

## Transition to Adult Services

There are many options to consider and choices to make for youth entering their final years of high school and preparing for adulthood. School services will be ending and transitions to new living and work environments will develop. The Service Coordinator will have information about available and appropriate local resources, services, and can assist with questions about potential benefits or new responsibilities. Various options may be confusing. TCRC Service Coordinators are trained to facilitate decisions that provide the life envisioned by the person served.

You can use the information here to see what's available, then speak to your Service Coordinator to get started.

## Beginning Transition Planning, Age 14-18

Thinking about and planning for adulthood often begins informally, several years before a person turns 18. At age 14, the process becomes more formalized.

By age 16, a young person's Individualized Education Program (IEP) will begin to address vocational and independent living skills needed for transition to adult living, as well as appropriate educational goals. Public educational services will continue to be available for students through age 22 who have not received a diploma. This is a good time to review the informational brochure by the State Council on Developmental Disabilities ([www.scdd.ca.gov](http://www.scdd.ca.gov)). It includes information on the Employment First policy, options for integrated, competitive employment, and post secondary education. This information will enable the person to plan for transition from school to work, and to achieve the transition outcomes.

Public educational services are the primary source of services for this age group. The IEP team will help the young person determine what skills are still needed prior to leaving the public educational system.

## Becoming an Adult, Age 18-22

At age 18, young adults have different responsibilities and benefits that may be available to them. Issues to consider include public benefits, health care decisions,

voter registration, selective service registration, living choices, educational or vocational decisions and legal considerations.

As an adult, the person is able to choose who will help him or her to make decisions in these matters, unless a court has determined that the person is not capable of doing so. Adults may also authorize other adults to be their educational surrogate.

The young adult will be able to make health care decisions, so understanding his or her health issues becomes more important. The TCRC web site has several articles related to managing health care decisions. A health care directive may be appropriate for some people. Young adults may keep a list of the names of doctors who are providing care and their contact information, and carry a copy of their Medi-Cal card or private health insurance coverage in case of an emergency.

## Individual Transition Goals & Services

When a student with an IEP turns 16 years of age, the IEP team will begin to develop individual transition goals as part of school services. These goals will describe the educational and functional steps to be taken to prepare the student for adult living. The student's Service Coordinator is available to participate in the IEP meeting and to help coordinate goals and services. This IEP team will identify adaptive/independent living skills that need further development. Those skills could include personal care, housekeeping, budgeting, cooking, safety and emergency plans. Educational services may be available until the student turns 22 years old. Transition guidebooks have been published by SELPAs in each county and are available on our web site.

## Generic Services / Benefits

Generic services are publicly funded programs that are available to all members of the community who meet the eligibility criteria for the program. At age 18, adults may apply for these programs on their own behalf. Many adults served by Tri-Counties Regional Center qualify for the following programs:

- In-Home Supportive Services (IHSS) provides services which may include meal preparation, laundry, shop-

ping, non-medical personal care, and assistance with medical appointments.

- Supplemental Security Income (SSI) is a cash benefit program for those with limited income. Anyone eligible for SSI automatically also receives Medi-Cal and Denti-Cal benefits.
- Medi-Cal and Denti-Cal offer health care and dental insurance for low-income individuals who meet eligibility criteria for the program.

## Educational or Vocational Resources

Some young adults continue to pursue higher education. Public colleges typically have a program through which students with a documented disability may request accommodations. The Department of Rehabilitation offers a variety of options for those who wish to pursue employment. There are also programs funded through the regional center that are available to those who have completed their public educational program.

After leaving school, adults who wish to become employed may be eligible for Supported Employment services. Supports could include job development, job coaching, transportation, specialized job training and supervision. Micro-enterprise options are possible with the option of micro-loan funding of business ideas. Also Work Activity Programs and Vocational Training/Habilitation Programs provide options for paid employment. The Service Coordinator can provide information on how to participate.

## Transportation

A Transportation Access Plan (TAP) will be developed by the IPP planning team. The plan describes how individuals use specialized or public transportation, such as to day services or employment. TCRC may fund transportation to day services when generic resources are not feasible.

