

### Transition Planning Worksheet

Age Range	Recommended Actions	Point of Contact
<b>Birth – Toddler Years</b>	<ul style="list-style-type: none"> <li>• Identify Early Intervention Services</li> <li>• Identify local service providers that assist with your child’s specific needs</li> </ul>	<ul style="list-style-type: none"> <li>• Child’s Pediatrician</li> <li>• Child’s Pediatrician and Local County or Non-Profit Agencies</li> </ul>
<b>Early Childhood</b>	<ul style="list-style-type: none"> <li>• Expand your network of service professionals</li> <li>• Consider joining a local parent-group or advocacy-group</li> <li>• Obtain eligibility through your district’s Office for People with Developmental Disabilities (OPWDD)</li> </ul>	<ul style="list-style-type: none"> <li>• Special Education Teachers, Physician Specialists, Therapists, and your Community</li> <li>• Child’s School and Community Providers</li> <li>• OPWDD</li> </ul>
<b>Adolescent</b>	<ul style="list-style-type: none"> <li>• Determine the need to become your child’s Health Care Proxy to assist with medical treatment and consents</li> <li>• Determine the need to file for Legal Guardianship or a less restrictive form of guardianship to assist with supported decision making</li> <li>• Ensure your child’s IEP aligns with transition planning needs to prepare him/her for adult services</li> <li>• Continue to assess your financials; and begin determining what resources your child will be eligible for as he/she becomes an adult</li> <li>• Consider developing a savings account or other source of resources for your child to access into adulthood (ABLE savings account, Special Needs Trust...etc)</li> </ul>	<ul style="list-style-type: none"> <li>• Attorney/local Mental Hygiene Legal Services (MHLS)</li> <li>• Attorney/local Mental Hygiene Legal Services (MHLS)</li> <li>• Child’s School/Committee on Special Education (CSE)</li> <li>• Local County Office, Social Security Administration</li> <li>• Financial Planner</li> </ul>
<b>Adult (22 + years)</b>	<ul style="list-style-type: none"> <li>• Formally access OPWDD’s Front Door; for Medicaid and government-funded services and make decisions on what services your young-adult would benefit from (care coordination, day programs, community habilitation, employment, respite...etc)</li> <li>• Consider learning more about available residential opportunities if your child does not plan to live at home forever</li> <li>• Develop a current Life Plan and Life Planning file to ensure all of your child’s wishes are pursued</li> </ul>	<ul style="list-style-type: none"> <li>• OPWDD - Front Door Waiver Team</li> <li>• OPWDD – Front Door / AROC</li> <li>• Care Manager</li> </ul>

<b>Adult (40+ years)</b>	<ul style="list-style-type: none"><li>• Become familiar with age-related medical conditions your loved one may be predisposed to and speak with their clinical team and providers to schedule exams or screenings as necessary.</li><li>• Consider making End of Life Care plans now with pre-paid or pre-arranged services</li><li>• Communicate wishes with additional family members as necessary</li></ul>	<ul style="list-style-type: none"><li>• Clinical Team</li><li>• Care Manager / Financial Planner</li><li>• Involved Family</li></ul>
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