

Connecticut's Division of Autism Spectrum Disorder Services



Ages 18-21

Medical and Related Information

- ☐ Understand the current diagnostic criteria for Autism Spectrum Disorder
- ☐ Learn about evidenced-based practices and therapies
- ☐ Explore behavioral supports if necessary
- ☐ Schedule regular re-evaluations and medical follow-up to measure progress and identify challenges
- ☐ Develop a system to organize your paperwork

Assistive Technology

- ☐ Learn about assistive technology devices and adaptations
- ☐ Explore financial assistance for assistive technology

Education

- ☐ Understand the requirements/criteria for exiting with a diploma vs. Certificate of Completion
- ☐ Review IEP for achievable, measurable objectives that reflect your young adult's transition goals
- ☐ Complete functional and community-based assessments and interest inventories
- ☐ Understand your young adult's transition services
- ☐ Prepare for the transition out of high school
- ☐ Apply to the Bureau of Rehabilitation Services (BRS) www.ct.gov/brs
- ☐ Contact CT State Department of Education Bureau of Special Education to file a special education complaint, if necessary
- ☐ Address any instances of bullying immediately
- ☐ Understand matters of discipline including Connecticut's guidelines regarding suspension and expulsion
- ☐ Explore postsecondary options
- ☐ Review your young adult's rights under IDEA

Employment

- ☐ Develop employment skills and make sure your young adult has employment experiences, either paid or volunteer
- ☐ Check that your young adult has a resume that includes a list of skills and competencies
- ☐ Teach your young adult the “soft skills” needed for employment (i.e. being able to accept direction, return from breaks on time, dressing appropriately for work)
- ☐ Explore employment services and opportunities
- ☐ Explore volunteer opportunities
- ☐ Make a decision about disclosure of diagnosis

Life Skills

- ☐ Make your young adult aware of personal hygiene and healthcare needs
- ☐ Teach your young adult money management skills
- ☐ Teach your young adult how to manage simple daily living activities (i.e. operating a microwave, doing laundry, cleaning)

Safety

- ☐ See that your young adult understands internet and technology safety
- ☐ See that your young adult understands community and relationship safety

Social

- ☐ Help your young adult learn appropriate social skills
- ☐ Teach your young adult about sexuality and relationships
- ☐ Encourage participation in recreational and leisure activities that your young adult enjoys

Funding, Services and Legal Information

- ☐ Apply to the Department of Social Services Division of Autism Spectrum Services <https://portal.ct.gov/DSS/Health-And-Home-Care/Autism-Spectrum-Disorder---ASD/Autism-Spectrum-Disorder---ASD> (Eligibility still determined through Department of Developmental Services)
- ☐ Understand what it means to move from Entitlement to Eligibility
- ☐ Apply for Social Security benefits www.ssa.gov
- ☐ Apply for Medicaid at your local Department of Social Services office or at <http://www.ct.gov/hh/site/default.asp>
- ☐ Apply for Community First Choice (if applicable) www.ctmfp.com
- ☐ Explore insurance coverage for autism services up to the age of 21
 - Autism Spectrum Disorder Services under Medicaid—Beacon Health Options
1-877-552-8247
- ☐ Direct question regarding ASD insurance issues to the Office of the Healthcare Advocate
1-866-466-4446
- ☐ Explore the legal implications of reaching age 18 (Conservatorship)
- ☐ Learn about life planning tools

- Achieving a Better Life Experience(ABLE) Act
- Special needs trusts
- ☐ Develop a system to organize financial and legal records

Support

- ☐ Network with others at support groups
- ☐ Investigate support groups for young adults
- ☐ Identify your support system
- ☐ Take care of yourself, your spouse and your other children

Transportation

- ☐ Explore transportation options including public transportation, mobility, and driver's license
- ☐ Help your child obtain a Connecticut Non-Driver Identification Card through the Connecticut Department of Motor Vehicles

Advocacy

- ☐ Make a decision about disclosure of diagnosis
- ☐ Help your child learn self-advocacy skills
- ☐ Have an understanding of the Americans with Disabilities Act (ADA)