

Navigating Life Transitions: Arizona's Transition Resource Guide



Table of Contents

Acknowledgments	4
How to use this Guide	6
Introduction	7
Person-Centered Planning	9
Self-Determination & Self Advocacy	12
Laws for Individuals who have Disabilities	15
Arizona Center for Disability Law	20
Arizona Employment First	21
Planning Your Transition in School	22
Higher Education and Postsecondary Options	31
University Centers for Excellence in Developmental Disabilities (UCEDDs)	32
Health: Office of Women’s and Children’s Health	34
Info for Families: Raising Special Kids	36
Behavioral Health	38

Employment: Vocational Rehabilitation	42
Tribal Vocational Rehabilitation	48
Division of Developmental Disabilities (DDD)	53
Assistive Technology	58
Foster Care	60
Becoming a Youth Leader	63
Independent Living	66
Arizona Occupational Therapy Association	71
Your Legal Options	74
Working and Your Benefits	85
More Resources	91
Glossary	94

If you need this guide in a different format or have any questions, email
azcopt1@gmail.com

For more information, visit <http://bit.ly/ArizonaCOPT>

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The AZCoPT has many partners. They include:

- Arizona Department of Child Safety
- Arizona Department of Education/Exceptional Student Services
- Arizona Department of Economic Security/Vocational Rehabilitation
- Arizona Department of Economic Security/Division of Developmental Disabilities
- Arizona Employment First
- Arizona Health Care Cost Containment System
- Arizona Occupational Therapy Association Postsecondary Transition SIS
- Arizona State Schools for the Deaf and the Blind

- 
- Arizona Statewide Independent Living Council
 - Deer Valley Unified School District
 - Diverse Ability Incorporated
 - NAU/Institute for Human Development
 - Raising Special Kids
 - Tribal Vocational Rehabilitation
 - UArizona/Sonoran University Center for Excellence in Disabilities

How to use this Guide

- You can click on a topic in the **table of contents** to go to that section.
- You can click on blue underlined words to go to important websites.
- You can search for words by pressing Control+F or Command+F (Mac Users) or when using tablets and mobile devices you can go to More, then Find. These options will bring up a search box. Type the word you're looking for there.
- You can find contact info, websites, and more at the end of each section.



Introduction



Transition means moving from one place to another. One big transition is leaving high school to become an adult. This guide will help you do that. It is for:

- Young people
- Parents
- Support people like teachers and staff

This guide can help you reach your goals.

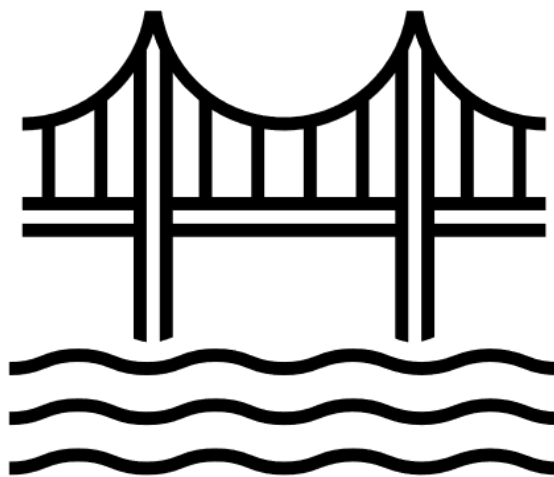
There are many people and businesses that can help you. They all work together. This guide will tell you about how they can help. That way you can make the right choice for you.



The Things That Will Help You Transition

Going from being a child to being an adult is like crossing a river. Walking across a bridge is easier than swimming. Your bridge is made of 5 ideas that will help you reach your goals. They are:

- Collaboration
- Employment First
- Person-Centered Planning
- Self-Advocacy
- Self-Determination





Person-Centered Planning

The Basics

- Everyone gets to choose how to live their lives.
- Everyone gets the chance to be independent and reach their goals. They get to live and work in their community.
- Everyone should have all the info they need to make choices.
- Everyone gets to try to do what they want. It's okay to fail.
- Person-centered planning helps people have better lives.

Thinking About Disability

- All people have things they like, dreams, and strengths. Disability does not make you less.
- Do not focus on what you or someone else can't do.
- Having a disability does not mean you are broken. It does not mean you need to be fixed.
- The words we use matter.
- Put the person first!



Person-Centered Planning (PCP)

Person-Centered Planning — or PCP — helps us think about disability in a new way.

We treat each person uniquely. We think about what you want. We don't assume we know what your goals are.

Some things PCP does are:

- Figure out where you want to live.
- Help you find the support you need to reach your goals.
- Get to know who you are and what your dreams are.
- Bring together the people who matter to you. This might be:

- Family
- Friends
- Neighbors
- Staff
- Other people who work with you





💡 PCP is about respecting you. It is about making sure you get to choose the life you want. All plans should be person-centered.

Learn More

- [Diverse Ability Incorporated](#)

PO Box 46316

Phoenix AZ 85063

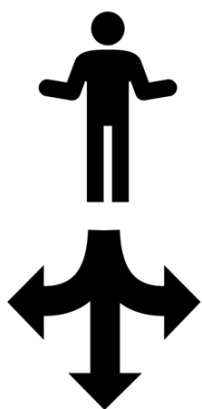
602-425-5135

mellie@diverseabilityincorporated.org

Self-Determination & Self Advocacy

These are skills that you can learn. The adults in your life can help you.

Self-Determination



Self-determination means you get to decide what you do. You get to set your own goals.

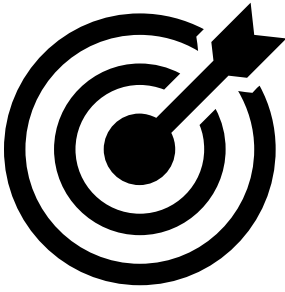
You use your skills to make choices. You decide what you like and what your dreams are.

You are responsible for your choices. That includes if something bad happens.

Self-determination takes a lot of skills. You need to:

- Know about yourself.
- Speak up for yourself.
- Be creative.
- Be proud of yourself.
- Be able to solve problems.





To take charge of your life, you need to:

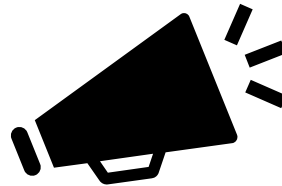
1. Set goals.
2. Know your choices.
3. Choose what you want.
4. Work to reach your goals.

You start to learn self-determination when you are a child. You get better at it as you grow.

Self-Advocacy

What is Self-Advocacy?

1. You know you have the right to make choices about your life.
2. You ask for help if you need it.
3. You stick up for yourself.



Self-advocacy is important. You can:

- Get what you need.
- Help solve problems in your life.
- Make choices for your life.
- Ask for help when you need it.
- Say “no” to things you don’t want.
- Be respectful when you say “no.”
- Help other people while they help you.



You don't have to make choices alone. You can get help from people you trust.

Other people can have information that will help you choose.

Sometimes people will think you cannot do something. You can think about what they said. You can decide if they are right or wrong. You can make your own choices using info from other people.

Other people's advice can be very helpful. But you decide what works for you. You decide if you want to try something new or hard.

Everyone learns by trying new things.

You have the right to make mistakes and people who have disabilities sometimes have to push for that right. You are allowed to try. You are allowed to fail. You are allowed to succeed.

Learn More

- [Diverse Ability Incorporated](#)
- [Youth Action Council](#)
- [Self-Advocates Becoming Empowered](#)
- [People First](#)





Laws for Individuals who have Disabilities

The Americans with Disabilities Act (ADA)

The ADA is a law. It says people with disabilities cannot be treated unfairly. This is called “discrimination.” The ADA protects people with disabilities in these places:

- Your Job
- Buildings or programs run by your state or local government
- Public businesses like hotels, stores, and hospitals
- Buses, trains, and rideshares
- When you use the phone or internet

You are only protected at your job if your workplace has more than 15 workers. If you need to do your job differently because of your disability, your workplace needs to help. This is called a reasonable accommodation.



Here are some examples of reasonable accommodations:

- Changing your schedule.
- Changing the technology you use.
- Getting you new technology.
- Getting you an interpreter.
- Making your workplace more accessible.

Learn More

- [Americans with Disabilities Act](#)
- [ADA Overview \(Easy Read\)](#)

Individuals with Disabilities Education Act of 2004 (IDEA)

This law has 4 parts.

