) Services program is committed to providing transitional information to Indiana's children and youth with special needs. Early and meaningful transition planning, which actively involves youth and their families, has a positive influence on the youth's post-school success and independence.

Transition is the natural progression through life. There are many transitions that occur in the life of any child: from home to school, elementary school to high school, school to work, and last, but not least, from a pediatric provider to an adult care provider. Each stage can often be scary and certainly will contain many questions.

The future is often not what a parent of a youth with special needs thinks about on any given day. Many days are spent just surviving that day. However, in those few moments when things are relatively calm and "normal," the future is just what you need to think about.

When your child reaches adulthood, he or she will transition out of the range of educational services guaranteed under the Individual with Disabilities Education Act (IDEA). Beginning at least one year before your child reaches the age of majority (18 to 21, depending on your state law) the Individual Educational Program (IEP) must include a statement that your child has been informed of any rights that will transfer to him or her upon reaching that age.

Also, when your child reaches a certain age, the pediatric provider may determine that visits by a young adult to his office are inappropriate. Or, the youth may determine that he or she is too old to be seen by a "baby" doctor. However this transition occurs, it should occur with planning and participation by all.

Throughout this booklet there are pages to complete, questions to answer, Web sites to visit and numbers to call. Yes, the future is scary, but when a youth with special needs is prepared for the transitions that are to come, it can be a bright and welcoming path in his or her life's journey.

WHAT IS TRANSITION?

Transition is the movement from one situation to another (i.e., hospital to home, home to school, school to college, pediatric care to adult medical care and possibly living alone). It is important to know the transition tools and resources available to youth with special health care needs as an individual becomes his or her own guardian upon turning 18. At that time, the person is able to sign legal documents, vote and sign contracts. The person will be responsible for all of their medical care: making appointments, getting medicines, requesting equipment. For these reasons, preparedness is a necessary and critical part of transition.

The journey into adulthood for a child with special health care needs is often filled with challenges. Families with special needs children will deal with various transition issues. The transition journey begins at the time of diagnosis and continues into adulthood. You should work with your health care provider to develop a transitional plan.

Individuals with disabilities may meet financial eligibility for Supplemental Security Income (SSI) benefits. Prior to age 18, family income is considered. After 18, individual income is considered. Contact the Social Security Administration (SSA) for further information. This should be done at least 30 days prior to the individual's 18th birthday. The SSA's Web site is listed in the back of this booklet.

GENERAL TRANSITIONAL TIMELINE

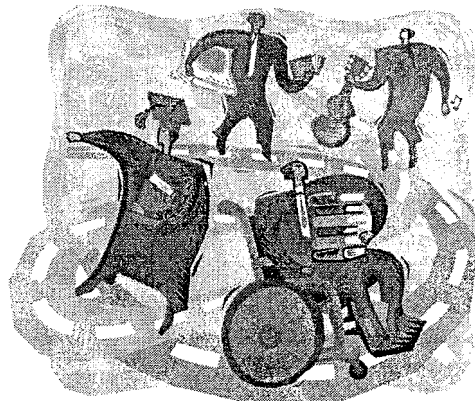
By age 14: Transition Plan from school to post-school options begins for teens on IEPs. Does high school offer pre-vocational counseling, job exploration or job readiness sessions? Parents should start the discussion on the transitioning phase of going from a pediatric provider to a more age-appropriate provider. Teens must be invited to participate in their IEP meetings.

By age 16: IEP should include plan for successful transition from school to higher education. Or, it should include an Individualized Plan for Employment (IPE). Meeting could include Vocational Rehabilitation Services (VRS).

By age 17: Parents/guardians should begin investigating their private insurance coverage rules and termination policy regarding their special needs youth. Parents should also begin exploring health care financing for young adults. Teens and/or parents/guardians should notify VRS the year *before* the student graduates. If appropriate, begin guardianship procedures. Information about the various types of guardianship can be found on the Internet or contact any one of the resources listed in this pamphlet.

