

Before High School Graduation:

Identify Supportive Services:

- School Counselor:** Consult with your child's high school counselor to discuss post-secondary options.
- Disability Services:** Contact the school's disability services office to understand their role in the transition process.
- Outside Organizations:** Research organizations that provide support for students with disabilities.

Develop a Transition Plan:

- Work with your child and their school to create a personalized transition plan.
- This plan should outline post-secondary goals, accommodations, and support services.
- Consider factors such as the student's strengths, weaknesses, interests, and learning style.

Explore College and Career Options:

- Research Colleges:** Identify colleges and universities that offer supportive services for students with disabilities.
- Visit Campuses:** Schedule campus visits to experience the college environment firsthand.
- Consider Vocational Training:** Explore vocational training programs if college isn't the right fit.

Financial Planning:

- Financial Aid:** Research federal and state financial aid programs, scholarships, and grants.
- Independent Living Expenses:** Consider the costs of housing, food, transportation, and other living expenses.

Legal and Advocacy:

- Understand your child's rights under the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.
- Familiarize the changes in roles and responsibilities as the student moves from Individuals with Disabilities Education Act (IDEA) to Americans with Disabilities Act (ADA).
- Review student's responsibilities for accommodation requests and advocacy.

During the Transition:

College Applications:

- Complete college applications and request necessary accommodations.
- Submit required documentation, such as medical records and educational evaluations.
- Contact the disability services office at each college to discuss specific needs and accommodations.

Housing and Living Arrangements:

- Research on-campus and off-campus housing options.
- Consider the availability of accessible housing and support services.
- Discuss transportation options with the college's disability services office.

Academic Accommodations:

- Work with the college's disability services office to request necessary accommodations, such as extended time on exams, note-takers, or assistive technology.
- Develop effective study habits and time management skills.

Note: Some universities require students to meet with the disability services office each semester to renew or update their accommodations.

Social and Emotional Support:

- Encourage your child to connect with other students with or without disabilities.
- Support their mental health by encouraging them to seek counseling or therapy as needed.

Ongoing Communication:

- Stay in regular contact with your child and their college support team.
- Be prepared to provide additional documentation or support as needed.