



# Moving On

## Transition Tips for Young Adults



Shriners Hospitals for Children  
Intermountain  
Fairfax Road at Virginia Street  
Salt Lake City, Utah 84103  
801 – 536 – 3500  
[http://www.shrinershq.org/Hospitals/Salt\\_Lake\\_City/](http://www.shrinershq.org/Hospitals/Salt_Lake_City/)



## How do I make the move to adult health care?

Finding a doctor and other healthcare providers you like, who know about your disability and accept your insurance can take time. Start looking for an adult doctor long before you are too old to keep seeing your pediatric doctor. Don't wait until you are in crisis to start looking for an adult health care provider.



- Most pediatric doctors can only treat you until age eighteen. Ask your doctors how long they can treat you.
- Get referrals to adult healthcare providers from your current doctors, other people with your disability or your insurance company.
- Call potential doctors to find out if they have experience working with people with your disability.
- Make appointments to interview potential doctors.
- Have at least one appointment with your new adult doctor before your last appointment with your pediatric doctor. This gives your doctors a chance to share information about you and to work together.

Please call the hospital with any questions at (801) 536-3500. If you are unable to reach the hospital and you feel it is an emergency, call 911 or go to the nearest Emergency Room.

## Questions about Transition? Call your Care Coordinator:

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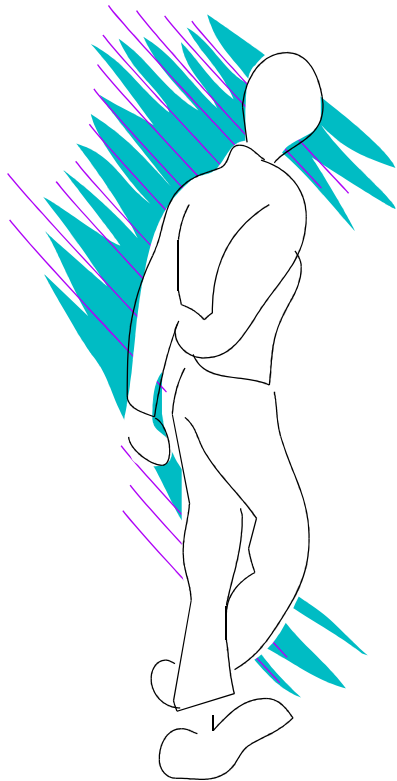
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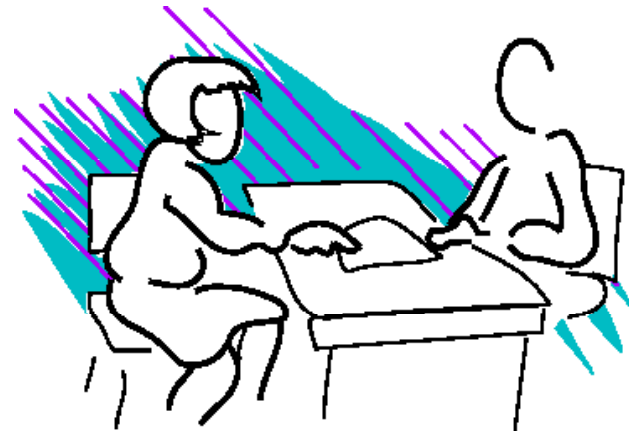
- **National Center on Secondary Education and Transition:** This site disseminates information related to secondary education and transition for youth with disabilities. [www.ncset.org](http://www.ncset.org)
- **National Collaborative on Workforce and Disability for Youth:** Information and resources geared toward increasing understanding of policy and practice issues regarding youth with disabilities in the workplace. [www.ncwd-youth.info/who-Are-You/youth-and-Family/index.html](http://www.ncwd-youth.info/who-Are-You/youth-and-Family/index.html)
- **University of Wisconsin Family Village:** Information, resources and communication opportunities for people with disabilities, their families and those that provide them with services and support. [www.familyvillage.wisc.edu](http://www.familyvillage.wisc.edu)
- **Youthood.org:** A dynamic, curriculum-based tool that can help young adults plan for life after high school. [www.ncset.org/websites/youthhood.asp](http://www.ncset.org/websites/youthhood.asp)



- Ask your pediatric doctor's office for one copy of your medical record for yourself and one for your new adult doctor.

