

# Transition Team Toolkit

For transition teams seeking resources about school to adult life transition, key areas to explore include transition planning guides, disability-specific transition resources, information on relevant agencies, Pre-Employment Transition Services (Pre-ETS), vocational training programs, independent living skills development curricula, and support groups for young adults transitioning from school to adulthood. The focus should be on individualized plans that consider each person's unique strengths, interests, goals, and needs.

## Key Considerations for Transition Teams

- **Team Membership:** Ensure that all transition team members are invited to attend and given transition-related information in preferred languages and formats. They must also know and understand their role.
- **Close Collaboration:** Engage with the student, families, schools, case managers, community agencies, healthcare providers, and other relevant stakeholders throughout the transition process.
- **Shared Knowledge and Expertise:** All team members add value. Students and parents/caregivers must be equal members of the team.
- **Start Early:** Begin transition planning early in middle school to ensure adequate preparation for adulthood.
- **Advocacy:** Assist students and families in navigating and accessing complex systems and services.

## General Transition and Employment Resources

- **accessABILITY**  
Advocates for individuals with disabilities.  
[www.accessabilityin.org](http://www.accessabilityin.org)
- **Center on Community Living and Careers Transition to Adulthood**  
Find resources on preparing for adult life such as education or training, finding employment, living independently or with support, and participating in the community.  
<https://www.iidc.indiana.edu/cclc/transition-to-adulthood/index.html>
- **Center for Parent Information and Resources (CPIR) Parent Center Hub**  
Comprehensive information on transition planning, including IEP considerations, post-secondary education, employment, and independent living.  
<https://www.parentcenterhub.org/resourcelibrary/index/t/t1/>
- **Down Syndrome Indiana New Parent Packet**  
Request a parent information packet.  
<https://dsindiana.org/requestparentpacket/>
- **Indiana Family to Family Fact Sheets**  
Over sixty-five fact sheets covering disability and transition.  
<https://www.inf2f.org/fact-sheets.html>

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- **Indiana Family to Family Resources**  
Indiana Family to Family is a trusted health and education information center.  
<https://www.inf2f.org/resources.html>
- **Indiana Family to Family**  
Family-centered organization for those with children have diverse health, mental health, and education needs.  
<https://www.inf2f.org/>
- **Indiana Statewide Independent Living Council (INSILC)**  
Promoting independent living for individuals with disabilities.  
<https://www.insilc.org/>
- **IN\*SOURCE**  
High-quality information, training, and support to families of children and young adults with disabilities and the individuals and organizations who serve them.  
<https://insource.org/>
- **Meaningful Day Resources**  
Community Rehabilitation Providers (CRPs), families, and individuals with disabilities can use this information to create meaningful daily routines focused on skill development, independence, and social interaction.  
<https://www.iidc.indiana.edu/cclc/community/building-a-meaningful-day.html>
- **PACER Center**  
Helps families make decisions about education and other services for their child or young adults with disabilities.  
<https://www.pacer.org/>
- **Work to Include**  
Promotes employment for individuals with disabilities.  
<https://www.worktoinclude.org/>

## Disability Resources

- **The Arc of Indiana**  
Information and advocacy for individuals with intellectual and developmental disabilities, including transition resources.  
<https://www.arcind.org/supports-services/transition-from-school/>
- **Autism Society of Indiana**  
Connecting individuals with autism to support and resources in their community.  
<https://www.autismsocietyofindiana.org/>
- **Center on Community Living and Careers**  
Center for families and students in transition with a focus on the transition from secondary education to adult life. Try the ID8 chatbot feature to search for resources.  
<https://www.iidc.indiana.edu/cclc/index.html>

