

# Transition Plan Checklist



## *Communication*

- Can your teen communicate his/her wants and needs?
- Can your teen **advocate for themselves** when:
  - A teacher is not giving them their accommodations?
  - They don't understand an assignment?
  - They missed a class deadline and need to ask for an extension or make a similar request?
  - They have a disagreement/conflict with a teacher or other student?
  - When they are being bullied?
- Can your teen write a clear & courteous email?
  - Respond to emails received?
  - Manage their emails (save important emails)?
- Can your teen communicate their needs at the appropriate time and place?
  - Do they know and can they articulate their strengths and needs?
- Does your teen understand texting etiquette?

## *Executive Functioning*

- Can your teen **be flexible** for:
  - Schedules change
  - Teacher changes
- Can your teen read and follow written instructions for a project?
- Can your teen break a big assignment or task into smaller pieces?
- Can your teen plan & keep to his own schedule (including study, down time, social activities, therapy, and classes?)
- Can your teen organize files on their computer?
- Can your teen regulate themselves?
  - Do they know what to do when they are starting to become upset/dysregulated?
- Can they navigate a larger campus independently?
- Can your teen schedule times to meet with friends?

## *Building Social Network*

- Can your find peers to study with or share notes with peers?
- Does your teen participate in social opportunities outside of class (clubs, etc)?
- Does your teen understand the steps of building a friendship over time?
- Does your teen know how to make "small talk" in social settings

## ***State & Federal Services***

- Do you know how to apply for SSI?
- Do you know the supports that TWC (Texas Workforce Commission) can provide?

## ***Disability Related***

- Have you decided about supported decision making or guardianship?
- Can your teen express to a doctor (psychiatrist, etc.) what they need at a visit?
- Can your teen talk how their disability affects them?
- Does your teen understand how and when to disclose their disability to others?
- Do you have a special needs trust set up?

## ***Home Life***

- Can your teen manage their personal hygiene, keeping room somewhat orderly, and do their own laundry?
- Even if you plan for your teen to live with you after high school, they will eventually need to live somewhere else. Do you have a plan for this?
- Does your teen understand the etiquette of having a roommate?
- Does your teen understand about internet safety?
- Can your teen keep themselves safe while in the community?
- Is your teen planning to drive?
- Can your teen manage their own medication?
- Can your teen manage their own money?
- Can your teen shop for themselves (food, clothes, other necessary items for daily life)?
- Can your teen solve day to day problems that may come up? (i.e. their phone isn't working, they lost a charger chord; they ran out of clean clothes; they need to buy snacks, etc.)

## ***Overwhelmed by How to Tackle Planning for This?***

Most teens with autism will not be able to do many of these things without support.

Transitioning to the adult world can be overwhelming because each service system is different and separate (SSI, work/vocational supports, Medicaid or waiver services, state services). I know, I've been there.

If you would like support to create a plan that will prepare your teen better, [set up a time for a free consultation.](#)