

Preparing for Life after High School

Transition: What does it mean?

Transition can be thought of as moving from one step in life to another. In order to make the best decision, you should have as much information as possible. Your school, the Division of Developmental Disabilities (DDD), and Vocational Rehabilitation (VR) can help you make a transition plan. Here is what you can expect from your school, DDD, and VR when developing your transition plan or career path from high school to adulthood.



School

What you can expect from your Individualized Education Program (IEP) team when you are in high school:

- Be invited to every IEP meeting.
- Help you discover your strengths, preferences, interests, and needs.
- Help you develop ongoing goals you want to reach after high school (work, college, live on your own, etc.)
- Develop an IEP goal that supports your plans for after high school at least once a year.
- Offer you transition activities and classes to help you reach your goals.
- Explain your rights under the Individuals with Disabilities Education Act of 2004 (IDEA) when you turn 18.
- Work with others like DDD and VR with your permission to help you achieve your goals.

Division of Developmental Disabilities

Your Support Coordinator should start talking to you about your plans after high school by the time you turn 14.

At age 14, your Support Coordinator can refer you to Vocational Rehabilitation to help you prepare for work after graduation.

Your Support Coordinator can tell you about available employment services if you are eligible:

- **Individual Supported Employment** - Allows you to have a job after school or during breaks.
- **Pathways to Employment** - Helps you learn about your interests, strengths, and abilities. You can practice different jobs and learn new skills to find the best fit for you.
- **Group Supported Employment** - Allows you to work with your peers and earn a paycheck.

Your Support Coordinator can attend your IEP meetings to help with transition planning and goal development, if you invite them.

Contract services are funded under contract with the State of Arizona.

Learn more at
des.az.gov/ddd/employment-services.



Vocational Rehabilitation (VR)

The Vocational Rehabilitation program provides optional services to persons with disabilities. The goal of these services is to help you get and keep a job.

- Services can start as early as age 14.
- A VR counselor can:
 - Provide you with information about the VR program and the services they have to help you reach your career goals.
 - Attend your IEP meetings to help with transition planning.
 - Organize services with your DDD Support Coordinator.
- Vocational Rehabilitation (VR) has services called Pre-Employment Transition Services (Pre-ETS). Pre-ETS are workshops that help with career exploration and job readiness. These services are available to students with a disability between the ages of 14 and 22.

Learn more at
des.az.gov/vr.

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