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- **Center for Youth and Adults with Conditions of Childhood**  
For youth ages 11 to 22 with chronic health conditions.  
<https://www.rileychildrens.org/departments/center-for-youth-adults-with-conditions-of-childhood>
- **Down Syndrome Indiana**  
Resources for individuals, parents, educators, health professionals, and others.  
<https://dsindiana.org/resources/>
- **Family and Social Services Administration Deaf and Hard of Hearing Resources**  
Advocacy and information for individuals who are deaf and hard of hearing.  
<https://www.in.gov/fssa/ddrs/rehabilitation-employment/deaf-and-hard-of-hearing/>
- **Hands in Autism**  
Indiana training and resource center for autistic people and those with special needs.  
<https://handsinautism.iu.edu/>
- **Helen Keller Services for the Blind**  
Transition-related resources for DeafBlind youth.  
<https://www.helenkeller.org/search/Transition/>
- **Indiana Disability Resource Finder**  
Connect with disability related resources through a directory of articles, services, and events.  
<https://www.indianadisabilityresourcefinder.org/>
- **Indiana Resource Center for Autism**  
Transition and employment resources for individuals with autism.  
<https://www.iidc.indiana.edu/irca/index.html>
- **My Quillo**  
Communication mobile app that connects families and individuals to support.  
<https://myquillo.com/connect/>
- **National Alliance on Mental Illness (NAMI)**  
Youth and young adult resources.  
<https://www.nami.org/your-journey/kids-teens-and-young-adults/youth-and-young-adult-resources/>
- **National Association of School Psychologists (NASP)**  
Guidance for supporting students with disabilities transitioning to adulthood.  
<https://apps.nasponline.org/search-results.aspx?q=transition>
- **National Technical Assistance Center on Transition the Collaborative**  
Support and expertise for state teams assisting youth with disabilities.  
<https://transitionta.org/>
- **Self-Advocates of Indiana**  
Indiana advocacy organization educating individuals with disabilities on their rights.  
<https://www.saind.org/>

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- **Youth Engagement Now**  
Resources developed by youth with disabilities.  
<https://yen.transitionta.org/>

## Relevant Agencies and Support Services

- **Benefits for Children**  
How to apply for social security benefits.  
<https://www.ssa.gov/pubs/EN-05-10085.pdf>
- **Bureau of Disabilities Services**  
Programs and services for individuals and professionals.  
<https://www.in.gov/fssa/ddrs/developmental-disability-services/>
- **Center for Youth and Adults with Conditions of Childhood**  
Resources for youth between ages 11 and 22 with chronic health conditions.  
<https://www.rileychildrens.org/departments/center-for-youth-adults-with-conditions-of-childhood>
- **Family Social Services Administration (FSSA) Resources for Families**  
A list of resources compiled by the FSSA.  
<https://www.in.gov/fssa/firststeps/additional-resources-for-families/>
- **InData**  
Assistive technology for all.  
<https://indata.at4all.com/>
- **Independent Living Centers (ILCs)**  
Community-based services to promote independent living skills for individuals with disabilities.  
<https://www.insilc.org/>
- **Social Security Administration (SSA) The Redbook**  
Resources to assist youth in the transition to adulthood.  
<https://www.ssa.gov/redbook/eng/resources-youth.htm>
- **Vocational Rehabilitation Services (VR)**  
Employment training and job placement assistance for individuals with disabilities.  
<https://www.in.gov/fssa/ddrs/rehabilitation-employment/vocational-rehabilitation-employment/>
- **Vocational Rehabilitation Employment Services Manual**  
Indiana VR employment manual that outlines employment services and activities.  
<https://www.in.gov/fssa/ddrs/files/VR-Manual-of-Employment-Services.pdf>
- **The U.S. Department of Labor, Office of Disability Employment Policy**  
The website has a wealth of information about competitive integrated employment, which is the desired outcome of school transition programs.  
<https://www.dol.gov/agencies/odep/program-areas/cie>

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## Curricula and Training Materials

- **Competitive Integrated Employment (CIE) Toolkit**  
The National Technical Assistance Center on Transition website.  
<https://transitionta.org>
- **Council for Exceptional Children (CEC) Life Centered Education Transition Curriculum**  
Structured programs designed to develop independent living skills like budgeting, cooking, and transportation.  
<https://exceptionalchildren.org/improving-your-practice/life-centered-education-transition-curriculum>
- **Family Employment Awareness Training**  
Training on state, federal, and community resources to support employment.  
<https://www.iidc.indiana.edu/cclc/training-and-events/family-employment-awareness-training.html>
- **Indiana Association for Persons in Supported Employment**  
Resources designed to support community employment outcomes for people with disabilities.  
<https://www.inapse.org/>
- **LifeCourse Nexus**  
Training and technical assistance center.  
<https://www.inapse.org/>
- **National Parent Center on Transition and Employment**  
Information on transition for families, youth, and professionals.  
<https://www.pacer.org/transition/>
- **National Technical Assistance Center on Transition (NTACT)**  
Resources to support students with disabilities in navigating postsecondary education.  
<https://transitionta.org/topics/postsecondary-education/>

## Support Groups for Young Adults

- **IN\*SOURCE Young Adult Program**  
Future planning program for young adults between 14 and 26 years old.  
<https://insource.org/get-help/young-adult-program/>
- **Peer Support Networks**  
Opportunities for young adults transitioning from school to connect with others facing similar challenges.  
<https://disabilitylink.org/peer-support/>
- **Self-Advocates of Indiana**  
Indiana advocacy organization educating individuals with disabilities on their rights.  
<https://www.saind.org/>

