



Transition to Adulthood Timeline Tips

While transition should begin early in the teen years, there are specific items that can and should be addressed near the 18th birthday. The following are some tips to help guide the transition to adulthood. Whenever appropriate the child should be involved in the process as much as possible, supporting the child to achieve the highest level of independence.

- **Age 14+ Education** According to the Individuals with Disabilities Education Act (IDEA), transition planning is a process that needs to start for a student no later than the IEP that will be in place when the student turns 16 years of age. However, it is recommended transition planning begins at 14 years of age or younger. The goal of transition planning is to make a smooth transition to life after high school. According to the IDEA, transition planning is individualized; based on the student's strengths, preferences, and interests; and includes opportunities to gain knowledge and skills needed for continuing education, work, and Community life.
- **Age 17- Medical Care** Discuss with the primary physician, as well as other providers, the approach to transition to adult care. If the provider does not want to care for the individual as an adult, then a plan to transition medical care should be created. Legally, once the patient is an adult, the provider can no longer give information to the parent without the consent of the patient. Ideally, the patient can assume his or her own care, but in cases where this is not possible, a healthcare representative may be suitable in lieu of guardianship.
- **6+ Months before 18- Medicaid** Parents should apply for Medicaid Disability for the child with the disability. If the child is already receiving Medicaid, parents should check with Medicaid to see if there are any changes that need to be made for eligibility. Be sure to notify the primary insurance of secondary coverage, if newly approved for Medicaid or other insurance (and vice versa).
- **3+ Months before 18- Guardianship or Alternatives** Guardianship is a court order that allows one person to make decisions for another person. There are other ways to help someone without having a guardian appointed. Every person is unique, as is their situation. It is also important to consider what the individual wants before making a final decision. There are other options to support decision-making for your child and they can be found here.
- **1+ Month before 18- Supplemental Security Income (SSI).** SSI is a monthly stipend paid to individuals who are disabled and have limited income and resources. For age 18 and older, only the income and resources of the person who is disabled is countable. SSI benefits can begin as early as one month after the child's birthday month
- **Other things to consider-** Voter Registration, Selective Service (exemption)

Michigan Family to Family Health Information Center

(MIF2F) exists to share resources, information, and learning opportunities for families of children and youth with special health care needs across Michigan, and also for the community partners and healthcare providers who care for them.
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MI F2F offers:

- Information and resources related to caring for a child or young adult with special healthcare needs.
- Parent peers and individuals with experience navigating the maze of special health care services and programs.
- A network of Family Leaders across Michigan to help us identify community supports and resources for families.



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