By age 18: Check eligibility for SSI at least six months before the teen turns 18. Investigate SSI work incentives, such as Plan for Achieving Self Support (PASS). Contact campus student disability services to request accommodations for youth attending college. Special accommodations are scarce and may go fast.

By age 21: For young adults with developmental disabilities, notify the Division of Developmental Disabilities for all adult services offered.



WHAT ARE TRANSITIONAL SERVICES?

Transition services refer to activities meant to prepare youth with disabilities for adult life. These can include:

- Developing post high school education and career goals;
- Getting work experience while still in school;
- Receiving special instruction and related services;
- Acquiring daily living skills and functional vocational evaluation;
- Connecting with adult service providers such as vocational rehabilitation agencies in your city or state;
- Job Accommodation Network;
- Integrated employment, internships and apprenticeships;
- Finding and transferring to an adult health care provider.

Your child should be fully involved in creating a transition plan with the IEP team. He or she can work with the team to assess abilities, skills and interests, so the plan will truly reflect the youth's future life goals.

PLANNING STEPS

Before you can decide where to go, you need to know where you are. What do you have now, what do you need, who can get it for you? Take a few minutes to complete the assessment pages. Having a clear and thought-out plan will make the transitional journey more enjoyable and less stressful. The parent, youth (depending on the age and understanding) and providers should discuss and identify the various needs of the youth in transition. Below are a few starter questions.



- What are the current medical needs? What are the expected future medical needs? Who can help assist you in learning about specific health care for the youth's medical condition?
- At what age will the current provider no longer treat the youth? Is there an adult care provider the current provider can refer the youth to? Find out at what age the youth will "age-off" your health plan. Are there any exceptions? If so, what are they?
- Explore all benefits and services that are provided to the youth which will/can be provided to adults with special needs. What paperwork needs to be in place?

- Is the youth receiving SSI? Should he/she apply? Where can the forms be found?
- Does your youth want to attend college? Will she/he need special housing, tutors and/or personal aides? If so, can the college provide them? What about staying well while at college, can the health center provide what the student will need?
- At what age should you or your youth contact Vocational Rehabilitation Services (VRS) for vocational training? Should the VRS representative be invited to an IEP case conference?
- What about School to Work programs? What about PASS? Where does the youth get more information?

As stated before, these are only a few questions. Once you, the youth and other interested parties start discussions, the questions, and more importantly, the answers will come.

NOTES: _____

ALL ABOUT ME

Last Name _____ First _____ Middle _____

Address _____

City _____ State _____ Zip Code _____

“Nick Name” _____ Gender _____ Male _____ Female _____

Birth Date _____ Current Grade _____

Phone () _____ Blood Type _____

DIAGNOSIS _____

THINGS I LIKE _____

PARENTS/GUARDIAN

Mom _____

Dad _____

EMERGENCY CONTACT PERSON

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone () _____ Relationship _____

EDUCATIONAL SYSTEMS

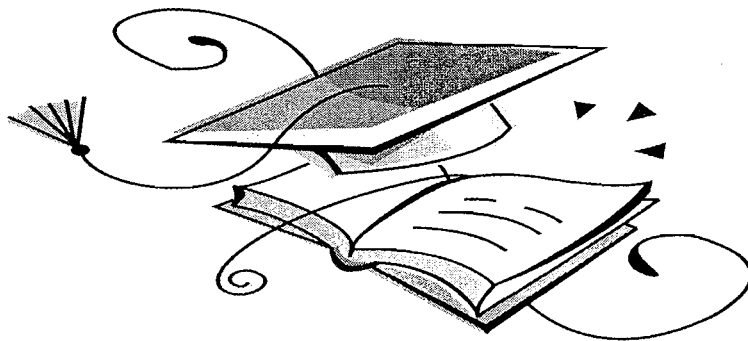
Every student attending school will progress through secondary transition, which is the process of preparing students for life after high school. Life after high school could involve additional education or training, employment and community living. The IDEA reauthorization of 1997 states that at age 14, and younger if necessary, the IEP team must begin to discuss transition. Both the parent and the student should participate in all IEP meetings. If the IEP team, which is comprised of the parent, student and educators, starts discussing secondary transition as early as possible, the goals and necessary actions can be taken to ensure the best outcomes for the student.