- Part A gives definitions of words used in the law.
- Part B talks about special education for students ages 3 to 21. Schools must teach special education in the least restrictive environment. This means students with disabilities should:





- Go to school with students without disabilities as much as possible.
- Not be taught in different classrooms or schools just because they have a disability.
- Have the help they need from the school to learn and move from grade to grade without paying money. This is called a free and appropriate public education (FAPE).
- Have their special education services and goals listed in a document called an Individualized Education Program (IEP).

- Part C talks about children with disabilities who are younger than three years old. They can get help at home, on the playground, or in preschool. They get an Individualized Family Service Plan (IFSP). This plan includes the help these young children and their families need.
- Part D says teachers and adults in your life can get training to help you succeed. The law says there is money to pay for it.

Learn More

- [Individuals with Disabilities Education Act of 2004](#)

Workforce Innovation and Opportunity Act (WIOA)



WIOA is a law. It makes sure people with disabilities have the same chance as everyone else to get a good job. It helps people get the help they need.

Section 511: Limitation on the Use of Subminimum Wage

- There are laws that decide how much people should be paid to work. Some people can get paid less than the minimum wage for doing certain jobs. This is called **subminimum wage**.
- This law changes who can get paid less.



Learn More

- [Workforce Innovation and Opportunity Act](#)
- [WIOA Section 511 Joint Guidance, Flyers and FAQ](#)
- [WIOA Advocacy Handouts](#)

Section 504 of the Rehabilitation Act

Section 504 is a law like the ADA. It only applies to places that get money from the federal government. This law says people with disabilities cannot be treated unfairly.

It also says the government must give money to help students with disabilities in school. You can get a “504 Plan” at school, in college, or at work. That means you can get changes made to your classroom or job. These are called accommodations.

Learn More

- [Section 504 of the Rehabilitation Act](#)



Arizona Center for Disability Law

- The Arizona Center for Disability Law (ACDL) helps people who have disabilities. They help with legal issues. That means enforcing the laws we went over earlier.
- They can help you:
 - Learn about your rights.
 - Learn how to speak up for yourself.
 - Go to court or sue someone.
- ACDL does this for free. They cannot help everyone. You can call them to tell them about problems you are facing because of your disability. They will give you more info and may be able to help.
- One program ACDL has is the Client Assistance Program (CAP). They can help you know what your rights are when you work with Vocational Rehabilitation — or VR. VR is the program that helps people with disabilities get jobs in Arizona.



Learn More

- Visit [Arizona Center for Disability Law](#)
- Call them at 1-800-927-2260 (open 9 am-1 pm on Monday, Tuesday, Thursday, and Friday)



Arizona Employment First

Arizona Employment First says everyone should be able to work in their community. People who have disabilities should get to work the same jobs as everyone else. Arizona's governor said in 2017 that Arizona is an Employment First State. That means all the programs that help with jobs must agree to help people who have disabilities work in the community. Some of the things they must do are:

- Use the right services and supports. These include supporting people at work and making new jobs to match your talents.
- Help people get the right technology.
- Focus on who you are and what you want.
- Focus on your strengths.
- Help you have the info you need to make choices.

Learn More

- Visit [Arizona Employment First](#)
- [Job Seeker Flyer](#)
- [Educator Flyer](#)
- [Family Member Flyer](#)
- [Transition Requirements and Services Handout](#)



Planning Your Transition in School

Going from high school to adult life is called **Transition**. As an adult, you can choose to do things like:



- Go to college.
- Get training in a job you want to do.
- Get a job.
- Live on your own.
- Be a member of your community.

You should get to decide what you do when you leave high school.

What Does Your IEP Say About Transition?

If you have an Individual Education Plan (IEP), your transition starts when you turn 16. You can get ready early. You can always talk to adults in your life about your goals. Knowing what you want makes it easier to plan.



Your plan must have:

- Your goals for working.
- The training or classes you need to reach your goals.



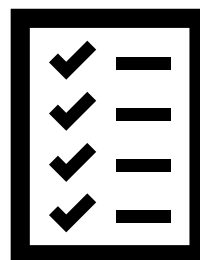
Your plan gets updated every year. You will set goals to make sure you can succeed after high school.

You can go to your IEP meetings. You can even lead them. Speak up for yourself at these meetings to make sure the plan is focused on you.

You can invite people to the IEP meeting. If you work with a program outside of school, they should come.

Your plan is based on you. It should focus on:

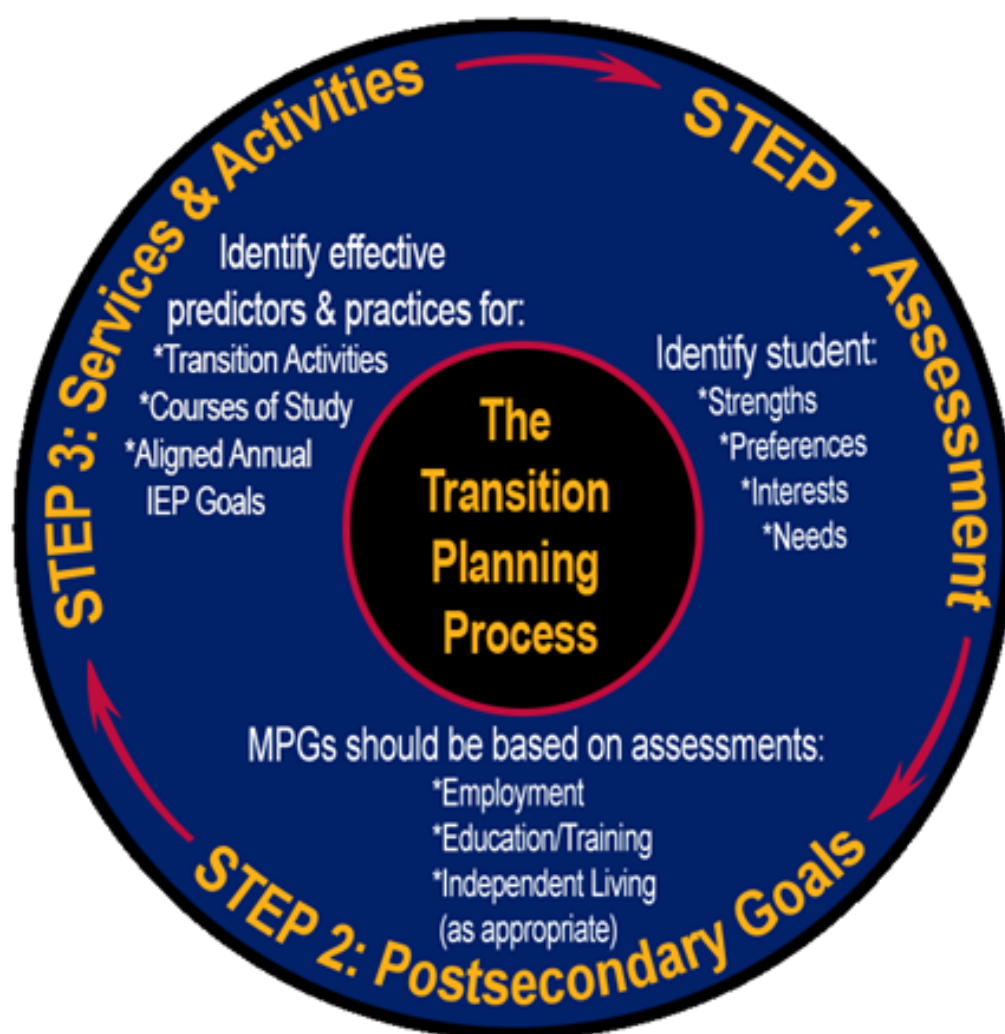
- What you are good at
- What you want
- What you like
- What hobbies you enjoy
- What you need



A good transition plan will help you reach your goals after high school.

Transition Planning Process:

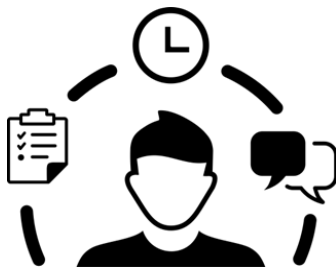
You are in charge of your plan. But your whole IEP team will help you. They can help you decide what your goals are. The steps to do this are below.