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- **Youth Engagement Now**  
Resources developed by youth with disabilities.  
<https://yen.transitionta.org/>
- **Youth Engagement Transition Initiative (YETI)**  
Resources and support to help young people with disabilities navigate the transition to adulthood, including areas like employment, independent living, and postsecondary education.  
<https://transitionta.org/topics/youth-engagement/>
- **Youth Leadership Organizations**  
Groups focused on empowering young adults with disabilities to advocate for their needs and build social connections – e.g., Self-Advocates of Indiana.  
<https://www.saind.org/>
- **Self-Advocacy Resources for K-12 and Higher Education**  
Information and tools on self-advocacy for educators that support students with intellectual and developmental disabilities.  
<https://instrc.indiana.edu/doc/seamless-transition/toolbox/self-advocacy-toolkit-resources.pdf>

## Supported Decision-Making and Guardianship

Supported Decision-Making (SDM) allows individuals with disabilities to make decisions about their own lives with support from a team of people they know and trust to be part of their support network. SDM is an alternative to guardianship.

- **The Arc of Indiana**  
Guardianship and alternatives to guardianship.  
<https://www.arcind.org/future-planning/guardianship/>
- **Indiana Disability Rights**  
Adult guardianship fact sheet.  
<https://www.in.gov/idr/sdm/files/IDR-Guardianship-Fact-Sheet-21OCT19-LP.pdf>
- **Supported Decision-Making**  
Indiana Disability Rights step-by-step guide to getting started with SDM.  
<https://www.in.gov/idr/sdm/>
- **Get Started with Supported Decision-Making**  
Indiana Disability Rights information to educate readers about SDM.  
<https://www.in.gov/idr/sdm/files/7-Things-to-Know-about-SDM.pdf>
- **Sample Supported Decision-Making Agreement**  
Fill in the blank document SDM document.  
<https://www.in.gov/idr/sdm/files/SDM-Form-v.9-20190523.pdf>
- **Supported Decision-Making Supporter Agreement**  
SDM supporters fill in the blank agreement.  
<https://www.in.gov/idr/sdm/files/SDM-Form-Supporter-Addendum-v.9-20190523.pdf>

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## Transition from School to Adulthood

The transition from school to adult life begins in Indiana at age 14 or in 8th grade. Students with a disability who have an individualized education program (IEP) and their support team begin focusing on the student's postschool education, employment, and independent living goals. This support team tailors services and supports to enable individuals to students maximum independence and thrive in their communities.

- **Programming for Adults with Down Syndrome**  
Down syndrome Indiana program options through adulthood.  
<https://dsindiana.org/adult-programming/>
- **Transition Guide: Resources for Students Transitioning from High School to Adulthood**  
Indiana Disability Rights Transition Guide for those transitioning into adulthood.  
<https://www.in.gov/idr/files/IDR-Transition-Guide-v-1.pdf>
- **IN\*SOURCE Young Adult Program**  
Future planning program for young adults between 14 and 26 years old.  
<https://insource.org/get-help/young-adult-program/>
- **IN\*SOURCE Transition to Adult Life Resources**  
Resources on a multitude of topics for those transitioning to adult life.  
<https://insource.org/get-help/resources/transition-to-adult-life/>
- **IN\*SOURCE Special Education Resources**  
Special education information for families.  
<https://insource.org/get-help/resources/ages-3-to-22/>
- **Find an IN\*SOURCE Special Education Liaison in your area.**  
Connect with IN\*SOURCE staff across Indiana.  
<https://insource.org/get-help/find-a-liaison/>

## Transition to Postsecondary Education and Training

There are a variety of postsecondary options available for individuals interested in continuing their education after high school. Some may wish to pursue a four-year degree program, while others may benefit from an associate degree program, certificate program, or inclusive postsecondary education program. In addition, many employers offer on-the-job education and training specifically related to the requirements necessary to perform the job. Each has specific eligibility requirements for enrollment that may vary depending on the institution.