Once a student reaches 21, he/she will no longer be entitled to services provided through the educational system and must become eligible for services provided by adult agencies. The eligibility rules for those services will certainly change and obstacles may appear that weren't there before. Everyone involved in the transition process should be prepared to aid the youth in overcoming these new stumbling blocks.

For students going on to college, being away from home will take some planning. On campus they will be on their own. There won't be any parents to take care of them and their needs, make decisions and solve problems. Planning will make this transition much easier on everyone involved. Some questions to ask are:

- Will he or she need physical assistant and/or a personal assistant to help with daily living?
- Does his or her college of choice offer these services? If not, how do you find the help?
- Will he or she need special housing arrangements? These are limited and may go quickly.
- Will the college health center be able to meet his or her medical needs?
- Where is the nearest hospital?
- Will his or her insurance cover them at school? Will it cover emergencies?
- Is there a health care provider he or she can visit while in school?

When you attend college, it will be up to you to let the Office for Students with Disabilities, and other school officials, know your needs and the level of support and help you will require. Remember, planning is the key to successful transitions, so start planning!





EDUCATION

Local School District _____

School _____ Phone () _____

School's Address _____

City _____ State _____ Zip Code _____

Grade Level _____ Teacher _____

College Choice _____

Major Considering _____

(IEP) Individual Education Plan Date Completed: _____

Accommodations Required: _____

Job Skills _____

(IPE) Individual Plan for Employment Date Completed: _____

Work Experience _____

Vocational Rehabilitation Services Contacted Yes _____ No _____ To Be Done _____

School Activities

Classes: _____

Friends: _____

Teachers: _____

After School Activities: _____

HEALTH CARE

All the planning won't matter if you aren't healthy enough to enjoy your new horizons. Leaving the provider who has been with you since the beginning won't be easy, but it can be made smoother with, what else, planning! At least by 14, learn as much as you can about your health care needs. Actively participate in your health care, and start talking to your doctor without your parents. Answer more of the questions posed by the nurse and/or doctor. Also, start making your own appointments and keeping up with them. Become familiar with how to refill medicines and know the side effects of your current medicines. You need to begin to take responsibility for some of the activities that help to keep you healthy.

MY MEDICAL HISTORY

C = current P = past

C	P	Problem	Procedure done & location	Results
<input type="checkbox"/>	<input type="checkbox"/>	Eczema		
<input type="checkbox"/>	<input type="checkbox"/>	Bone/Joint Problems		
<input type="checkbox"/>	<input type="checkbox"/>	Asthma		
<input type="checkbox"/>	<input type="checkbox"/>	Heart		
<input type="checkbox"/>	<input type="checkbox"/>	Seizures		
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes		
<input type="checkbox"/>	<input type="checkbox"/>	Upper Respiratory		
<input type="checkbox"/>	<input type="checkbox"/>	Overweight		
<input type="checkbox"/>	<input type="checkbox"/>	Underweight		
<input type="checkbox"/>	<input type="checkbox"/>	Dental Caries		
<input type="checkbox"/>	<input type="checkbox"/>	Anemia		
<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell		
<input type="checkbox"/>	<input type="checkbox"/>	Bowel & bladder		
<input type="checkbox"/>	<input type="checkbox"/>	Excessive vomiting		
<input type="checkbox"/>	<input type="checkbox"/>	Psychological		
<input type="checkbox"/>	<input type="checkbox"/>	Neurological problem		
<input type="checkbox"/>	<input type="checkbox"/>	Allergies		
<input type="checkbox"/>	<input type="checkbox"/>	Other chronic problems		