National Technical Assistance Center on Transition. (n.d.). Quality Transition Planning. Retrieved November 30, 2016, from NTACTION: transitionta.org

Step 1: Explore what you want, what you like, what you're good at, what hobbies you enjoy, and what you need.

- You, your family, and your team all help with this.
- There are many ways to get this info. They might be:

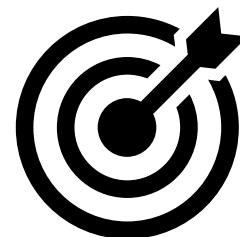


- Answering questions in a survey or test
- Talking to you directly
- Asking the adults in your life
- Watching you at school or other places

- You and your team make your plan based on this info.

Step 2: Create goals for your future.

- You will work with your team to make goals. Those goals can be about:
 - Work.
 - College.
 - Training programs.
 - Where you will live as an adult.
 - The skills you need to do more on your own. This is called [Independent Living](#).



Step 3: Try out different kinds of activities based on your goals.

- Your team will help you find things to do in high school to help reach your goals.
- These things could be:
 - Activities with your team
 - Classes or training
 - Small goals each year to reach your big goals
 - Programs outside high school

Activities with Your Team

- You will have new things to do each year while you are in high school.
- These activities might be about working. They can also be about being in the community.
- You will learn more about how to reach your goals by doing these.
- The adults in your life will get reports on your activities.

Classes or Training

- You will choose classes throughout high to help you reach your goals.
- These are called Courses of Study.



Small Goals Each Year

- You must have one or more small goals each year to help reach your bigger goals. These small goals will be on your IEP.

Programs Outside High School

- You can connect with programs and agencies before you leave high school. That way you can get the support you need at the right time.

Working with Programs Outside High School



All the programs you work with should be part of your transition team. When everyone works together, you can succeed!

You or your family will need to sign a paper saying it's okay for your programs to share info with each other.

Programs outside of your school can help with:

Step 1: Sharing info about what you are good at and what you need help with.

Step 2: Talking about your goals.

Step 3: Getting you more support during or after high school.

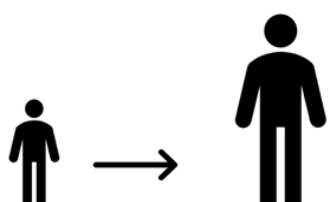
Questions to Ask When You're Finishing High School

You should think about these things in your last few years of high school:

- Are you going to college? Are you doing more training?
- Do you need technology to do a good job at work? Do you need other kinds of changes? These might be a person to help you, shorter work hours, or something else.
- The help you get in high school does not always keep going at work or college. Sometimes you have to ask again.
- What are your plans for work? Do you want help through VR or DDD?
- Is everyone who helps you at your IEP meeting? You or your family can invite anyone to the meeting.
- Your programs outside of school can help you reach your goals.
 - Example: You want to work in a store that sells clothes. Your habilitation staff can help you learn how to sort and fold clothes. You can take trips with them to stores to see how they fold clothes.

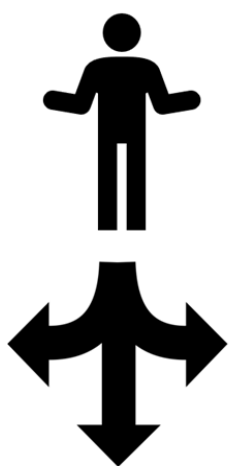


Turning 18



When you turn 18, your IEP team will talk about the [Transfer of Rights](#). This means you get to make decisions for yourself. Your family can help you make decisions or figure out something else that works for you. You can learn more about the different choices by looking at the [Legal Options Manual](#). You can go to a training with Raising Special Kids:

- [Online Legal Options Training](#)
- [In Person Legal Options Training](#)



You are in charge of your transition. You will get to try things and learn about your goals. You can always change your mind or set new goals. You and your team will figure out what steps you need to do to reach your goals.

If you need more info, talk to your school district. You can also talk to other programs like [Raising Special Kids](#).

Learn More

- Arizona Department of Education/Exceptional Student Services Secondary Transition Team:
 - ESSTransition@azed.gov
 - (602) 542-3855
 - [Secondary Transition | Arizona Department of Education](#)
- To learn more about the Transfer of Rights and Legal Options:
 - Arizona Department of Education Transfer of Rights brochure ([English](#)) ([Spanish](#))
 - Arizona Developmental Disabilities Planning Council [Legal Options Manual](#)
 - Raising Special Kids [Online Legal Options](#) and [In Person Legal Options Training](#)



Higher Education and Postsecondary Options

You can go to college or get more training after high school. You might want to go to:

- Community College
- University
- Trade School

Your support will look different from high school. There are different laws to protect you and get you the help you need. They are:



- Section 504 of the Rehabilitation Act
- The Americans with Disabilities Act

You will have to ask for support or help. You will not get support if you do not ask for it. This is different from high school.

In college, you can get help from your college's Disability Resource Center.

University Centers for Excellence in Developmental Disabilities (UCEDDs)

Some colleges have UCEDDs. Arizona has two:



- The Sonoran Center for Excellence in Disabilities. It is in Tucson at the University of Arizona.
- The Institute for Human Development (IHD). It is in Flagstaff at Northern Arizona University.

UCEDDs do many things. They work together with other programs. Here are some examples of what the UCEDDs do:



- The Sonoran UCEDD runs AZ Project SEARCH. It gives work experience across Arizona. You can learn more in the link at the bottom of this section.
- The IHD runs the Arizona Technology Access Program (AzTAP). This helps people get the technology they need to be independent. They help people get technology for home, work, school, or the community.



You can look at the websites below to learn more.

Learn More

- [Sonoran UCEDD](#)
- [Sonoran UCEDD Project SEARCH](#)
- [The Institute for Human Development \(IHD\)](#)
- [IHD's Arizona Technology Access Program](#)



Health: Office of Women's and Children's Health

Children with disabilities may go to the doctor more than other kids.

The Office of Children's Health has a program that helps make health care better for these kids. It is called:

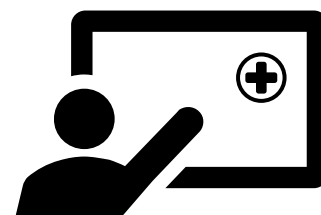
- Children and Youth with Special Health Care Needs (CYSHCN) Program.

They do many things. Some things they do are:

- Help make healthcare better.
- Give info and training to families and staff.
- Have leadership training for youth.
- Support getting health care to people who live far away from cities. This means giving care by phone.

Some of the training they do includes:

- How to find what you need in the healthcare system.
- How families can take the lead.



- How staff can treat people from different cultures and countries.
- Transition
- How families can talk to doctors and staff better.
- How healthcare is organized.

CYSHCN also makes the Care Coordination Manual. This helps families figure out how to get the care they need. Care coordination means working with many different programs or doctors together.

Learn More

- Visit: [Office of Children and Youth with Special Health Care Needs](#)
Bureau of Women's and Children's Health
Arizona Department of Health Services
150 N. 18th Avenue, Suite 320
Phoenix, AZ 85007
- [Care Coordination Manual](#). This gives you an outline for how to get help in health care systems.
- [Arizona Children with Special Health Care Needs Transition Resource \[Español\]](#). This shows you how transition works in Arizona. It compares it to other states.
- [Transition! What's Health Got to Do with It?](#) This has extra info, tips, and resources.

Info for Families: Raising Special Kids

Raising Special Kids helps families with kids with disabilities. If you are under 26 years old, they can help your family by giving training and information.

Programs and Services



- Staff can help you figure out what resources you need.
- You can take a workshop to learn skills like speaking up for yourself.
- The newsletter Connecting can give you more info and resources.

Parent Support

Raising Special Kids connects parents. They connect 300 families with mentors every year.

- They help teachers, families, and schools learn about special education.
- They help families learn about health care.

- They help young people who have disabilities learn how to reach their goals after high school.
- They train families and staff.



Learn More

- Visit [Raising Special Kids](#)
- The office in Phoenix can tell you where to find help close to you.

5025 E. Washington St. #204

Phoenix, AZ 85034

Office 602-242-4366

Toll Free 800-237-3007

Fax 602-242-4306

info@raisingspecialkids.org



Behavioral Health

Overview

Behavioral health has to do with how you feel and how you act. It's sometimes called mental health.