- **Erskine Green Training Institute**  
Postsecondary vocational training program in Muncie, Indiana.  
<https://www.erskingreeninstitute.org/>
- **Financial Aid Information for Vocational Rehabilitation Participants**  
Resources for financial aid administrators and Vocational Rehabilitation participants.  
<https://www.in.gov/fssa/ddrs/rehabilitation-employment/vocational-rehabilitation-employment/vocational-rehabilitation-postsecondary-services/>

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- **The Gregory S. Fehribach Center**  
Paid internships for college students with disabilities.  
<https://www.eskenazihealth.edu/programs/Fehribach-Center>
- ***Is College for You?***  
The Indiana Institute on Disability and Community's guide to assist those interested in pursuing a college education.  
<https://www.iidc.indiana.edu/doc/resources/is-college-for-you.pdf>
- ***Is College for You? In Spanish***  
The Indiana Institute on Disability and Community's guide to assist those interested in pursuing a college education translated into Spanish.  
<https://www.iidc.indiana.edu/doc/resources/es-la-universidad-para-ti-2017final.pdf>
- **Postsecondary Education Opportunities for Students with Disabilities in Indiana**  
Understand the range of options available to best meet an individual's needs when pursuing postsecondary education.  
<https://www.iidc.indiana.edu/cclc/transition-to-adulthood/postsecondary-education.html>
- **Project Search**  
Work-based school-to-work training program.  
<https://www.in.gov/fssa/ddrs/rehabilitation-employment/project-search-internship/>
- **Project Success**  
Professional development opportunities for administrators, paraprofessionals, and teachers.  
<https://www.pcgprojectsuccess.com/>
- **Think College**  
Find information on Think College programming and resources on inclusive postsecondary education.  
<https://thinkcollege.net/>
- ***Why Not College?***  
The Indiana Institute on Disability and Community's guide for those with intellectual disabilities interested in inclusive campus programming.  
<https://www.iidc.indiana.edu/doc/resources/why-not-college.pdf>
- **Vocational Rehabilitation Postsecondary Training Services Information for the 2024-2025 Academic School Year**  
Postsecondary education information for those wishing to apply for state and federal financial aid.  
<https://www.in.gov/fssa/ddrs/files/Postsecondary-Training-Services-Information-2024-25.pdf>



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- **Vocational Rehabilitation Postsecondary Training Handbook**

A comprehensive guide for VR participants wishing to receive postsecondary training services.

<https://www.in.gov/fssa/ddrs/files/VRPostsecondaryServicesHandbook.pdf>

- **Vocational Rehabilitation: Transition from School to Work**

Understanding VR services from high school and beyond.

<https://www.in.gov/fssa/ddrs/files/TransitiontoWork.pdf>

## Competitive Integrated Employment

Competitive Integrated Employment (CIE) is work that is performed on a full-time or part-time basis for which an individual is:

- Compensated at or above minimum wage and comparable to the customary rate paid by the employer to employees without disabilities performing similar duties and with similar training and experience.
- Receiving the same level of benefits provided to other employees without disabilities in similar positions.
- At a location where the employee interacts with other individuals without disabilities and is given the same advancement opportunities as other employees without disabilities in similar positions.

- **Benefits of CIE over Sheltered Workshops**

Learn why CIE is the preferred choice when seeking employment.

<https://www.in.gov/idr/employment/competitive-integrated-employment-resources/the-benefits-of-cie-over-sheltered-workshops/>

- **Center on Community Living and Careers Resources**

CIE resources for students, educators, and families.

<https://www.iidc.indiana.edu/cclc/transition-to-adulthood/information-for-students-and-families/competitive-integrated-employment.html>

- **Employer Toolkit**

Resources for employers seeking to improve and support inclusive practices in the workplace.

<https://www.worktoinclude.org/employer-toolkit>

- **How to Leave a Sheltered Workshop for Competitive Integrated Employment**

Indiana Disability Rights resource on transitioning from sheltered work to CIE.

<https://www.in.gov/idr/employment/competitive-integrated-employment-resources/how-to-leave-a-sheltered-workshop-for-cie/>

- **Informed Choice in Employment**

Learn about the process of selecting the right employment.

<https://www.in.gov/idr/employment/competitive-integrated-employment-resources/informed-choice-in-employment/>

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- **Job Seeker Information and Blogs**  
Learn more about specific topics important to job seekers.  
<https://www.worktoinclude.org/job-seekers>
- **Sheltered Work vs. Competitive Integrated Employment**  
Understand the difference between CIE and sheltered work.  
<https://www.in.gov/idr/employment/competitive-integrated-employment-resources/sheltered-work-vs.-competitive-integrated-employment/>
- **State Employment First Policies**  
Indiana's Employment First Plan and Informational Summit (2021).  
<https://www.in.gov/fssa/ddrs/files/Employment-First-Plan-Adopted-Sept.11-2020.pdf>

## Benefits

An individual can work and maintain their benefits. The links below focus on benefits and the different programs that support young adults, and adults who are working or who are planning to work.