MY PROVIDERS

Name of Primary Care Physician:		Date Last Seen:
Address:	Telephone: ()	
City, State, Zip	Fax: ()	
Reason(s) Seen:		
Name of Dentist:		Date Last Seen:
Address:	Telephone: ()	
City, State, Zip	Fax: ()	
Reason(s) Seen:		
Name of Specialty Care Physician:		Date Last Seen:
Address:	Telephone: ()	
City, State, Zip	Fax: ()	
Reason(s) Seen:		
Other Specialty Provider:		Type
Name:		Date Last Seen:
Address:	Telephone: ()	
City, State, Zip	Fax: ()	
Reason(s) Seen:		
Other Specialty Provider:		Type
Name:		Date Last Seen:
Address:	Telephone: ()	
City, State, Zip	Fax: ()	
Reason(s) Seen:		
Other Specialty Provider:		Type
Name:		Date Last Seen:
Address:	Telephone: ()	
City, State, Zip	Fax: ()	
Reason(s) Seen:		
Other Specialty Provider:		Type
Name:		Date Last Seen:
Address:	Telephone: ()	
City, State, Zip	Fax: ()	
Reason(s) Seen:		

MY FAMILY'S HEALTH HISTORY

Mother

- Diabetes
- High Blood Pressure
- Smoker
- Illegal Drug use
- Kidney Problems
- Asthma
- Epilepsy, Seizures
- Birth Defects *
- Deafness *
- Death **UNDER 50** years of age *
- Other *
- Heart Attack **UNDER 60** years of age
- Positive TB Skin Test
- Stroke
- Alcohol use / abuse
- Stomach / Intestinal
- Mental Retardation
- Emotional Problems *
- Blood Disease:
 - (a) Anemia
 - (b) Sickle Cell
- Allergies
- Bone / Joint Problems

* Please explain:

Father

- Diabetes
- High Blood Pressure
- Smoker
- Illegal Drug use
- Kidney Problems
- Asthma
- Epilepsy, Seizures
- Birth Defects *
- Deafness *
- Death **UNDER 50** years of age *
- Urinary Problems
- Other *
- Heart Attack **UNDER 60** years of age
- Positive TB Skin Test
- Stroke
- Alcohol use / abuse
- Stomach / Intestinal
- Mental Retardation
- Emotional Problems *
- Blood Disease:
 - (a) Anemia
 - (b) Sickle Cell
- Allergies
- Bone / Joint Problems

* Please explain:

INSURANCE and WORK INFORMATION

I am currently enrolled in (circle one): HHW / Medicaid / Medicare / I have no Health Insurance

HHW/ Medicaid/ Medicare Information: I.D.# _____

Coverage Effective Date: _____ Date Coverage will end _____

Private Health Insurance Coverage Information:

Policyholder's Name _____ Relationship _____

Address (if different from mine) _____

City _____ State _____ Zip Code _____

Company Name _____ Primary _____ Secondary _____

City _____ State _____ Zip Code _____

This coverage is _____ Through Employer _____ Self Purchase _____ Union _____ HMO _____ PPO

Policy # _____ Member I.D. # _____ Group Acct. # _____

Effective date I was covered under this policy _____ I will be terminated from this insurance on _____

My Employment:

I am employed by: Name of Employer _____

Address _____

City _____ State _____ Zip Code _____

Telephone () _____ Start Date _____

My hours are: _____ I work these days: _____

My Supervisor is _____ Telephone _____

NATIONAL AND FEDERAL TRANSITION RESOURCES

DisabilityInfo.gov - Web Site: www.disability.gov

This federal Web site links to information of interest to people with disabilities and their families. Topics include employment, education, housing, transportation, health, income support, technology, community life, and civil rights.

GovBenefits.gov - Web Site: www.govbenefits.gov

Toll Free Phone: (800) 333-4636. A partnership of federal agencies and organizations with enhanced access to government assistance programs. There is a confidential online screening tool that can help individuals find out which government programs and benefits they may be eligible to receive.

