

### **Churchill County School District**

Special Services 690 S. Maine St. Fallon, Nevada. 89406 Phone 775-423-5187

# A Checklist for a Successful Transition to Adult Life

The guide will help give you a place to start when considering what transition needs the students has to be successful after high school.

Grades 7-8

### **Transition Checklist**

Transition means life after school. u @h team must identify long-range goals and work together to ensure that the gains the skills to achieve the goals. Every member on the team plays an important role.

Below you will find some important factors to consider during the transition process.

Fai	Families & School Staff Should Work Together With the Student On The Following:				
	Assist the student with time management skills; prioritization and daily organization of personal belongings, routines, schedules and school work.				
	Continue to increase the student's awareness of their strengths, challenges and about their disability.  Have student learn how to communicate these factors to others.				
	Prior to the annual IEP meeting, determine who will be invited to the IEP meeting. If appropriate, invite any community agency representatives that would benefit in the IEP meeting to aid in planning the transitions for the student.				
	Support efforts to provide vocational exploration and training as part of the school program.				

Families Should Work with the Student on the Following:
Develop or update a Transition Planning file. Things to include may be: birth certificate, state ID, social security card, IEPs, evaluations, and other related documents.
Attend and participate in the IEP meeting. Attend informational meetings regarding services available to your child.
Explain the IEP process to your student and encourage student to attend the IEP meeting.
Begin to create a vision for your child's life after high school. Consider and explore options regarding jobs/careers, continuing education, recreation, independent living and volunteering.
Talk to other families who have been through the transition process.
Help your child to learn and practice healthcare. Have your child aim to do the following independently: shower, use deodorant, brush hair, brush teeth, dress appropriately with clean clothes.
Develop and implement strategies to increase child responsibilities and independence at home.
Expose your child to a variety of activities to learn and practice etiquette, dress code, etc.
Prior to the start of high school, visit the high school together with your child to meet teachers for a smooth transition.
Attend a transition IEP to create a plan for high school that matches the students post secondary goals
Create a list of people and contact information that your child can go to for help.
Allow your child to make their own decisions as appropriate.
Social Security benefits are based on income and level of disability, UIf you think your child may qualify before the age of 18, contact the Social Security office for more information. 1-800-772-1213 <a href="https://www.ssa.gov">www.ssa.gov</a>
To apply for Medicaid, go to medicaid.nv.gov

#### **Helpful Transition Resources**

Churchill County School District has a Transition Coordinator on staff. It is the role of the transition coordinator to work with the schools, students and families to make connections with transition programs, provide information about available community resources, and help students to successfully transition from school life to post-school life.



### Sara Camper Transition Coordinator/Work experience 775-423-2181 ext 220 email- campers@churchillcsd.com

## A list of resources including contact information and web links can be found at our Transition website

www.transitionchurchill.com

### **Accessing Community Resources**

Community Resource	Services Offered	How to Connect
Vocational Rehabilitation Services	<ul> <li>Job Placement</li> <li>Job Coaching</li> <li>On the Job Training</li> <li>Vocational training</li> <li>Project SEARCH</li> <li>Support Services</li> <li>Job Readiness training</li> <li>Vocational exploration</li> </ul>	Vocational Counselor for the Churchill area Alan Christensen 775-423-6568 abchristensen@nvdetr.org
Fallon Counseling & Supportive Services		Address: 141 Keddie st. Fallon, NV. 89406  Phone- 775-423-7141
Disability Network	<ul> <li>Independent Living Skills         <ul> <li>Training</li> </ul> </li> <li>Services for all disability related questions</li> <li>Booths and disability related trainings.</li> </ul>	Visit www.dnswm.org for all information.
Community Advocates	Community Advocates can help students to understand their rights and speak their needs and wants. They can help with all areas - including school, housing, employment and community participation.	Visit www.communityadvocates.org

### **Applying for Services**

Community Resource	Services Offered	How to Connect
Department of Human Services	<ul> <li>Food Stamps</li> <li>Medicaid</li> <li>Cash Assistance</li> <li>Variety of Other Programs</li> </ul>	Online: <a href="http://dhhs.nv.gov/">http://dhhs.nv.gov/</a> In person:  Fill out paper packet ahead of time. You can find it online at <a href="https://www.michigan.gov/dhs/0,4562,7-124-5439_5439_5439-69226,00.html">https://www.michigan.gov/dhs/0,4562,7-124-5439_5439_69226,00.html</a> Local DHS office; 111 Industrial way, Fallon, NV. 89406 775-423-3161.  Needed information that DHS staff will ask for after complete initial application: SSN, family size, DOB, proof of identity (e.g., birth certificate, etc.), proof of income and assets, proof of enrollment in school and documentation of disability (e.g., MET report, doctor's report, psychological testing, etc.)
Social Security Administration	Supplemental Security Income	Schedule an appointment with local SSI office by calling 1-800-772-1213. Interview can either be in person or via phone.  Fill out application online at https://secure.ssa.gov/iClaim/dib  • Having the following information on hand is helpful: Your date and place of birth and Social Security number, name, address and phone number of someone we can contact who knows about your medical conditions and can help with your application.  • Detailed information about your medical illnesses, injuries or conditions and names, addresses, phone numbers, patient ID numbers and dates of treatment for all doctors, hospitals and clinics.  • Names of medicines you are taking and who prescribed them; and names and dates of medical tests you have had and who sent you for them.  Determination usually takes several months (four to seven) and generally only 30% of people are approved. The key is to emphasize and highlight student's areas of need (e.g., skills that individual is unable to do that affect daily life such as balancing a check book, maintaining a budget, etc.).