

School to Adult Life Transition and Employment Resources For Case Managers

For case managers seeking resources on school to adult life transition, key areas to explore include transition planning guides, disability-specific transition resources, information on relevant agencies, 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 Case Managers

- **Individualized Plans:** Develop personalized transition plans based on everyone's strengths, needs, and goals.
- **Collaboration:** Engage with families, schools, community agencies, and healthcare providers throughout the transition process.
- **Early Intervention:** Begin transition planning early in high school to ensure adequate preparation for adulthood.
- **Advocacy:** Support individuals in navigating complex systems and accessing necessary services.

General Transition & Employment Resources

- **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/>

Disability-Specific Transition 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/>
- **Down syndrome Indiana**
Resources for individuals, parents, educators, health professionals, and others.
<https://dsindiana.org/resources/>
- **Helen Keller Services for the Blind**
Transition-related resources for DeafBlind youth.
<https://www.helenkeller.org/search/Transition/>
- **Autism Society of Indiana**
Connecting individuals with autism to support and resources in their community.
<https://www.autismsocietyofindiana.org/>
- **Indiana Resource Center for Autism**
These sites provide a wealth of transition and employment resources for individuals with autism.
<https://www.iidc.indiana.edu/irca/index.html>

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- **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>

Relevant Agencies and Support Services

- **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>
- **Social Security Administration (SSA) The Redbook**
Resources to assist youth in the transition to adulthood.
<https://www.ssa.gov/redbook/eng/resources-youth.htm>
- **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/>

Curricula and Training Materials

- **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>
- **National Technical Assistance Center on Transition (NTACT)**
Resources to support students with disabilities in navigating postsecondary education.
<https://transitionta.org/topics/postsecondary-education/>

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- **Competitive Integrated Employment (CIE) Toolkit**
National Technical Assistance Center on Transition
<https://transitionta.org>

Support Groups for Young Adults

- **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/>
- **Peer Support Networks**
Opportunities for young adults transitioning from school to connect with others facing similar challenges.
<https://disabilitylink.org/peer-support/>

Supported Decision Making

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.

- **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 Form**
SDM supporters fill in the blank agreement.
<https://www.in.gov/idr/sdm/files/SDM-Form-Supporter-Addendum-v.9-20190523.pdf>

Transition from School to Adulthood

The transition from school to adult life begins in Indiana at age 14 or eighth grade. Students with a disability who have an individualized education program (IEP), and their support team begin focusing on the student's post-school education, employment, and independent living goals with the desired outcome of living a full life in their community with the services and supports they need to be maximally independent.

- **Programming for adults with Down syndrome**
Down syndrome Indiana program options through adulthood.
<https://dsindiana.org/adult-programming/>

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- **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 for students 14-26**
Future planning program for young adults.
<https://insource.org/get-help/young-adult-program/>
- **Transition to Adult Life Resources**
IN*SOURCE resources on a multitude of topics for those transitioning to adult life.
<https://insource.org/get-help/resources/transition-to-adult-life/>
- **Special Education Resources for students and families up to the age of 22**
IN*SOURCE information for families needing to know more about special education.
<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 the state.
<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 its own eligibility requirements for enrollment that may vary depending on the institution.

- **Is College for you?**
IIDC document 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? Spanish Version**
IIDC document 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>
- **Why Not College?**
IIDC resource for those with intellectual disabilities interested in inclusive campus programming.
<https://www.iidc.indiana.edu/doc/resources/why-not-college.pdf>
- **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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- **Vocational Rehabilitation Postsecondary Training Services Information 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>
- **Indiana 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>
- **Indiana Vocational Rehabilitation: Transition from School to Work**
Understanding VR services from high school and beyond.
<https://www.in.gov/fssa/ddrs/files/TransitiontoWork.pdf>
- **Think College**
Find information on Think College programming and resources on inclusive postsecondary education.
<https://thinkcollege.net/>
- **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>

Competitive Integrated Employment

Competitive Integrated Employment 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 given the same advancement opportunities as other employees without disabilities in similar positions.
- **Sheltered Work vs. Competitive Integrated Employment (CIE)**
Understand the difference between CIE and sheltered work.
<https://www.in.gov/idr/employment/competitive-integrated-employment-resources/sheltered-work-vs.-competitive-integrated-employment/>
 - **Benefits of CIE over Sheltered Workshops**
Learn why CIE is the preferred choice when seeking employment.