- **Benefits for Children**  
How to apply for social security benefits.  
<https://www.ssa.gov/pubs/EN-05-10085.pdf>
- **Benefits Information Network at the Center on Community Living and Careers**  
Benefits counseling is provided through VR services. Individuals can also request a benefits review and education referral.  
<https://www.iidc.indiana.edu/cclc/employment/benefits-information/benefits-information-network.html>
- **Benefits Fact Sheets by the Center on Community Living and Careers**  
Various fact sheets that explain benefits information and work incentives.  
<https://www.iidc.indiana.edu/cclc/employment/benefits-information/benefit-and-work-incentive-fact-sheets.html>
- **Ticket to Work Help Line**  
Call 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. - 8 p.m. ET. Provides answers to questions about benefits and work incentives and refers Social Security Beneficiaries to the appropriate Work Incentives Planning and Assistance (WIPA) office as needed.

## Pre-Employment Transition Services (Pre-ETS)

In the state of Indiana, Pre-Employment Transition Services (Pre-ETS) are available to students with disabilities who are eligible or potentially eligible for Vocational Rehabilitation services. Pre-Employment Transition Services ensure that students are informed about and plan for a meaningful career and or post-secondary training beyond high school.

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- **Indiana Pre-Employment Transition Services (Pre-ETS) Providers**  
Locate Pre-ETS providers by county throughout Indiana.  
<https://www.in.gov/fssa/ddrs/files/CountiesbyPreETSproviders.pdf>
- **IN\*SOURCE Pre-Employment Transition Services**  
Information on the Young Adult Program.  
<https://insource.org/get-help/young-adult-program/>
- **Vocational Rehabilitation: Transition from School to Work**  
Understanding VR services from high school and beyond.  
<https://www.in.gov/fssa/ddrs/files/TransitiontoWork.pdf>
- **Work to Include Pre-Employment Transition Services Webinar**  
Hosted by Indiana Work to Include, this one-hour online seminar explains the importance of, and components involved in, Pre-ETS services across Indiana.  
<https://youtu.be/RyHwLHZJvOc>

## Blogs, Newsletters, Trainings, and Webinars

- **Adria's Notebook**  
While no longer in circulation, *Adria's Notebook* covers the life and experiences of Adria Nassim, a young woman living with the impacts of disability.  
<https://blogs.iu.edu/adriasnotebook/>
- **Aging and Down Syndrome**  
Learn how to navigate Alzheimer's Disease and Down Syndrome.  
<https://dsindiana.org/aging-down-syndrome/>
- **Benefits Information for Adults and Transitioning Students**  
Explore all aspects of benefits in Indiana.  
<https://www.iidc.indiana.edu/cclc/employment/benefits-information/index.html>
- **What's Next? Newsletter by the Center on Community Living and Careers**  
A free monthly newsletter with tips and resources about disability related topics. *What's Next?* specifically targets those transitioning from high school into adulthood.  
<https://instrc.indiana.edu/transition-resources/whats-next.html>
- **Tuesday's Tips Newsletter by the Center on Community Living and Careers**  
A free weekly newsletter that offers educators and families short and manageable resources on various transition-related topics.  
<https://instrc.indiana.edu/transition-resources/tuesday-tips.html>
- **Down Syndrome Indiana Calendar of Events**  
Access the calendar to connect with local events.  
<https://dsindiana.org/events/>

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- **Down Syndrome Indiana Webinars**

Down Syndrome Indiana offers a series of webinars with local experts to answer your questions on many topics important to children and adults with Down syndrome.

<https://dsindiana.org/webinars/>

- **Family Employment Awareness Training (FEAT)**

This free training is tailored to individuals with intellectual disabilities and their families to increase family, student, and professional knowledge of state, federal, and community resources that support employment.

<https://www.iidc.indiana.edu/cclc/training-and-events/family-employment-awareness-training.html>

- **Indiana Family to Family Training Videos**

Webinars focused on healthcare financing, building family leaders, transition to adulthood, and medical needs.

<https://www.inf2f.org/training2.html>

- **Indiana Family to Family Linktree**

Access to socials, blogs, and newsletter resources.

<https://linktr.ee/infamily2family>

- **My Quillo Podcast**

Podcast episodes focused on disability related topics.

<https://quillopod.podbean.com/page/2/>

For more information, visit the Center on Community Living and Careers website at:

<https://www.iidc.indiana.edu/cclc/>