## Day Programs

Day programs are community-based programs for individuals served by the regional center. They are designed to provide interesting activities and training op-

portunities in a structured setting. The planning team agrees upon the most appropriate program in advance and then the services are included in the person's Individual Program Plan (IPP). Day program services may be at a fixed location or out in the community. If you are interested in learning more about the various day program services, ask your Service Coordinator for assistance. Some day programs have waiting lists, so it is important to plan in advance.

Types of services available through a day program support the development of:

- Self-help and self-care skills
- The ability to interact with others, making one's needs known and responding to instructions
- Self-advocacy and employment skills
- Community integration skills such as accessing community services and resources
- Behavior management to help improve behaviors
- Social and recreational skills

## Individual Choice Day Services

Committed to person centered practices, TCRC supports the development of alternatives to traditional day services. We encourage the development of a network in an individual's community in order to find natural and inexpensive resources to support their Individual Program Plan.

## Living Options

People may choose to remain living with their families after becoming adults. They may also wish to live independently from family in their own home or in a licensed residential facility. If the young adult chooses to live in his or her own apartment, an application for subsidized housing may be appropriate. There is a long waiting list for Section 8 and other subsidized housing options, so an application should be made well in advance. Supported Living Services (SLS) and Independent Living Services (ILS) may be options for some adults.

Licensed residential homes are located in community settings and can be an option for either adults or children. Family Home Agencies can provide similar home-like settings as well. The goal for all residential services is to maintain the highest level of independence possible, while offering the person a safe place to live.

If you are considering a residential facility, your Service Coordinator can help arrange visits to licensed residential homes in your community.

## TRANSITION CHECKLIST: Prior to age 18

### Planning

- Discuss the transition process with your planning team and set target dates for decisions.
- Ensure that your IPP reflects an evolving vision for adult life.
- Review the informational brochure by the State Council on Developmental Disabilities.

### Legal and Financial

- Update financial status and family estate plans.
- Establish personal bank account.
- Consider the financial resources available to you including public benefits.
- Investigate Special Needs Trusts.

### Responsibility & Independence

- Develop community safety & emergency help skills.
- Develop opportunities to gain away-from-home experience.
- Look for Special Olympics and inclusion programs available through the local Parks and Recreation Departments.

### Education

- Learn about educational and transition programs available through your school.
- Explore post-secondary program options such as Community Colleges and four year universities as appropriate.

### Living Arrangements

- Investigate licensed homes, supported living

- services or independent living services.
- Inquire about Section 8 housing and add your name to a waiting list if interested in renting.

### Work and Volunteering

- Research volunteering and community service activities.
- Obtain work permit for employment before 18.
- Explore youth employment opportunities.
- Review the informational brochure on employment first policy from the State Council on Developmental Disabilities.
- Learn about adult day and vocational services.

### Transportation

- Assess community mobility skills and develop a plan for transportation options, including public transportation and travel training.

## TRANSITION CHECKLIST: Age 18 and Older

### Planning

- Ensure that your circle of support collaborates for person centered planning and discussion.
- Tour Adult day and vocational service programs.
- Incorporate adult goals and services that support transition in your IPP.
- Attend Opportunity or Transition Fairs (sometimes called Open Houses).

### Legal and Financial

- Establish long range plans for future care.
- Develop or review estate plans.
- Apply for Supplemental Security Income (SSI) along with planning for employment. Determine Representative Payee for SSI if need be.
- Apply for Medi-Cal benefits.
- Consider Health Care Directive, Power of Attorney and Representative Authorization.
- Determine need for Limited Conservatorship.
- If male, register for Selective Service at [www.sss.gov](http://www.sss.gov).

- ❑ At age 18, when decision making authority transfers to an individual, he or she assumes responsibility for signing and authorizing an IEP and IPP.

## Responsibility & Independence

- ❑ Create a health record-keeping notebook.
- ❑ Continue to learn about how to stay safe in the community. TCRC's "Safe and Strong" DVDs are available.
- ❑ Explore social and recreational community opportunities.
- ❑ Apply for ID card through DMV & register to vote.

## Education

- ❑ Include opportunities for vocational experience and functional life skill outcomes in IEP.
- ❑ Determine if a high school diploma or certificate of completion will be a goal.