Healthy and Ready to Work National Center - Web Site: www.hrtw.org

Phone: (202) 884-8650. This site contains information, tools, resources, and links to many transition-related websites.

National Center in Secondary Education & Transition - Web Site: www.ncset.org

Includes resources related to education, training, independent living, and work for youth with disabilities.

Social Security - Web Site: www.ssa.gov/disability

Toll Free Phone: (800) 772-1213 or (800) 325-0778 (TTY).

Site contains information about eligibility and applications for SSI and SSDI.

The Arc - Web Site: www.thearc.org

Phone: (301) 565-3842. Site includes guardianship information.

4 Girls Health - Web Site: www.4girls.gov

Site promotes healthy, positive behaviors in girls between the ages of 10 and 16. Gives girls reliable, useful information on the health issues they will face as they become young women and tips on handling relationships at school and at home.

Build Your Own Care Notebook - Web Site: www.medicalhomeinfo.org/tools/care_notebook.html

Site provides access to several different care notebooks.

Choosing & Using a Health Plan - Web Site: www.ahrq.gov/consumer/hlthpln1.htm

AHRQ consumer information on selecting the best health insurance plans, understanding health insurance and how to obtain needed services.

Guardianship Information:

- Indiana Protection and Advocacy Services, (317) 772-5555, 4701 N. Keystone, Suite 222, Indianapolis, IN 46205
- The Arc of Indiana, (800) 382-9100, 110 E. Washington St., Indianapolis, IN 46204
- The Indiana State Guardianship Association, (317) 251-0005, 2506 Willowbrook Pkwy, Suite 100, Indianapolis, IN 46205
- The ARC, Washington, D.C., (800) 433-5255, <http://www.theArc.org>.

National Information Center for Children and Youth with Disabilities (NICHCY), <http://www.nichcy.org>, PO Box 1492, Washington, D.C. 20013-1492, (800) 695-0285. NICHCY is the national information and referral center that provides information on disabilities and disability-related issues for families, educators, and other professionals.

Special Needs Advocate for Parents (S.N.A.P) <http://www.snapinfo.org>, 30A Vreeland Rd, Suite 130, Florham Park, NJ 07932, (877) 348-6497 or (973) 236-9887. SNAP is a not-for-profit, public-benefit corporation that provides information, education, advocacy and referrals to families with special needs children of all ages and disabilities.

The National Council on Disability (NCD), 1331 F Street NW, #1050, Washington, D.C. 20004 (202) 272-2004. NCD is an independent federal agency making recommendations to the President and Congress on issues affecting some 54 million Americans with disabilities.

Division of Disability and Rehabilitative Services (DDRS), 4701 N Keystone #2421, Indianapolis, IN 46205, (800) 545-7763. DDRS exists to inform, protect, and serve individuals with disabilities and their families in need of human services, resources, or support to attain employment and self-sufficiency or to maintain independence.

Indiana Family Helpline, (800) 433-0746. The Indiana Family Helpline addresses questions relating to Maternal and Child Health Services, Children with Special Health Care Services, Women and Infant Children (WIC) Services, and other concerns of callers throughout the state of Indiana. Callers' needs are assessed and referrals made to the appropriate community resources.

Anthem BC/BS, (877) 290-4617. Anthem Blue Cross and Blue Shield offers health insurance plans designed specifically for individuals and families.

Indiana Comprehensive Health Insurance Association (ICHIA) 311 W Washington St., Indianapolis, IN 46204, (800) 552-7921. Health coverage for those who have lost group insurance or those who cannot get insurance due to health conditions.

Accessing Technology through Awareness in Indiana (ATTAIN) Vincennes University, 1002 N First Street, Vincennes, IN 47591, (812) 888-5809. ATTAIN is the only statewide assistive technology organization that serves individuals of all ages with disabilities. ATTAIN provides and increases access to assistive technology.