## How do I pay for adult health care?

- Find out how long you are covered under your current health insurance plan. You may not be covered by your parents plan once you turn 18 or finish school.
- If you are going to college, look into student health insurance. Contact the college for more information.
- Look for jobs that offer health insurance. If you are already working, ask your employer about health insurance benefits and eligibility.
- Look into Medicaid benefits for people with disabilities and other state health insurance programs for uninsured adults (See page 6).
- If you have been receiving Medicaid benefits as a child, be aware that SSI redetermination at age 18 may affect your Medicaid benefits.
- Check in your community for health clinics that charge patients based on their income.





## How do I prepare for my future?

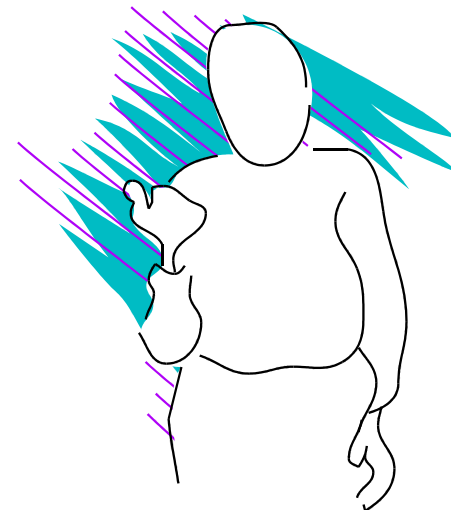
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- Start meeting with your high school counselor or 504/IEP coordinator the year before you graduate to talk about college, vocational school and work opportunities.
- Talk with your counselor about funding options for college or vocational school, such as grants, loans and scholarships.
- Connect with Vocational Rehabilitation during your junior year if you have a disability that may affect employment. This agency may be able to help you pay for job training and education after high school (See page 6).
- Visit the campus of the school that you are thinking about attending to make sure it is accessible and that you will be able to get around campus easily. Connect with the school's Disability Resource Center to discuss the accommodations you will need to be successful in school (See page 6).
- Explore Supplemental Security Income (SSI) and other benefits to help you transition from school to work (See page 6).

## What websites are available to help me with transition?

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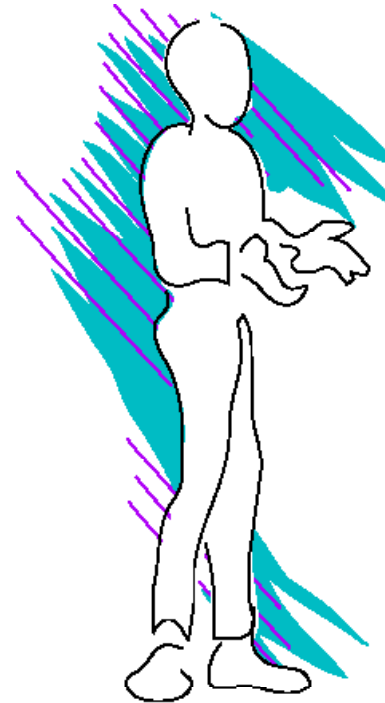
- **Ability Online:** A free and monitored online support community that links youth ages 11-24 with disabilities or illness to other kids and adults who care. [www.ablelink.org/public/new/index.html](http://www.ablelink.org/public/new/index.html)
- **American Medical Association Doctor Finder:** Online physician locator that provides basic professional information on licensed physicians in the United States. <http://webapps.ama-assn.org/doctorfinder/home.html>
- **DisabilityInfo.gov:** Federal government website that serves as a starting point for all government services and information sites. [www.disabilityinfo.gov](http://www.disabilityinfo.gov)
- **Health Finder:** Key resource for finding the best government and nonprofit health and human services information on the Internet. [www.healthfinder.gov](http://www.healthfinder.gov)
- **Healthy and Ready to Work National Dissemination Center:** This site provides various tools and resources to assist youth with special health care needs in the transition to adulthood. [www.hrtw.org](http://www.hrtw.org)



