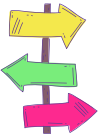




## Transition Planning: 18...Now What?



The transition to legal adulthood, or age 18, can be overwhelming. Our children are now legally responsible for their choices and actions, and become the decision makers for their educational, vocational, medical, and financial affairs. It is a time of change that can be scary for everyone, but with preparation and teamwork, is a manageable milestone. The suggestions below can help you get ready for the next steps.

### FINANCIAL

<u>What?</u>	<u>Why?</u>
Apply/re-apply for Social Security benefits. ( <a href="https://www.ssa.gov/disability/">https://www.ssa.gov/disability/</a> )	Even if a minor was already receiving benefits, they must reapply at age 18 and go through a redetermination process. Parental income is not counted against the applicant. This is why it's important to apply even if your child was denied as a minor.  FYI: Redeterminations occur every one to six years from this point forward.
Designate a representative payee or "rep payee".	The rep payee will receive and manage your adult child's Social Security benefits, and is responsible for providing for basic living needs. The rep payee can be parent, payee agency, trusted relative, friend, etc. Your adult child may be able to be their own payee; talk with Social Security about this.
Apply for CalFresh benefits.	This is a statewide, income-based food program that helps to pay for certain groceries. Recipients receive an EBT card (this works like a debit card) that has money deposited to it each month. Apply online at <a href="http://www.getcalfresh.org">www.getcalfresh.org</a> .



# Transition Planning: 18...Now What?



## LEGAL

<u>What?</u>	<u>Why?</u>
Sign “Release of Information” (ROI) documents.	Your adult child must give permission to speak with certain people on their behalf. Examples: doctors, schools, Regional Center/Service Coordinator, etc. Even Mom and Dad!.
Consider a Durable Power of Attorney for health care.	This lets your adult child appoint an “agent” to help them make medical decisions with them, and, where appropriate, on their behalf. Your adult child can revoke this at any time (so long as they are of sound mind).
Consider Supported Decision Making (SDM).	<p>Supported Decision-Making (SDM) is an alternative to guardianship that gives people with disabilities the power to make their own life choices with the support of a team of their choosing. Instead of a guardian making decisions <i>for</i> a person with a disability, SDM enables that person to make <i>their own</i> choices.</p> <p>People with disabilities may need assistance making decisions about their living arrangements, health care, relationships, and financial matters, but they may not necessarily need a guardian to make those decisions for them.</p> <p>California’s legislature has passed SDM legislation! Learn more at (<a href="https://supporteddecisions.org/">https://supporteddecisions.org/</a>)</p>



# Transition Planning: 18...Now What?



## MISCELLANEOUS

<u>What?</u>	<u>Why?</u>
<p>Involve your student in IEP meetings. This is their plan. Talk with the team to make sure IEP goals align with their own personal goals. Will they graduate with a diploma or certificate of completion?</p>	<p>Depending on the path they choose, special education students are eligible to receive a free appropriate public education (FAPE) through the age of 22 . Do they want to go onto the adult education program? Work? Go to college? Volunteer? Something else? Remember to invite the Service Coordinator to transition planning and exit IEP meetings for support.</p>
<p>Respond to Selective Service Letter (males only)</p>	<p>Males in the United States, age 18-25, are required to register for the draft. Registering does not mean that individuals will automatically be drafted, however, ignoring the letter makes them ineligible for federal student aid, federal job training, and federal jobs.</p>
<p>If necessary, establish with new medical providers.</p>	<p>Your adult child may need to establish with a general practitioner (GP), dentist, eye doctor, etc., if their pediatric providers stop seeing patients when they reach age 18.</p>
<p>Register to vote (if you have not done so already).</p> <p>Register to vote online at <a href="https://registertovote.ca.gov/">https://registertovote.ca.gov/</a>.</p> <p>You may also ask your Service Coordinator for a paper ballot, or pick one up at your local Post Office. No postage required!</p>	<p>Voting is a civil right that gives a person a role in choosing government representatives, where government funding and resources will go, matters related to health care, education, etc. Every vote counts. Most U.S. citizens are eligible to vote at age 18.</p>

 Call your Service Coordinator for more information!

(530) 895-8633 (Chico Office)

(530) 222-4791 (Redding Office)