## Living Arrangements

- ❑ Finalize planning for living at home, finding a licensed residential facility or living on your own. Supported Living Services (SLS) or Independent Living Services (ILS) may be available to support you.
- ❑ Track position on waiting list for Section 8 if you plan to live independently.

## Work and Volunteering

- ❑ Explore Supported Employment opportunities.
- ❑ Match your job search with your interests & talents.
- ❑ Learn about micro-enterprise and the loan program offered by TCRC.

## Transportation

- ❑ Finalize plans for transportation. Adult Rights and Responsibilities

## Adult Rights and Responsibilities

Additional considerations at age 18 include ID cards, voter registration and Selective Service registration.

- To apply for an identification card, contact the Department of Motor Vehicles at [www.dmv.ca.gov](http://www.dmv.ca.gov).
- To register to vote, contact the County Registrar of Voters or speak with your Service Coordinator.

Young men who reach age 18 may be required to register for Military Service with the Selective Service System within 30 days of their eighteenth birthday. For more info, go to [www.sss.gov](http://www.sss.gov).

## Legal Considerations

Some young adults may need additional help managing the rights and responsibilities associated with becoming an adult. In certain situations, it might be appropriate to consider a conservatorship, power of attorney, or a special needs trust.

### Conservatorships

Limited conservatorships apply only to adults who are served by California's regional centers. This protective legal arrangement is "limited" because adults with developmental disabilities retain decision making power in regard to their personal care and/or financial resources in keeping with their ability to do so, as determined by the court. A limited conservatorship is used to promote and protect the well-being of the individual and is designed to encourage the development of maximum self-reliance and independence. Contact an attorney or Disability Rights California, at (805) 884-7218 for further information about conservatorships. Your local Family Resource Center may have information on alternatives to conservatorships.

### Power of Attorney

A durable power of attorney may be created to name a parent or other responsible adult as the agent for a disabled individual. Obtaining durable power of attorney should be discussed with an experienced lawyer to determine if it is an appropriate option.

### Special Needs Trust

A special needs trust, sometimes called a "supplemental needs trust," makes it possible to appoint a trustee to hold property for the benefit of a disabled person. A special needs trust provides for the needs of a disabled person without disqualifying him or her from benefits received from government programs such as Social Security and Medicaid. An attorney can assist in developing this type of trust.

## San Luis Obispo County

### Atascadero

7305 Morro Rd., Suite 101  
Atascadero, CA 93422  
(805) 461-7402 *phone*  
(805) 461-9479 *fax*

*Parents Helping Parents FRC*  
(805) 461-7415 *phone*

### San Luis Obispo

1146 Farmhouse Lane  
San Luis Obispo, CA 93401  
(800) 456-4153 *toll free*  
(805) 543-2833 *phone*  
(805) 543-8725 *fax*

*Parents Helping Parents FRC*  
(805) 543-3277 *phone*

## Santa Barbara County

### Santa Barbara

520 East Montecito St.  
Santa Barbara, CA 93103  
(800) 322-6994 *toll free*  
(805) 962-7881 *phone*  
(805) 884-7229 *fax*

*Alpha Resource Center*  
(805) 683-2145 *phone*

### Santa Maria

1234 Fairway Dr., Suite A  
Santa Maria, CA 93455  
(800) 266-9071 *toll free*  
(805) 922-4640 *phone*  
(805) 922-4350 *fax*

*Alpha Resource Center*  
(805) 347-2775 *phone*

## Ventura County

### Oxnard

2401 E. Gonzales Rd., Ste 100  
Oxnard, CA 93036  
(800) 664-3177 *toll free*  
(805) 485-3177 *phone*  
(805) 988-9521 *fax*

*Rainbow Connection FRC*  
(805) 485-9643 *phone*

### Simi Valley

2635 Park Center Dr., Ste A  
Simi Valley, CA 93065  
(800) 517-2524 *toll free*  
(805) 522-8030 *phone*  
(805) 522-8142 *fax*

*Rainbow Connection FRC*  
(805) 823-2325 *phone*



**Tri-Counties  
Regional Center**

**Person Centered in All We Do**

*Mission:* TCRC provides person and family centered planning, services and supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning and recreating in the community.