Becoming an adult can be stressful. Getting help can make it easier.

One place that can help is the Arizona Health Care Cost Containment System. It can be written like this: AHCCCS and said like "access." AHCCCS helps some people in Arizona pay for health care. This includes behavioral health care.



You can learn about how to get help through AHCCCS below.

What Do I Need to Do to Get Help?

Not everyone can get help from AHCCCS. What you need to get help depends on:



- Your age
- Your disability



You or your family must also make a certain amount of money to get health insurance from AHCCCS. AHCCCS also has grants that may help even if you don't qualify for AHCCCS.

If you can't get help from AHCCCS, there are other programs that can help. Call 2-1-1 for more info.

What Kind of Help Can I Get?

You can get lots of different services through AHCCCS for your behavioral health. Some of them are:

- Counseling for you and your family
- Group counseling
- Independent living skills training
- Social skills training
- Services for when you are having an emergency
- Help for addiction
- Behavioral health services in the hospital
- Medication services
- Rehabilitation services



- Help with getting a job or learning job skills
- Transportation
- Interpreters
- Respite
- Day programs
- Staff to help you with personal needs

The AHCCCS Child and Family Care Team (CFT)

Everyone who gets help from AHCCCS has a Child and Family Team. This is a group of people that includes your family. They make sure you get help that is exactly right for you. They think about:



- What you are good at
- What you need help with
- Your culture
- Creative ways to help you
- Respecting you

Having a team like this can be very helpful. If there are any problems on your team, you can speak to the Child and Family Team Supervisor or Clinical Director to help solve it. You can even file a complaint. The complaint can go to more than one place to make sure you are heard.

Learn More

- Transition to Adulthood Guidance Document: [Transition to Adulthood Practice Tool](#)
- To find behavioral health providers in your area: [Start Here](#)
- For more information on specific programs: [Who Can Apply?](#)
- AHCCCS Covered Behavioral Health Services: [AHCCCS Medical Policy Manual](#)
- Additional AHCCCS (Non-Medicaid) Behavioral Health Services: [AHCCCS Medical Policy Manual Exhibit 300-2b](#)
- To file a complaint in the AHCCCS Children's System of Care: [Filing a Formal Complaint \(aka Member Grievance\) in the Children's System](#)



Employment: Vocational Rehabilitation

What is the Vocational Rehabilitation (VR) Program?

Vocational Rehabilitation helps people who have disabilities:

- Get ready for work.
- Find a job.
- Keep their jobs.

It's sometimes called VR or Voc Rehab.

What Can VR Do for Me?

Pre-Employment Transition Services (Pre-ETS)

1. What are Pre-ETS?

Pre-ETS happen during school. They help you get ready to work when you graduate. They can help you:



- Think about the job you want.
- Practice work skills.
- Learn about college and training programs.
- Learn to speak up for yourself.

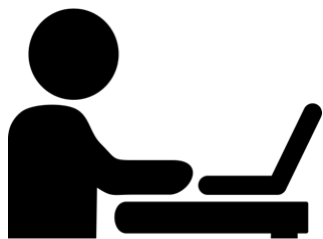
You can learn more about Pre-ETS topics here:
[Pre-ETS Overview](#).

2. Who can get Pre-ETS?

To get Pre-ETS, you must:

- Be between 14 and 22 years old.
- Be in school. It can be:
 - Public school
 - Private school
 - Charter school
 - Home school
 - Vocational program
 - College
 - GED program
- Have a disability. This includes having an IEP or 504 plan. You do not have to get services from VR.





3. How do I request Pre-ETS?

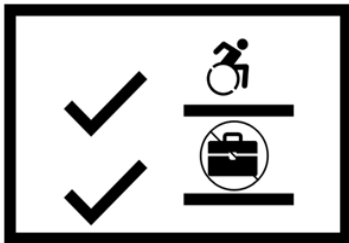
- Visit the [VR website](#) to learn more and look at the Pre-ETS Contractor Directory.
- Complete the [Pre-ETS Request Form](#). Email it to RSATransition@azdes.gov.
- They may ask for more paperwork. Examples include:
 - IEP or 504 plan
 - Proof of your disability from a doctor
 - Proof that you go to school
 - Proof that you have a guardian (if you do)

If you have any questions regarding Pre-ETS, please email RSATransition@azdes.gov.

Can VR Help Me?

Not everyone can get VR services. To get help from VR:

- You must have an impairment. Impairment means you may need help to do some things. This can be something to do with your body (physical) or your mind (mental). You may call your impairment a disability, special needs, or something else.



- Your impairment must make it hard to get or keep a job.
- You wouldn't be able to get a job without help from VR.
- VR could help you get a job.

VR can't help everyone at once. You may have to wait to get help from VR.



How do I apply for VR?

You need a referral to get VR's help. There are two ways to do that:

1. Call or visit the [VR office](#) closest to you. Staff can get your info and submit the referral for you.
2. Fill out the referral form yourself. You can submit it by email. Click below to see the form.

- [Referral Form \(Fillable\)](#)
- [RSA Referral Form \(Large Print\)](#)



Individualized Plan for Employment (IPE)



You will work with a VR counselor. They will work with you to make an IPE. The IPE has:

- Your work goals
- What help VR needs to give you to reach your goals

You Need to:



- Talk to your VR counselor about what you need and want.
- Take notes about what you talk to your counselor about. Keep the paperwork you get.
- Make sure you tell your counselor if things in your life change.
- Ask questions if you don't understand.



You have the right to:

- Have someone explain the process and decisions to you.
- Be part of making your IPE.

- Have a written copy of your IPE and other paperwork.
- Challenge decisions that change what kind of help you get from VR.

If you have a problem with VR, you can:



- Discuss the problem with:
 - Your counselor
 - The VR Office Supervisor
- Call the Client Assistance Program. They can give you help. Their number is:
 - 1-(800)-927-2260
- Submit a written request about your problem to VR. You have to do this within 15 days of the problem occurring.

Learn More

- Call 1-(800)-563-1221
- Visit [Vocational Rehabilitation | Arizona Department of Economic Security](#)
- Find the [Vocational Rehabilitation office nearest to you](#)
- Pre-ETS: [Pre-Employment Transition Services | Arizona Department of Economic Security](#)
- [Pre-ETS Overview](#)

- [Pre-ETS Contractor Directory](#)
- [Pre-ETS Request Form](#)
- [Referral Form \(Fillable\)](#)
- [RSA Referral Form \(Large Print\)](#)
- [Pre-ETS Request Form \(Spanish\)](#)
- [VR Referral Process Infographic](#)

Tribal Vocational Rehabilitation

What is the Tribal VR Program?

This is a VR program for Native Americans with disabilities.

- It can help you get or keep a job.
- It provides services that respect your culture.

Can Tribal VR Help Me?

To get help from Tribal VR, you must:

- Be an enrolled member of an Indian Tribe.
- Live on or near the reservation.



- Have an impairment that makes it hard to get or keep a job.
Impairment means you may need help to do some things. You may call your impairment a disability, special needs, or something else.
- Need VR's help to get or keep a job.

How do I apply for Tribal VR?

- Visit or call the Tribal VR office closest to you.
 - The following Tribes have their own VR Program:
 - [Navajo Nation Office of Special Education & Rehabilitation Services](#)
P. O. Box 1420
Window Rock, Arizona 86515
Telephone: (928)871-6338
Toll Free: 1-866-341-991
Fax: (928)871-7865
 - [Fort Mojave Vocational Rehabilitation](#)
500 Merriman Avenue
Needles, California 92363
Physical Address: 8678 Highway
95 Suite B
Mohave Valley, Arizona 86440

Telephone: 768-1144

Fax: (928)768-1221

■ [Salt River Tribe Vocational Rehabilitation](#)

Two Waters Building B

10005 E. Osborn Road

Scottsdale, Arizona 85256

Telephone: (480)362-2650

■ [The Hopi Tribe](#)

P.O. Box 123

Kykotsmovi, Arizona 86039

Telephone: (928)734-3542

Fax: (928)734-2529

■ [Tohono O'odham Nation Vocational Rehabilitation](#)

P.O. Box 837

Sells, Arizona 85634

Telephone: (520)383-8796

Fax: (520)383-3948

■ [White Mountain Apache Tribe](#)

P.O. Box 919

Whiteriver, Arizona 85941

Telephone: (928)338-1790/1791

Fax: (928)338-1085

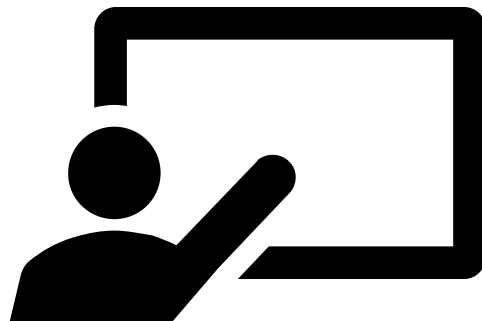
- Make an appointment with a VR counselor.
- Fill out a referral form.

