



Transitioning from High School to Adulthood

Organization	Service Description	Address	Phone Number	Website
Association for Autism and Neurodiversity (AANE)	AANE offers a Life Management Assistance program (LifeMap) which is an intensive and individualized life coaching program for individuals with Asperger profiles. Services are offered to parts of Connecticut and can be accessed in person or online. There are a variety of LifeMap programs which include transition planning out of high school, life skills coaching or job finding assistance.	85 Main Street, Suite 3, Watertown, MA 02472	617-393-3824	https://www.aane.org/resources/adults/lifemap-coaching/
Autistic Self Advocacy Network (ASAN)	Handbook available titled 'Navigating College: A Handbook on Self-Advocacy'	PO Box 66122, Washington, DC 20035	n/a	https://autisticadvocacy.org/book/navigating-college/
Autism Speaks	The Transition Tool Kit is designed to assist families of individuals with autism on the journey from adolescence to adulthood.	locations vary	1-888-288-4762	https://www.autismspeaks.org/sites/default/files/2018-08/Transition%20Tool%20Kit.pdf
Autism Speaks	Community Based Functional Skills Assessment (CSA) assist with transition planning and the guide helps you create a plan which focuses on the individual's strengths, needs, challenges and preferences. This tool is divided into three levels based on age with eight areas of functional life skills to be assessed. This information should be shared at the IEP meeting to assist with the transitional planning.	locations vary	1-888-288-4762	http://www.vcuautismcenter.org/documents/finalcommunityassessment711141.pdf

Autism Speaks	Postsecondary Educational Opportunities Guide: The guide provides a closer look at four-year universities, community colleges, vocational/technical school, life skills programs and more. The information will help you find the program that is right for you.	locations vary	1-888-288-4762	https://www.autismspeaks.org/toolkit/postsecondary-educational-opportunities-guide
Centers for Independent Living (CIL)	Agencies offer a wide variety of independent living services for individuals with disabilities with the objective of helping them live as independently as they choose. This takes place in the community and there will be a fee associated with this service. Agency provides support and advocacy to assist individuals live independently in the community. Main programs include information and referral services, peer counseling, individual advocacy, independent living skills instruction (such as cooking, housekeeping, financial management, using public transportation, and social skills) and transition services for youth and transitions from nursing facilities. Depending on the CIL location, other services may include assistance with housing, education, employment, benefits, assistive technology, medical needs and PCA services. To find your local CIL, please visit the website.	locations vary	Phone number Varies by location	https://cacil.net/find-a-cil-near-you/
College Autism Network	Agency has compiled a listing autism support programs at higher education institutions in the United States.	n/a	n/a	https://collegeautismnetwork.org/home/advocacy/
Connecticut Transition Task Force	Guide book titled 'Building a Bridge' is a comprehensive handbook for students and family members to help with preparation for life after high school.	n/a	n/a	https://docs.wixstatic.com/lugd/6efb4a_0181d20d91684eaa9727642a5dae149c.pdf

CT Parent Advocacy Center in partnership with The CT State Dept of Education	Stepping Forward: A Self-Advocacy Guide for Middle and High School Students	n/a	n/a	https://docs.wixstatic.com/lugd/6efb4a_f9498a10a76c4c258ddf95d07316e3d7.pdf
DSS Autism Unit	describes the Individualized Transition Plan (ITP) process and how it relates to IDEA and IEP	55 Farmington Avenue, Hartford, CT 06105	860-424-5865	https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Health-and-Home-Care/Autism-Spectrum-Disorder/ASD_IDEA_Simplified.pdf?la=en
Laurel House-Supported Education Program	The Supported Education program at Laurel House assists students who have mental health conditions, are age 16 and older, and who reside in the Fairfield area. The program helps students work toward their academic goals by helping: choose a post-secondary program (in college, a Vocational Certification, or GED program); complete financial aid applications; and provide ongoing assistance. Clients who participate in the Supported Education Program can access tele-education supports (TEdS) which provide on-campus support to students via phone, Skype, and FaceTime. Thinking Well (Cognitive Remediation, a therapeutic program) and Supported Employment may also be available.	1616 Washington Blvd, Stamford, CT 06902	203-324-1816	www.laurelhouse.net