- Developmental disabilities programs provide long term supports and services to eligible people with severe developmental and/or physical disabilities. Some of their services include respite care, supported employment, supported living and supervised living programs. Check with your state's Department of Human Services via [www.healthfinder.gov](http://www.healthfinder.gov) or NICHCY's state resource pages [www.nichcy.org/states.htm](http://www.nichcy.org/states.htm) for contact information.
- Work incentives are special rules that make it possible for people with disabilities receiving Social Security or Supplemental Security Income (SSI) to work and still receive monthly payments and Medicaid. [www.ssa.gov/disabilityresearch/wi/generalinfo.htm](http://www.ssa.gov/disabilityresearch/wi/generalinfo.htm)
- Community Work Incentive Coordinators can give you information about how going to work will affect your SSI and Medicaid benefits. They can also give you information about your health insurance coverage and refer you to other agencies that can help you with work issues. [www.socialsecurity.gov/work/ServiceProviders/wipafactsheet.html](http://www.socialsecurity.gov/work/ServiceProviders/wipafactsheet.html)
- Adaptive recreation programs provide sports and other forms of recreation to people with disabilities. Programs may include skiing, horseback riding, sled hockey, bowling and team sports, among many others. Contact your local Parks and Recreation, Disabled Sports USA [www.dsusa.org](http://www.dsusa.org) , Special Olympics [www.specialolympics.org](http://www.specialolympics.org) or your Care Coordinator for more information.

## How can I get around in the community?

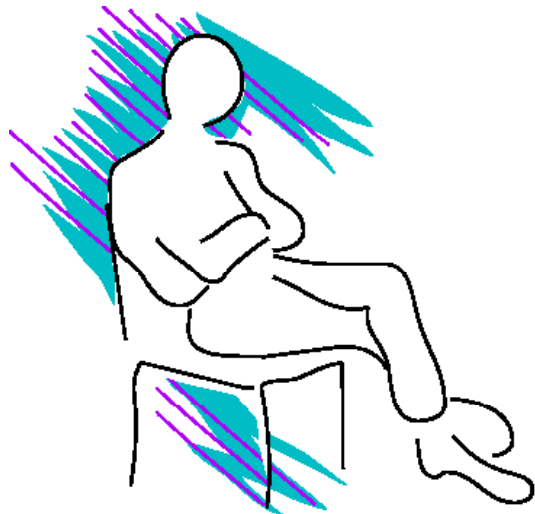
- Talk with your doctors about whether or not they feel that driving is a safe option for you. They may have you get some special testing to see if you can drive safely.
- Look into adapted equipment, like hand controls, that might make it easier and safer for you to drive.
- Check with your high school about driver's education classes for students with disabilities.
- Call driver's education programs in your city to see if they have adapted vehicles for students with disabilities.



- Look into rehabilitation programs in your community that offer driving evaluations and specialized driver's education for people with disabilities.
- Look into public transportation options for people with disabilities. You may be able to get a discounted bus pass or you may be eligible for special busing services for people with disabilities.
- Take a class on how to ride the bus. Contact your local Independent Living Center about classes (See page 6).

## How can I become more independent?

- Assess your independent living skills with the help of your parents, teachers, therapists and Care Coordinator. Identify the things you do well without help, the things you do well with some help and those skills you need more help with in order to be more independent. Start working on these skills.
- Look into independent living skill classes offered at school or through your local Independent Living Center (See page 6).
- Look into personal care assistant services. These services can help you take care of your personal care needs at home, school or work. Contact your state's developmental disabilities program for more information (see page 7).
- Explore independent living options. Options range from living on your own without assistance to living in a supported environment. You may choose to continue living in your family's home, to move out with friends or to move into an assisted living facility. Discuss these options with your family and health-care providers.
- Learn about your rights under the Americans with Disabilities Act (ADA).



## What resources should I know about?

- Supplemental Security Income (SSI) provides monthly payments to eligible people with disabilities that have limited income and resources. You may receive SSI when you are working minimum hours, are looking for a job or are in college or vocational training. Almost everyone who receives SSI is also eligible for Medicaid. [www.ssa.gov](http://www.ssa.gov)
- Medicaid is a health insurance program offered by each state that pays medical bills for some people with disabilities who have a limited income. [www.cms.hhs.gov/apps/contacts](http://www.cms.hhs.gov/apps/contacts)
- Vocational Rehabilitation (VR) helps people with disabilities to obtain employment. They offer vocational testing and training, job counseling and guidance, assistive technology, job placement and other services. They may also help you pay for more schooling and/or training after high school. [www.jan.vwu.edu/SBSES/VOCREHAB/htm](http://www.jan.vwu.edu/SBSES/VOCREHAB/htm)
- Independent Living Centers offer classes and activities to help people with disabilities to become more independent. Sometimes they can help pay for equipment or assistive technology that will help with independence. [www.ilru.org/html/publications/directory/index.html](http://www.ilru.org/html/publications/directory/index.html)
- Disability Resource Centers are part of public colleges and universities and provide accommodations to students with disabilities. Some of their services include early registration, note takers, adaptive equipment and testing accommodations. Check with the college for contact information.