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

- **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/>
- **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/>
- **Job Seeker information and blogs**
Learn more about specific topics important to job seekers.
<https://www.worktoinclude.org/job-seekers>
- **Employer Toolkit**
Resources for employers seeking to improve and support inclusive practices in the workplace.
<https://www.worktoinclude.org/employer-toolkit>
- **State Employment First Policies**
Indiana's Employment First plan and informational summit (2021).
<https://www.worktoinclude.org/state-policy>

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 Information Network at the Center on Community Living and Careers**
Benefits counseling is provided through Vocational Rehabilitation Services; request a Benefits Review and Education referral for anyone who is working with Vocational Rehabilitation to find employment.
<https://www.iidc.indiana.edu/cclc/employment/benefits-information/benefits-information-network.html>
- **Center on Community Living and Careers Benefits Fact Sheets**
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.

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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 postsecondary training beyond high school.

- **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/RyHwIHZJvOc>
- **Indiana Pre-Employment Transition Services (Pre-ETS) Providers**
Find Pre-ETS providers by county throughout Indiana.
<https://www.in.gov/fssa/ddrs/files/CountiesbyPreETSproviders.pdf>

Trainings and 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>
- **Benefits Training Information**
Learn from benefits experts at the Center on Community Living and Careers how to navigate common myths and other important benefits related topics.
<https://www.iidc.indiana.edu/cclc/training-and-events/benefits-trainings.html>
- **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/>
- **Aging and Down Syndrome**
Learn about navigating Alzheimer's Disease and Down syndrome.
<https://dsindiana.org/aging-down-syndrome/>
- **Work To Include Webinar featuring Doug Crandell**
The author of *Twenty-two Cents an Hour* discusses the fight to end minimum wages for people with disabilities and the forces that have kept it in place for so long.
https://youtu.be/rxZn_xiKPjI
- **Work to Include: 2021 NDEAM Webinars**
Webinars focused on educating employers about the benefits of hiring talent with disabilities, setting up an INvestABLE account, and complying with ADA.
<https://www.worktoinclude.org/informational-webinars>

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- **Work to Include: Terre Haute presents INvestABLE**
Learn how to create an account and save money while still receiving support through disability programs.
<https://youtu.be/adDYkAkizqI>
- **The Equal Employment Opportunity Commission (EEOC) & Employment of Individuals with Disabilities**
This online seminar will provide a basic compliance overview of the ADA with a focus on reasonable accommodations, tips, and best practices for reasonable accommodations at every stage of the employment process.
<https://youtu.be/r4Ypar8KNLU>
- **Work to Include: 2021 Summit Webinars**
Learn from states that have successful Employment First systems change efforts underway.
<https://www.worktoinclude.org/informational-webinars>
- **Indiana Family to Family Training Videos**
Webinars offered focus on healthcare financing, building family leaders, transition to adulthood, and medical needs.
<https://www.inf2f.org/training2.html>

Newsletters, Calendars, and Blogs

- **Linktree Indiana Family to Family**
Access to socials, blogs, and newsletter resources.
<https://linktr.ee/infamily2family>
- **Down Syndrome Indiana Calendar of Events**
Access the calendar to connect with local events.
<https://dsindiana.org/events/>
- **Center on Community Living and Careers What's Next Newsletter**
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>
- **Center on Community Living and Careers Tuesday's Tips Newsletter**
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>
- **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/>

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Organizations of Interest

- **accessABILITY**
www.accessabilityin.org
- **Center on Community Living and Careers**
<https://www.iidc.indiana.edu/cclc/index.html>
- **Down Syndrome Indiana**
<https://dsindiana.org/>
- **Indiana Disability Rights**
<http://www.indianadisabilityrights.org/>
- **Indiana Family to Family**
<https://www.inf2f.org/>
- **Indiana Secondary Transition Resource Center**
<https://www.iidc.indiana.edu/cclc/transition-to-adulthood/indiana-secondary-transition-resource-center.html>
- **Indiana Statewide Independent Living Council (INSILC)**
<https://www.insilc.org/>
- **IN*SOURCE Website**
<https://insource.org/>
- **Work to Include**
<https://www.worktoinclude.org/>

Fact Sheets and General Resources

- **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>
- **Indiana Family to Family Fact Sheets**
Over sixty-five fact sheets covering disability and transition.
<https://www.inf2f.org/fact-sheets.html>
- **Indiana Family to Family Resources**
Indiana Family to Family is a trusted health and education information center.
<https://www.inf2f.org/resources.html>
- **Down Syndrome Indiana New Parent Packet**
Request a parent information packet.
<https://dsindiana.org/requestparentpacket/>

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- **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>

For more information visit our website at: <https://www.iidc.indiana.edu/cclc/>