MyFuture	Website provides a roadmap of a high school students track from freshmen to senior year of high school. Select the 'College Planning Timeline' option. At this website, you can utilize the Armed Services Vocational Aptitude Battery (ASVAB) which consist of questionnaires and tests designed to help students figure out careers they are interested in. The tests is designed for individuals planning to work right out of high school, attend college, or enter military services.	n/a	n/a	https://myfuture.com/college/college-planning-timeline
OCALI	The webcasts on this page provide information on topics of importance for families, students and professionals involved in transition planning for individuals with autism spectrum disorders preparing for adulthood.	470 Glenmont Avenue, Columbus OH 43214	1-866-886-2254	https://www.ocali.org/project/transitions_webcasts
OCALI	Age-Appropriate Transition Assessment: Transition to Adulthood – A guide to assist individuals with ASD in the transition process from middle school through the first few years following high school graduation. The guide can be used as a reference and resource as an individual with ASD faces issues such as employment, postsecondary education and adult living.	470 Glenmont Avenue, Columbus OH 43214	1-866-886-2254	https://www.ocali.org/doc/TG12_AATA.pdf
Organization for Autism Research	An introductory guide for parents, teachers and professionals on the transition planning process to adulthood: transition Plan, student-center planning, vocation and employment, post-secondary education, life skills	2111 Wilson Boulevard, Suite 401 Arlington, VA 22201	1-866-366-9710	https://researchautism.org/wp-content/uploads/2016/03/A_Guide_for_Transition_to_Adulthood-2.pdf

Organization for Autism Research	<p>OAR's Finding Your Way: A College Guide for Students on the Spectrum is intended to help students with ASD become better prepared for college life and academics. This guide addresses challenges that are both universal and unique to students on the college autism spectrum by providing information, guidance, and resources that address them. Finding Your Way offers practical advice from autism experts; powerful narratives from self-advocates; and relevant resource tools. It is intended to help readers anticipate and improve their academic and social situations by advocating for themselves.</p>	2111 Wilson Boulevard, Suite 401 Arlington, VA 22201	1-866-366-9710	https://researchautism.org/resources/finding-your-way/
Organization for Autism Research	<p>Newly updated for 2021: An interactive transition Guide titled 'Life Journey Through Autism: A Guide for Transition to Adulthood' The guide is to help families navigate issues related to post-secondary education, employment, housing, increased levels of independence and much more.</p>	2111 Wilson Boulevard, Suite 401 Arlington, VA 22201	1-866-366-9710	https://researchautism.org/resources/a-guide-for-transition-to-adulthood/
Pacer Center	<p>Has Information related to transitioning to life after high school including training and college opportunities.</p>	n/a	952-838-9000	http://www.pacer.org/students/transition-to-life/
State of Connecticut Dept. of Labor	<p>Connecticut's School-to-Career System is a comprehensive education system that allows students to connect learning in the classroom with the needs and demands in the workplace and/or higher education. The tool shows students from elementary through post-secondary education how school-based academic knowledge applies to life outside the classroom and how it links to a variety of career paths. Allows students to take a series of career exploration activities and assessments.</p>	200 Folly brook Boulevard, Wethersfield, CT 06109	860-263-6275	https://www1.ctdol.state.ct.us/jcc/viewarticle.asp?intArticle=3

The Autism Community in Action (TACA)	Provides information about the individualized transition plan (from school into adulthood), vocational rehabilitation and preparing your child for college.	17752 Sky Park Cir, Ste 140 Irvine, CA 92614	949-640-4401	https://tacanow.org/family-resources/learning/
ThinkCollege	Website provides students with intellectual and developmental disabilities with resources related to transitioning to college	Umass Boston, 100 Morrissey Blvd., Boston, MA 02125	617-287-4300	https://thinkcollege.net/
Transition Projects at The Rural Institute: Partnerships for Transition	Planning for Your Transition from High School to Adult Life: A workbook to help you decide what you want your life to look like after graduation and to help you outline the steps so you can make it happen.	n/a	n/a	https://files.eric.ed.gov/fulltext/ED540086.pdf
Career One Stop, U.S Dept of Labor	Find the tool you need to research career information, training, or jobs	n/a	1-877-872-5627	https://www.careeronestop.org/Toolkit/toolkit.aspx
U.S. Dept of Education	A Transition Guide: To Postsecondary Education and Employment for Students and Youth with Disabilities	U.S Department of Education, 400 Maryland Avenue, SW, Washington, DC 20202	1-800-872-5327	https://sites.ed.gov/idea/files/postsecondary-transition-guide-may-2017.pdf

Updated

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