What if my Tribe does not have a Tribal VR?

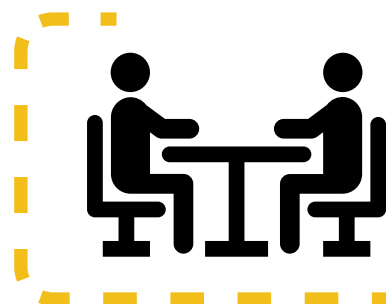
You can contact the State VR for more info.

How Does Tribal VR Help with Transition?

- They do presentations at schools on or near the reservation.
- They work with schools and the Exceptional Student Services Department to find students who need VR help.
- They talk to schools to find out what they can do.



- You can invite Tribal VR to your IEP meeting. They will:
 - Bring info about Tribal VR.
 - Tell you what you need to get help from VR.
 - Tell you about the process and services.
- Helps with your transition plan.
- Works with the State VR program to get you more help.
 - You can get help from Tribal and [State VR](#) at the same time.
- Connect your school to Pre-ETS.



Learn More

- [Nineteen Tribal Nations Workforce Investment Area Website](#)
- [American Indian Vocational Rehabilitation Training and Technical Assistance Center](#)



Division of Developmental Disabilities (DDD)

Overview

DDD can help make sure you live a healthy life doing what you choose. If you get services from DDD, you are called a *member*.

DDD will help you:

- Reach your job goals in the community.
- Have what you need at home and in the community.
- Work with other programs like VR to make your transition a success.

Can I Get Help from DDD?

To get help from DDD, you must:

1. Apply



2. Live in Arizona

- You must be an Arizona resident to get DDD's help. If you live in Arizona most of the time, you are probably an Arizona resident.

3. Have one of the diagnoses below. You must have had it before you turned 18. They are:

- Autism
- Cerebral palsy
- Epilepsy
- Intellectual disability

4. Have trouble with three or more skills you need to be independent. They are:

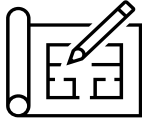
- Keeping yourself clean and healthy
- Communicating with people
- Learning
- Moving around
- Making choices for yourself
- Living on your own
- Saving and spending money



Children under 6 can get help from DDD if they are at risk to get one of those diagnoses later.

You can get different levels of support from DDD. The level depends on your medical needs and how much money you have. The three levels are:

1. State-Only Funded Members



- A support coordinator at DDD to help you make plans.
- Help finding resources in your community.

2. Targeted Support Coordination Members

- A support coordinator at DDD to help you make plans.
- Help finding resources in your community.



- Medicaid (AHCCCS) helps pay for medical care if you are sick, hurt, or need to go to the hospital. This is called acute care services.

3. Arizona Long Term Care System (ALTCS) Members

- Long-term services, including:



- Support you at home and in the community.
- Behavioral health services.
- Medical care if you are sick, hurt, or need to go to the hospital.

Services and Supports

- You will work with DDD to decide what kind of services you can get. You will make a Planning Document with a Planning Team. Your team is:



- You
- Your family
- Your Support Coordinator at DDD
- Staff from other services
- Anyone else you'd like to invite

- Your Support Coordinator can help with many things. They can:



- Set up your Planning Team meeting.
- Help you figure out what you need.
- Find the services and support you need at home in the community.
- Talk to you about your interest in jobs and working.

- Other workers at DDD are called Employment Services Specialists. They can help:



- Tell you about DDD employment training services.
- Teach you and your team more about Employment First.
- Tell you about other job training resources.

- Create tools and share info about working with you and your Support Coordinator.
- By coming to your planning meetings.
- DDD can also help connect you to other programs. They work with DDD Qualified Vendors. These are programs all over the state. They include programs that will help you with your job goals. There are more than 600 programs around Arizona that can help you reach your job goals.

How Does DDD Help with Transition?



- Your Support Coordinator can come to your IEP meetings.
- DDD can work with your transition team to help reach your job goals.
- Your Support Coordinator works with VR to help you get the support you need.

Learn More

- [DDD Homepage](#)
- [DDD Application for Eligibility Determination](#)
- [DDD How is Eligibility Determined](#)
- [Employment First/DDD Application Process Infographic](#)

Assistive Technology

Overview

Assistive Technology (AT) is anything that helps you do what you need or want to do. It could be:

- A tool
- A computer program
- A piece of equipment



AT can be very simple or very complicated.

AT can help you be independent. It can help you do things you couldn't normally do. You can use it at:

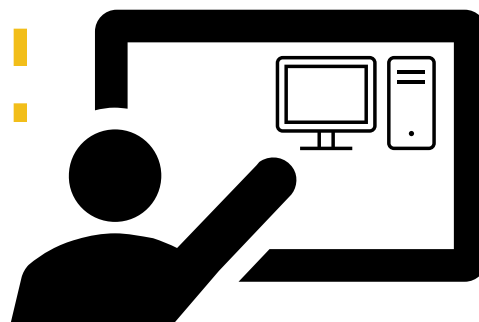
- Home
- School
- Work
- In your community



There are two programs in Arizona that help with AT.

- Arizona Department of Education's AT Team

- This group helps schools, families, and other programs think about AT.
- They train people to help students with disabilities get the technology they need.
- They let schools borrow technology for students to use.
- Arizona Assistive Technology Act Program (AzTAP)
 - This group teaches people all over Arizona about AT. They also:
 - Let people borrow AT
 - Show people how AT works
 - Give trainings



Learn More

- ADE AT Team: [Assistive Technology \(AT\) | Arizona Department of Education](#)
- AZTAP: [Welcome to the Arizona Technology Access Program!](#)



Foster Care

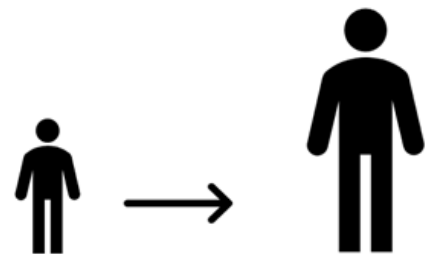
Overview

Being in foster care means living with someone who is not your birth parent. People in foster care are usually children. Some places these children live are:

- Group homes
- Foster homes
- With other family members
- Independent Living Skills Programs (ILSP)

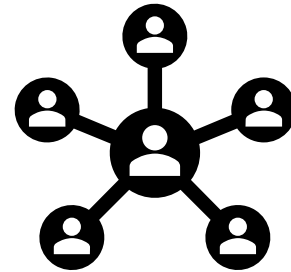
Foster care is temporary. That means it ends. The law says every child in foster care gets help leaving foster care.

- Some children leave foster care at 18 years old. Some should all get the help they need.
- The help you get focuses on your goals and interests.



The Department of Child Safety gets children leaving foster care what they need. They help you:

- Get ready to be an adult.
- Make connections with other people.
- Do well in school and work.
- Find support to stay healthy and happy.
- Take care of yourself.
- Know your rights.
- Use supports in your community.
- Find mentors.



Most people leave foster care when they turn 18. But you can stay until you are 26 years old. You can also get your medical care paid for until that age. This is called Young Adult Transitional Insurance. It is a kind of Medicaid.

If you are in foster care after you turn 13, you can also get help to pay for college or training programs. Some options are:

- Pell Grant. You do not need to pay this money back.
- Arizona Tuition Waiver.
- Arizona Education and Training Voucher.



