

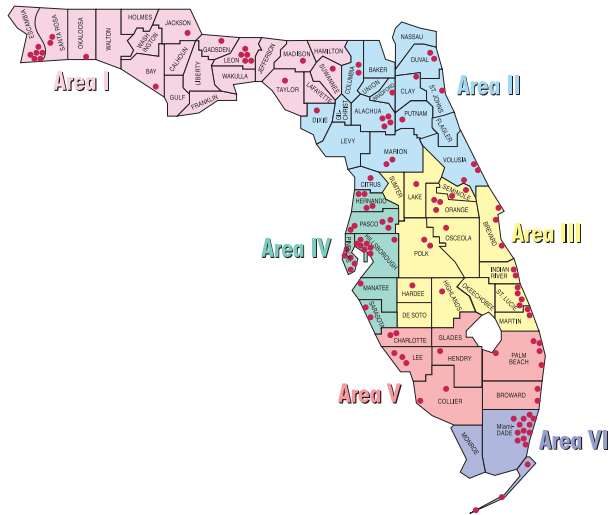


# CHECKLIST FOR Students with Disabilities Transitioning to Adult Life



## How Can VR Help?

VR provides services to eligible individuals with disabilities who have a substantial impediment to employment and need VR services to obtain, maintain, or regain employment.



## What is Vocational Rehabilitation?

Florida's Vocational Rehabilitation (VR) program is committed to helping people with disabilities find meaningful careers. VR may assist with training, medical treatment, accommodations, and other services so that a person with a disability may become employed.

## What Type Of Assistance May Be Available From VR?

- Medical and Psychological Assessment
- Vocational Evaluation and Planning
- Career Counseling and Guidance
- Training and Education after High School
- Job-Site Assessment and Accommodations
- Job Placement
- Job Coaching
- Supported Employment
- Assistive Technology/Devices
- Time-Limited Medical and/or Psychological Treatment



For More Information, Contact: Florida Department of Education  
Division of Vocational Rehabilitation Building A  
2002 Old Saint Augustine Road Tallahassee, Florida 32301-4862  
(850) 245-3399 (Voice and TTY)  
(800) 451-4327 (Voice and TTY) [www.rehabworks.org](http://www.rehabworks.org)

## Checklist for Students with Disabilities Transitioning to Adult Life

The following is a checklist that may help address your transition needs. This is only a basic guide. The important part is remembering to stay involved in the transition process to ensure that your needs and goals are addressed to prepare for life after high school.

### AGE 14-15

- Learn more about your disability, including your strengths and needs for accommodations.
- Participate in transition planning by preparing for and attending your scheduled IEP meetings.
- Create a picture of where you are today and set goals for your future.
- Collect transition information from your school and area agencies that serve youth with transition needs.
- Discuss diploma options in 8th grade or by age 14 and their impact on post high school training and employment.
- Research youth employment and career opportunities by visiting your local One Stop Center or [www.floridajobs.org](http://www.floridajobs.org).
- Participate in part-time non-paid or paid jobs to gain work experience, and begin a career portfolio.
- Ask about career exploration, job training, and work experience offered through your high school.

### AGE 16-17

- Participate in transition planning by preparing for and attending your scheduled IEP meetings.
- Invite Vocational Rehabilitation (VR) and other agency representatives who may participate in post high school planning to your IEP meeting.
- Discuss transportation resources for your post high school plans.
- Discuss medical and psychological care resources to meet your post high school needs.
- Discuss your post high school living arrangements and needs.
- Address post high school training and education options, if appropriate.
- Apply for agency services, as recommended, to assist you with meeting your post high school needs and goals.
- Review your diploma options and make changes as necessary.
- Continue to explore careers, gain job training and/or work experience.

### AGE 18-22

- Consider applying for Social Security Disability benefits (SSI and SSDI), if appropriate. For information, call: (800) 772-1213 (Toll Free) or (800) 325-0778 (TTY)
- Address guardianship options, if appropriate.
- Males must register for selective service. Visit [www.sss.gov](http://www.sss.gov) for more information.
- Remember that VR can assist eligible individuals with post high school training, job placement, and other services necessary for a successful employment outcome.