

Getting Help with Transition Planning

Your school, doctor's office, care coordinator, vocational counselor, case manager, and/or other families of teenagers with special needs may be able to help you with transition planning. You can also contact the resources listed in this brochure.

Additional Resources

The Arc of Illinois Family to Family Health Information and Education Center
www.familyvoicesillinois.org
1-866-931-1110

University of Illinois - Specialized Care for Children
dsc.uic.edu
1-800-322-3722

Family Matters Parent Training and Information Center
(Statewide except Chicago)
www.fmptc.org
1-217-347-5428 or info@fmptc.org

Family Resource Center on Disabilities (Chicago and surrounding area)
www.frcd.org or 1-312-939-3573
frcdptil@ameritech.net

Health and Disability Advocates
www.hdadvocates.org
1-312-223-9600

IL Chapter American Academy of Pediatrics
<http://illinoisAAP.org/projects/transition/>
1-312-733-1026

IL Department of Human Services
<http://www.dhs.state.il.us/>
1-800-843-6154

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Transition Issues for Adolescents with Special Needs



UIC SPECIALIZED CARE
FOR CHILDREN

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Illinois Chapter

The transition to adulthood involves many different areas of your life. You can find information and resources in this brochure to help you plan during this time of change.

Health

Paying for health care

It is important to have continuous health insurance to pay for your medical needs. Make sure you understand your insurance and benefits options as an adult.

- You can search to find which public, private and community programs meet your needs at <http://finder.healthcare.gov/> or visit www.health.illinois.gov.
- **Employee benefits—your own coverage:** set career goals for gainful employment with health insurance coverage offered through employment.
- **Employee benefits—your parent's coverage:** Young adults may be able to stay on their parent's health insurance policy until the age of 26 or older. Check with your insurance company for details.
- **Medicaid:** Young adults with disabilities can apply for Medicaid based on their own income/assets once they turn 18. To receive Medicaid, you must meet both income and disability criteria. For information visit <http://www.hfs.illinois.gov/>.
 - Individuals who received All Kids will be sent a redetermination notice before turning 19. Read this notice carefully and follow the steps to get Medicaid insurance.
- **Health Benefits for Workers with Disabilities:** Young adults with disabilities whose income or assets are too high for Medicaid might qualify for Health Benefits for Workers with Disabilities. This program allows workers with disabilities to buy Medicaid insurance. For more information visit www.hbwdillinois.com.

Where to go for health care

- If your primary care physician is a pediatrician, you will need to find a family practice doctor or internal medicine doctor to take care of you. Your pediatrician can help you do this.
- Your pediatric specialists may no longer see you as an adult. Ask your pediatric specialists to refer you to adult specialists.
- If your health insurance changes as an adult you might need to find new doctors who accept your insurance.

Taking care of yourself and staying healthy

Practice taking more responsibility for your own health by doing things like making your medical appointments, seeing your doctor without your parents for part of the appointment, taking care of your own medications and treatments and living a healthy lifestyle. Use your parents, teachers, doctors and nurses to help you learn to do these things.



Housing



If you will need residential services or home-based supports, it is important to apply for Medicaid and apply for a Department of Human Services Home and Community Based Services (HCBS) waiver. Call to find your local office toll-free: **1-800-843-6154 (voice)** or **1-800-447-6404 (TTY)**. If you have a developmental disability, register with PUNS (Prioritization of Urgency of Need for Services). For more information visit www.dd.illinois.gov or call **1-888-337-5267**.

Housing Options

- Contact your Center for Independent Living (CIL) to get help: <http://www.incil.org/index.asp> or call **1-800-587-1227 (voice/TTY)**.
- Know your rights for fair housing. More information is available from the US Department of Housing & Urban Development website: <http://www.hud.gov/groups/disabilities.cfm>.
- The ILoan Program makes loans to purchase assistive technology for daily living, self-employment and home-based employment. To learn more go to <http://www.iltech.org/cashloan.html> or call toll-free **1-800-852-5110 (voice/TTY)**.
- Community Integrated Living Arrangements (CILA) and Group Homes provide housing options with staff on hand for support.

Financial Needs



If you have a disability or are already receiving SSI, you should apply/reapply for SSI as an adult or **30 days before turning 18**. Parent income is not considered after age 18, so you may become eligible based on your own income.

If you get SSI and are interested in working, call your **Area Work Incentives Coordinator** for benefits planning and assistance.

- Outside of the Chicago metropolitan area, call Charles Killen at **1-309-347-1025, ext 211**.
- In the Chicago metropolitan area, call John E. Marshall at **1-773-776-0127, ext 234**.

Plan for Achieving Self Support (PASS) lets you set money aside for job-related reasons without going over income limits for SSI benefits and Medicaid. Visit <http://www.socialsecurity.gov/ssi/spotlights/spot-plans-self-support.htm> or call **1-800-772-1213 (voice)** or **1-800-325-0778 (TTY)**.

Consider a **Special Needs Trust** to provide financial support that will not affect income/asset eligibility for adult services. Contact an attorney with experience setting up special needs trusts for young people with disabilities.

Guardianship: At age 18, youth with disabilities who can't make decisions on their own will need legal protection. You may apply for guardianship at your Circuit Courthouse. If you choose to use a lawyer, find one experienced in guardianship. Search for a pro bono (no or low cost) lawyer if needed.

The Illinois Guardianship and Advocacy Commission: <http://www.gac.state.il.us>.

Alternatives to Guardianship: Options include joint bank account, Representative Payee, Power-of-Attorney and Health Care Proxy.

Education, Training and Employment



- Include health goals in your Individualized Education Plan (IEP)/504 Plan.
- By law your IEP should have a transition plan each year starting at age 14½. If you plan to stay in high school until you turn 22, state this in your IEP when you turn 16.
- Families of young adults with severe disabilities may want to talk to Illinois Lifespan for information and support at <http://www.illinoislifespan.org> or **1-800-588-7022**.
- Contact the Division of Rehabilitation Services (DRS) at www.dhs.state.il.us or call **1-800-843-6154** to see if they can help you with college, training or work experiences.
- Job resources are available from the Illinois Department of Employment Security at www.careeronestop.org, the Illinois Employment Training Centers at **1-888-For-IETC**, and Illinois Worknet Center http://www.illinoisworknet.com/vos_portal/Disabilities/en/Home/
- For training on life and job skills, visit www.dd.illinois.gov or call DHS at **1-888-DD-Plans**.
- Contact your CIL for training on life and advocacy skills at <http://www.incil.org> or **1-800-587-1227**.
- Contact Great Lakes American with Disabilities Act (ADA) Center for information on your rights. Visit <http://www.adagreatlakes.org> or call **1-800-949-4232**.
- Your rights to special services and accommodations change when you go to college. If you have an IEP or 504 plan and wish to go to college, talk to the disability services office to be sure the college can meet your needs.
- Students with disabilities qualify for financial aid as long as they remain in college part-time.
- Think College! www.thinkcollege.net is a resource center to help you plan for college.
- For information about the civil rights of students with disabilities in higher education, contact the Customer Services Team, Office For Civil Rights at www.ed.gov/ocr or **1-312-730-1560**.

Community and Social



- ✓ Attend community social events
- ✓ Get involved in your community by volunteering, coaching, or mentoring others
- ✓ Sign up for recreational options you can enjoy such as sports teams, clubs or classes
- ✓ Start your own movie group, bowling team, book club or other group for an activity you enjoy
- ✓ Explore activities offered through your local special recreation association. For more information, go to <http://www.specialrecreation.org>