

## **TRANSITION PLANNING FOR TEENS AND YOUNG ADULTS WITH ASD**

*Disclaimer: This document represents the knowledge and practice of the individual that completed this document*

The reality is that autistic children become autistic adults. Services drop off, jobs are harder to come by, and most research on autism focuses on children.

- Most adults with autism (85%) live with their parents after high school
- 85% of ASD adults who graduate from college are unemployed
- Unemployment among people with autism is approximately 90 percent
- 40% will not achieve a high school diploma

### **1. SCHOOL BASED CONSIDERATIONS**

#### *AUTISM ROADMAP High School-Transition*

- Age 16, obtain state ID card
- Person Centered Plan-IEP meetings should include the SDRC and DOR (if applicable)
- Department of Rehabilitation has work programs starting at age 16 years
- Transition goals legally mandated at age 16. IEP should include goals in the areas of:
  - Self-advocacy
  - Mobility training
  - Money management
  - Self-help skills/independent living skills
  - Daily living skills
- Explore post-secondary options at least 2 years before graduation or exiting public school (ideally begin earlier than 2 years prior to exiting)
- High school diploma (school services end at age 18) vs. Certificate of completion (will get school services until age 22)
- Many colleges offer Disability Support Services Programs (DSPS), family would need to inquire. No IEP's in college. There are possible accommodations under the 504 Rehabilitation Act and Americans with Disabilities Act.

### **2. SAN DIEGO REGIONAL CENTER**

The following are adult services available for clients of SDRC:

- Adult Day Program
- Tailored Day Program
- Supported Employment
- Supported Living
- Independent Life Skills Training
- Paid Internships
- Microenterprise Development
- Self-Determination
- Respite Care
- Housing
- In-home behavioral consultations
- Assistance with insurance co-pays
- Crisis Intervention/Aggressiveness: Safety Alert, Inc., START Program
- Conservatorship Assistance

**3. FINANCIAL/LEGAL PLANNING**

- Does a person need a conservatorship? This a legal process that requires a hearing before a judge to determine if the individual needs to be conserved and who should be their conservator at age 18. The Regional center is included in the process.
- Apply for SSI-available to people whose disabilities prevent them from gainful employment, individual cannot have more than \$2000 in their name to qualify.
- Adult Dependent Children will qualify for Social Security benefits from their parent(s) if parent is receiving social security benefits themselves: 50% of parent's benefit, 75% of parent's benefit if parent is deceased
- Register to vote
- All males, regardless of disability, must register for Selective Service at age 18.
- Establish Special Need Trust/ABLE Account if not already done

**4. MEDICAL CARE**

Health Care Options-Most pediatric care providers end their services when the person is 18 years old.

- Medi-Cal (automatically qualify if on SSI) If not on SSI, apply for Medi-Cal benefits
- Medicare-eligible after 2 years on parent's social security
- Private Medical Insurance until age 26-may be longer

**5. HOUSING**

Families need to consider the following questions and plan accordingly. Housing transitions typically take 1-3 years.

- Can they live independently?
- Can they live in their own home with support?
- Will they continue to live in your family home?
- Will they live in adult foster family care?
- Apply for Section 8 Housing (low-income housing voucher); waiting list is over 10 years