Learn More

Your Rights

- [Rights for Children in Foster Care](#)

Filing a Complaint

- Office of the Ombudsman through, online complaint form ([Arizona Department of Child Safety](#)), by telephone (602-364-0777 or toll-free at 877-527-0765), or by email (www.dcsombudsman@azdcs.gov)

Support for College or Training

- [Foster Care to Success Program](#)

Other Resources

- [Fostering Advocates Arizona](#)
- [Arizona Children's Association](#)
- [Young Adult Resources](#)

Becoming a Youth Leader

Overview

Diverse Ability Incorporated runs programs in Arizona that can help you become a better leader. The programs are:

- Peer-based. This means you teach and learn from people your own age.
- Person-centered. This means they focus on who you are and what your goals and skills are.

Some of the things Diverse Ability Incorporated teaches about are:

- Personal leadership
- Independent living skills
- Disability dignity
- Pre-employment transition services



Programs for Becoming a Leader

Arizona Youth Leadership Forum (AZYLF)

- AZYLF is a 5-day event held in Arizona every summer.



- You can attend an AZYLF conference in your area.
- You will:
 - Learn about transition.
 - Think about the things you are good at.
 - Plan your future.
 - Work with other people your age.
- AZYLF is for young people who have any kind of disability.

Arizona Youth Engagement Academy (AZYEA)



- AZYEA is a training program.
- You will:
 - Learn how to be a leader.
 - Work with other people your age.
- AZYEA is for young people who have any kind of disability.

Emerging Me: My Life Matters

- Emerging Me is a program.
- You will:
 - Learn how to speak up for yourself and make your own choices.
 - Work with other people your age.
 - Develop a Self-Advocacy Plan.
- Emerging Me is for young people who do and do not have disabilities.



Learn More

- [Diverse Ability Incorporated](#)
- Diverse Ability Incorporated

PO Box 46316

Phoenix AZ 85063

602-425-5135

mellie@diverseabilityincorporated.org



Independent Living

Overview

- Independent Living means having control of your own life.
- People who have disabilities should be able to choose what kind of life they want to live.
- **In the Past:**
 - Independence was measured by how many things you could do on your own.
 - Disability was seen as something bad.
- **Now:**
 - Independence is measured by if you have the life you want.
 - Disability is seen as a normal part of life.

Statewide Independent Living Councils (SILC)

- There is one SILC in every state and one SILC in each US territory. That means there are 56 SILCs.
- The law that created SILCs is called Title VII, Section 705 of the Rehabilitation Act.



What Do SILCs Do?

- Share the importance of independent living.
- Help states develop and grow programs that support independent living.
- Teach states and cities about independent living.
- Help programs work better together.
Those include:
 - Governor's councils
 - Centers for Independent Living
 - State, local, and national programs



- Host events for people who have disabilities to share about their lives and worries.
- Collect info about how programs are working across the state.
- Speak up for changes to programs to make them work better.

Arizona Statewide Independent Living Council

Arizona has a SILC. It helps change how programs work in Arizona to make sure:

- Everyone is treated the same.
- Everyone is included.
- Everyone can choose the life they want.



What Does the Arizona SILC Do?

- Works with Centers for Independent Living to make a state plan. A new plan gets made every 3 years.
- Collect info about how well Arizona helps people live independently.
- Manage the Arizona Independent Living Network.
- **The SILC does not run programs for people who have disabilities. You must go to a Center for Independent Living.**



The money to run the SILC comes from the national government. It is then sent to VR. VR gives the money to the SILC.

Arizona Centers for Independent Living



Centers for Independent Living (CILs) are run by and for people who have disabilities. They help people get info and support. They also help change the system to be fairer.

Most people who work at CILs have disabilities.

Arizona has 5 CILs

1. Ability360, in Phoenix (Maricopa, Pinal, Pima, Gila)
2. Assist! to Independence, in Tuba City (Navajo Nation, Hopi Nation, Paiute Nation)
3. Direct Advocacy & Resource Center, Inc., in Tucson (Pima, Pinal, Cochise, Maricopa, Santa Cruz, Graham, Greenlee)
4. New Horizons Disability Empowerment Center, in Prescott Valley (Apache, Coconino, Mohave, Navajo, Yavapai)
5. Services Maximizing Independence and Empowerment (SMILE), in Yuma (Yuma, La Paz)

Not every place in Arizona has a CIL. The Independent Living Network is trying to fix this.

What Do CILs Do?

1. Connect you with resources.
2. Give you support.
3. Teach you skills.
4. Change the system.
5. Make your transition smooth.



Learn More

- AZ SILC [Arizona Statewide Independent Living Council](#)
- Ability360 [Ability360](#)
- Assist! To Independence [Assist to Independence](#)
- Direct Advocacy & Resource Center, Inc. [DIRECT – Center for Independence](#)
- New Horizons Disability Empowerment Center [New Horizons Disability Empowerment Center](#)
- Services Maximizing Independence and Empowerment (SMILE) [Independent Living Assistance](#)

Arizona Occupational Therapy Association

This group offers training to help support transition.
They train:

- Schools
- Students, families, and caregivers
- Agencies and workers
- Universities



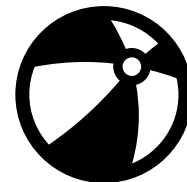
They teach these groups about Occupational Therapy (OT).

OT can help you in your **occupation**. This includes your job, your hobbies, and the things you do to take care of yourself and others.

OT can help you figure out your transition plan by helping with:

- Activities of Daily Living. These include:
 - Cleaning yourself
 - Using the bathroom
 - Getting dressed
 - Eating
 - Standing and walking during activities
 - Sexual health
 - Using a prosthetic or device

- Instrumental Activities of Daily Living. These include:
 - Taking care of other people and pets
 - Raising Children
 - Good communication
 - Getting around your community
 - Managing money
 - Managing your health
 - Taking care of your home





You can get OT from:

- Public school (IEP and 504 plan)
- VR
- DDD
- Behavioral Health
- AHCCCS
- You can also pay for OT services yourself.

Learn More

- [ArizOTA Postsecondary Transition SIS](#)



Your Legal Options

Supported Decision Making

- Supported decision making means having help to make choices about your life.
- Everyone has the right to make their own decisions. That includes people who have disabilities.
- You can learn to make choices for yourself with practice and help.
- There are a lot of different ways to have support to make decisions. There is no one right way.
- People you trust can help explain the options you have. They can help you think about the pros and cons.
You can talk to:

- Family
- Friends
- Professionals
- Advocates
- Other people you trust



- Some people who have disabilities have a guardian. A guardian is someone who makes decisions for you. Having someone else make too many decisions for you might go against your rights. These rights are in the Americans with Disabilities Act.
- **It's okay if people don't like the choices you make. It is still your right to make them.**

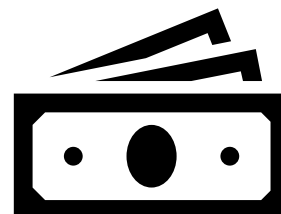
What Are My Options for Other People Making Legal Decisions for Me?

- Some of the info below comes from the 2016 Arizona Legal Options Manual.
- You have many choices to help you make decisions.
- Guardianship is **NOT** the only option.

IMPORTANT! This is not legal advice. Laws can be hard to understand. If you have questions, you should ask a lawyer.

Option 1: Representative Payee

- What do they do?
 - Manage your benefits from SSI and SSDI.



- Who is this for?

- You only make money through Social Security (SSI or SSDI).
- You have trouble keeping track of money.



Option 2: Authorized Representative in the Vocational Rehabilitation Program

- What do they do?

- Make decisions for you about VR services.



- They can **NOT** make decisions that go against the choices you make for yourself. They are here to help you.

- Who is this for?

- You are worried you will not be able to get what you need from VR by yourself.
- If you just need help speaking up for yourself or taking notes at VR meetings, you do **NOT** need a representative. You can invite a trusted family member or friend to support you.

Option 3: Designated Representative in Mental Health Care

- What do they do?



- Work with the Regional Behavioral Health Authority (RBHA).
- Make treatment and planning decisions for you.

- Who is it for?

- You get mental health benefits from a RBHA.
- You want help making decisions about your mental health care.

Option 4: Special Education Transfer of Parental Rights

- What do they do?



- Make decisions about your education.

- Who is this for?

- You are between 18 and 22 years old.
- You are still in school.
- You do not have a guardian.
- You want someone else to make decisions about your education.
- **NOTE:** Without this option, you have the right to make your own decisions about school when you turn 18.

Option 5: Advanced Directives for Health and Mental Health Care and Living Wills

- What do they do?

