

Transition “Get Ready” List

- Can you get up in the morning on your own?
- Do you bathe daily?
- Can you do your own laundry?
- Can you be a considerate roommate? i.e. being quiet, being neat etc.
- Can you meet with an authority figure on your own? (OVR counselor, professor, etc.)
- Have you ever explained your disability and how it affects your ability to learn?
- If you are planning to attend a post secondary institution, will you be covered by a medical insurance plan?
- Do you know if there are requirements that need to be met to continue receiving your insurance?
- Do you have documentation to prove your disability?
- Do you know your social security number?
- Are you aware of your strengths and are you planning on using them?
- Have you ever spent time away from home?
- If you take medication, do you know how to get medication when you are away from home?
- Do you have positive coping skills, i.e. good nutrition and exercise?
- Do you know where and how to get help to maintain a healthy lifestyle?
- Do you have a sleeping/eating pattern that is effective?
- Are you aware of the consequences of drug and alcohol abuse?
- Do you know how to keep a checkbook and/or credit card?
- Are you aware of your environment at all times in order to keep yourself safe?
- Do you have an emergency information form completed?
- Are you aware of accommodations that would help you, and are you going to use them?
- Do you plan to join a study group?
- Do you know how to use a calendar?
- Do you know how to use technology?
- Can you make it to class everyday?
- Do you know that there is no IEP in college or technical school?
- Do you understand the meaning of the “age of majority” for you and your parents?
- Do you know how to ask for help? (Self-advocate)
- Do you know how to budget your time? (Self-regulate)
- Do you know the difference between primary care, specialist and what each provides?
- Do you carry your insurance cards and doctor’s phone numbers?
- Do you know how to make appointment and how to deal with insurance companies?
- Do you practice good social skills?
- Do you know how to make new friends?
- Do you know how to say no to friends?
- Do you have a driver’s license or a state ID card?
- Do you know how to get a bus pass?
- Do you know how to go grocery shopping?
- Have you done any career research such as job shadowing?
- Have you registered for selective service?
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