

Monthly tips and resources for young adults, their families, and supporters who are exploring options for life after high school in Indiana.

Your Transition Journey: Exploring Assessments for Your Unique Needs

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Are you a student with one or more significant disabilities who needs help personalizing your transition journey? A successful transition from school to adult life requires teamwork. This involves you, your family, your teachers, and the people who will support you after graduation. Some higher-level needs include:

- 1) Transitioning to adult medical care.
- 2) Accessing and using assistive technology.
- 3) Managing personal needs on an ongoing basis.
- 4) Designing meaningful daily routines.
- 5) Exploring customization and flexibility in employment.
- 6) Understanding guardianship options.

You can learn more about your higher-level needs by completing assessments alone or with your transition team. Feel free to use pictures or a communication device to respond to questions.



What kind of assessments exist?

Authentic assessments assess your knowledge and experience in real-world situations. Teachers will usually help you with these. For example, your teacher may ask you to write an essay after a field trip to see different employment options. You may choose to write about what places you liked and what you observed. Teachers can also work with your parents. Together, you can all make a guide tailored to your communication style. This would help other people understand your needs.

You may also write about skills you're learning during the transition process. For example, learning to maintain eye contact during conversations and discussions. This shows you're paying attention. This skill is important for social interactions at work and in your personal life. Assessments that focus specifically on these specialized skills can help you and your transition team discover, analyze, and determine your higher-level needs. Review, choose, and complete the assessments listed below with your transition team.

- [Indiana Assistive Technology and INDATA](#): assistive technology services for individuals transitioning from school to adult life.
- [Life Experiences Checklist](#): online tool using pictures for transition planning for individuals with limited verbal communication, including person-centered planning.

- [LifeCourse Foundational Tools Library](#): future planning and problem-solving resources.
- [McGill Quality of Life Questionnaire](#): quality of life assessment.
- [Personal Outcomes Measures](#): guidebook that can be used throughout transition, especially when considering ongoing care needs.
- [Supports Intensity Scales](#): assessment focused on identifying your support needs.
- [The Mood, Interest, and Pleasure Questionnaire](#): short questionnaire for individuals who are less verbal.
- [Transition Health Care Checklist](#): guidebook to support a successful transition to adult medical care systems

Who else can help?

All these resources emphasize how to capture your voice throughout this process; it's your transition journey! If your transition team needs more resources or assistance, CCLC staff offer weekly Office Hours every Thursday from 2:30-4:30 p.m. Eastern Time. They can join us via [Zoom](#) to brainstorm and collaborate.

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