- Make sure you are treated the way you want to be if you become sick or die.



- Who is this for?

- You are considered “legally competent”. This means you make your own legal choices.

Option 6: Durable Power of Attorney

- What do they do?



- Make decisions about money for you.

- Who is it for?

- You are considered “legally competent”. This means you make your own legal choices.
- You want someone else to make choices about money for you.

Option 7: Conservator

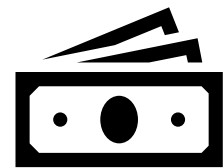
- What do they do?

- Manage your money. They can also manage your property if you own a house or land.



- Who is it for?

- You have money or income from places other than SSI or SSDI.
- You have trouble keeping track of money.
- You can have a conservator and another person who makes other legal decisions for you. Your conservator can also be your guardian.



Option 8: Guardian

- What do they do?

- Make legal decisions for you. You cannot say no to these decisions.
- There are different levels of guardianship. They are explained below.
- It costs money to get a guardian. You must pay lawyers and the court.
- It can be hard to change your guardian or get rid of them once you get one.
- Your guardian must turn in reports every year.



- Who is it for?

- You cannot tell people your decisions.
- You may want a guardian if you need a lot of assistance doing daily tasks.
- You have dementia and may not remember important info.
- Your school or doctor thinks you need one.
- A person with a guardian is called a “ward.”



- Who decides if you need a guardian?

- When you turn 18, you become your own guardian.
- Someone in your life can fill out a petition to give you a guardian.

- What is the process of getting a guardian?



- Your petition goes to court.
- The court must decide if you need a guardian.
- They look at reports about you and what you can do.
- You and the court think about other options. Those options are listed above.

- What are the kinds of guardian?



○ Limited Guardian

- Your guardian only makes decisions about certain areas of your life. They could be:
 - Where you live
 - Your health care
 - If you can get married
- You can still make decisions for yourself in other areas.
- You may be able to vote or learn to drive.

○ Full Guardian

- Your guardian makes decisions for all areas of your life. That includes:
 - Where you live.
 - How you get around
 - What schools or programs you go to
 - Your health care
 - If you can get married
- You cannot vote or learn to drive.
- Your guardian must write a report every year. It includes information about how you are doing.

Guardians in Tribal Communities

- How you get a guardian changes depending on where you live. Some tribes have laws that can help you get a guardian. Some do not.
- In most tribes, you must file a petition with the court. You must be 18 years old to do that.
- Your tribe may not have a guardianship law. You can choose one of the other options above.



Tribes with Their Own Laws About Guardians

- Ak-Chin Indian Community
- Colorado River Indian Tribes of the Colorado River Indian Reservation
- Fort McDowell Yavapai Nation
- Havasupai Tribe of the Havasupai Reservation
- Hopi Tribe of Arizona
- Pascua Yaqui Tribe of Arizona
- Fort Yuma Quechan Tribe
- Salt River Pima-Maricopa Indian Community
- Tohono O'odham Nation of Arizona
- White Mountain Apache Tribe of the Fort Apache Reservation
- Navajo Nation

Tribes that Follow Arizona Laws About Guardians

- Fort Mojave Indian Tribe
- Gila River Indian Community
- Hualapai Indian Tribe of the Hualapai Indian Tribe Reservation
- Yavapai Prescott Tribe of the Yavapai Reservation

Local legal services and tribal courts can help you learn more.

Things to Remember with Guardianship


- Getting a guardian can be expensive and take a long time.
- Having a guardian means having less independence.
- With a guardian, you can not:

- Vote
- Drive a car
- Sign a contract

- You need your guardian's permission to do many things.
That includes:

- Getting married
- Moving
- Getting medical care



- 
- You have a lot of options for help with decision-making. Getting a guardian should be the last thing you try.
 - [Raising Special Kids](#) has trainings about your legal options.

Learn More

- Arizona Developmental Disabilities Planning Council [Legal Options Manual](#)
- Visit Raising Special Kids [Events and Training](#) to find the next scheduled workshop.
- Visit Diverse Ability Incorporated [Diverse Ability Incorporated](#)



Working and Your Benefits

- People who have disabilities can work and earn money.
- You may receive benefits. Benefits include:
 - Social Security (SSI or SSDI).
 - Health care coverage like Medicaid or AHCCCS.
- Making money can change your benefits. Some people worry that making money means they will lose the benefits they need.
- This section will explain how you can work and keep your benefits.

Social Security

There are two kinds of Social Security benefits.



- Social Security Disability Insurance (SSDI)
 - You can get this if you have worked and paid taxes.
 - You might get this if you are younger than 22 and your parents are:
 - Not living
 - Retired

- Supplemental Security Income (SSI)
 - You can get this if you need help paying for things like food, clothing, and your home.
 - It is based on what you need. You do not need to have paid taxes.
 - If you are younger than 18, it is based on how much money your parents make.
- You can sometimes work without losing your benefits. Learn about these programs below.

Plan to Achieve Self Support (PASS)

PASS lets people who get SSI save money to reach their goals. You can save money to:

- Buy assistive technology
- Take a job training class
- Start a business
- Pay for other things for your job or school



The SSA must approve your plan before you can start saving.

Ticket to Work

Ticket to Work is for people who get SSI or SSDI and want a job. This program can help you:



- Decide what job is right for you
- Get training
- Find a job
- Get job coaching
- Connect to resources

Student Earned Income Exclusion for SSI (SEIE)

SEIE is for people getting SSI who are in school and working. You can earn money while you are in school. You must be:

- Getting SSI
- Under 22 years old
- Going to school, college, or training



Freedom to Work

AHCCCS pays for health care for many people in Arizona. It is for people who have disabilities or people who do not make a lot of money. It helps cover:

- Visits to the doctor
- Hospital stays
- Medical equipment
- Home health services
- Mental health services



Freedom to Work means you can have a job and still get benefits from AHCCCS. You can only earn a certain amount of money. You may have to pay a small amount of money for your insurance.

ABLE Accounts

ABLE stands for Achieving a Better Life Experience. ABLE Accounts let you save money without losing your benefits. To open an ABLE Account, you must:

- Have a disability.
- Your disability started when you were under 26 years old.

With an ABLE Account, you can:

- Save \$15,000 a year.
- Save up to \$100,000 without losing your SSI benefits.
- Get money from your family and friends.
- Use your money to improve your life.

It costs \$50 to open an ABLE Account in Arizona.



Learn More

- Az-able.com

Who Can Help Me Understand Work and My Benefits?



Certified Work Incentives Coordinators (CWICs)

CWICs can help you learn about how work changes your benefits. They can connect you with programs. There are CWICs at Ability360 in Phoenix. Their help is free.

Disability Benefits 101

This website has tools and info to help you understand how work changes your benefits. It can tell you about:

- The programs in this section
- Resources for independent living
- How working would change your current benefits



Learn More

- AHCCCS Freedom to Work Program: [Who Can Apply?](#)
- Visit [Ability360](#)
- Visit [Arizona Disability Benefits 101](#)
- [Benefits and Working Infographic](#)

More Resources


Arizona Transition Slide Guide

- Shows you what you can be doing to get ready to graduate high school.
- Broken down by age and topic area. The topics covered are:
 - Self-Determination
 - Postsecondary Education/Training
 - Employment
 - Independent Living/Community Participation
- You can find it [at this website](#).

Arizona 2-1-1

There are many resources in Arizona. You can learn about them by contacting Arizona 2-1-1.

- Dial 2-1-1 on your phone
- Visit [2-1-1 Arizona](#)




2-1-1 can help you learn about:

- Paying your bills
- Getting food and clothing
- Finding a safe place to live
- Domestic violence and human trafficking
- Health and dental
- Disability services
- Veteran and military services
- Job services
- Mental health and support groups
- Substance use disorders
- Government and Tribal services
- Family services

Public Transportation

Public transportation includes:

- Buses
- Trains
- Paratransit
- And more



Do you want to know how to ride public transportation safely? You can get travel training for free.

Paratransit is another option. They can pick you up and take you where you need to go. Usually, paratransit is a van or taxi. People who have disabilities can use paratransit.

Learn More

- Call 2-1-1
- Call your local public transportation system

Glossary

Accommodation

A change made at work or school to help you be successful.

Adult Services

The support you need when you become an adult could include:

- Help finding and keeping a job.
- Housing.
- Transportation.
- Staff to help at home.
- Therapy.
- Medication.

Aligned Annual IEP Goals

Small goals you set every year. They help you reach your bigger job or life goals. Used during transition.

Age-Appropriate Transition Assessments

Tests or activities that help your IEP team know more about you. Helps you know:

- What you are good at.
- What you like.
- What you need.

Used during transition.

Age of Majority

The age you become an adult. Used for legal purposes. In Arizona, it is 18 years old.

AHCCCS (Arizona Health Care Cost Containment System)

Arizona's Medicaid agency. Offers health care programs. Free for people who make less than a certain amount of money and have other needs.



AHCCCS Freedom to Work

Program that lets people who have disabilities work and keep their health care from AHCCCS. Learn more at DB 101 or the AHCCCS website.

Americans with Disabilities Act (ADA) (Americans with Disabilities Amendment Act 2008)

Civil rights law for people who have disabilities. Passed in 1990. Says people who have disabilities can not be treated differently because of their disability. That is called discrimination. People who have disabilities must have equal rights in:

- Jobs
- Government programs
- Businesses that serve everyone
- Transportation
- Using the phone and internet

Assistive Technology

Any tool or tech you use to be more independent and productive. Can be used to:

- Talk to others
- Move around
- Reach things
- Keep track of things
- And much more!

There are many kinds of assistive tech. They include:

- Communication boards
- Screen readers
- Phone apps
- Computers
- Walkers
- Wheelchairs

You can learn more at: [AzTAP website](#).

Autism

A condition that makes it hard to:

- Communicate
- Learn
- Make friends and have relationships

The official definition is here: [Arizona Revised Statutes Title 36-551](#)



Benefits

When you see this word, it often means “government benefits.” Programs to make sure people have enough money, health care, and more. Some examples are:

- SSI
- SSDI
- AHCCCS or Medicaid
- Medicare

Career Exploration


Doing things to learn about the kind of jobs you might want. Starts in middle school or high school. Includes:

- Job shadowing (watching someone do a job you might want)
- Tests and activities to think about work
- Learning about different jobs

Usually done with a counselor.

Cerebral Palsy

Having trouble controlling your muscles. It is caused by your brain getting



hurt before or when you were being born.

The official definition can be found here: [Arizona Revised Statutes Title 36-551](#)

Cognitive Disability

A condition that can make it hard to think and learn. It must start before you are 18.

Sometimes called intellectual disability.

The official definition is here: [Arizona Revised Statutes Title 36-551](#)

College and Career Ready

Skills and knowledge you need to be successful after high school.

College Exploration

Learning about college and how to choose a program.

Competitive integrated employment

Having a job in your community.

- **Competitive** means people who do and do not have disabilities get paid the same for doing the same job.
- **Integrated** means people who do and do not have disabilities work together.

Courses of Study

The high school classes you take to help you reach your goals. You decide this with your transition team.

DES (Department of Economic Security)

Part of the Arizona government. Works to make sure everyone in Arizona has enough money to be safe and healthy. Has programs that help with:

- Jobs
- Child Care
- Food
- And much more

DB 101 (Disability Benefits 101-Arizona)

Website with tools and info about work and your benefits. You can use it to learn how your benefits might change when you get a job.

Developmental Disability (DD)

Having a disability that:

- Is caused by one of these:
 - [Cognitive disability](#)
 - [Cerebral palsy](#)
 - [Epilepsy](#)
 - [Autism](#)
- Started before you turned 18
- Will probably continue for the rest of your life
- Makes it hard to do at least 3 of these things:
 - Take care of yourself
 - Communicate
 - Learn
 - Move around
 - Make choices
 - Live on your own
 - Have a job and make money
- Means you will probably need help for your whole life

The official definition is here: Arizona Revised Statutes Title 36-551

Division of Developmental Disabilities (DDD)

Part of the Arizona government. Helps people who have developmental disabilities. Works with VR. Helps with:

- Health care
- Jobs
- Support at home
- And much more!

Disability

This definition comes from the Americans with Disabilities Act. Disability can mean three different things.

1. Something about your body or mind that makes it harder to do things.
2. You used to have something about your body or mind that made it hard to do things.
3. Other people think there is something about your mind or body that makes it harder to do things.

The official definition is in this law: [Americans with Disabilities Act Sec.12102\(2\)](#)

Epilepsy

Condition that causes seizures.

The official definition is here: [Arizona Revised Statutes Title 36-551](#)

Free Appropriate Public Education (FAPE)

Part of a law called IDEA. For people who need special education. Says your school must:

- Give you what you need without making you pay
- Make an IEP for you
- Let you learn with other students without disabilities as much as possible

The official definition is in this law: [IDEA 2004 Part B Regulations, §300.17](#)

Independent living skills

Skills that help you be independent as an adult. Includes:

- Taking care of your home.
- Taking care of yourself.
- Spending time in the community.



Individualized education program (IEP)

Written plan with your goals and needs for schools. For students with disabilities.

The official definition is in this law: [IDEA 2004 Part B Regulations, §300.22](#)

Individualized education program (IEP) team

Group of people who help put together your IEP. This can be:

- Your family
- Staff from your school
- Other trusted people in your life.

The official definition is in this law: [IDEA 2004 Part B Regulations, §300.23\(a\)](#)

Individualized plan for employment (IPE)

Written plan with your goals and needs for working. This is a legal document. Used by VR.

Intellectual Disability

See [Cognitive Disability](#).

Job Coach

Staff who helps you be successful at work. A job coach can help you:

- Learn the steps to do tasks at work.
- Build job skills and habits on-the-job.

VR and DDD can sometimes pay for job coaches. Your job coach will usually spend more time with you when you first start a job. They will spend less time with you as you get used to working.

Measurable Postsecondary Goals (MPGs)

Your goals for after you leave high school. There are three kinds:

- Your job or career goals
- Your college or training goals
- Your independent living goals

Minimum Wage

The lowest amount of money you can be paid per hour. There are laws that say what the minimum wage is where you live. Some cities and counties in Arizona have their own minimum wages. Sometimes people can be paid less than this. You can learn about it on the [Department of Labor's website](#).

NTACT:C (National Technical Assistance Center on Transition: The Collaborative)

Helps people learn how to support students with disabilities and get ready to work. Some of the programs NTACT:C helps are:

- Schools and School districts
- VR agencies
- Providers

Postsecondary education/training

During High School

Programs and lessons that help you meet your job goals. Helps you learn skills for:

- Work

- Living on your own
- College
- Your other goals

After High School

College or training programs. These can be part-time or full-time. Examples are:

- GED programs
- Independent living training
- Job training programs (e.g., WIOA, Job Corps, certificates)
- Vocational-technical school
- Community college
- College or university

Postsecondary Goal

The goals you have after high school. You will have smaller goals in high school to reach your big goals. You must start having small yearly goals by the time you turn 16.

The official definition is in this law: [IDEA 2004 Part B Regulations, §300.320\(b\), discussion of Final Rule p. 46,668](#)



Post School Outcomes (PSO)

How you do after high school. Your transition is a success if you have a job or are going to college 1 year after high school.

Present Level of Academic Achievement and Functional Performance (PLAAFP)

How you are doing at school or with your other skills. Knowing your skill level helps your team make your IEP.

Rehabilitation counselors

Work at state and community programs. They focus on work for people who have disabilities. They:

- Provide services
- Teach employers about the ADA
- Work with programs and providers to help people who have disabilities work

Project SEARCH

1 year work program after high school. Partners with local business to help you:

- Explore careers.
- Learn about job skills.
- Try out different jobs.

There are different Project SEARCH sites all over the US. You can learn about the ones in Arizona on the [Project SEARCH website](#).

SCB (School-Community-Business) Partnership


Groups working together to help students with disabilities prepare for life and work after high school. Includes:

- Schools
- Businesses
- Providers
- State agencies

Self-advocacy

Speaking up for yourself. Knowing and sharing:

- What you need
- Your choices
- Your rights

- 
- Your options

You can learn how to be a self-advocate. See our section on self-advocacy for resources.

Self-determination

You decide what happens in your life. You get to choose:

- Where you work
- Where you live
- What you do in your free time

You can use your self-advocacy skills to make choices for yourself. See our section on self-determination for resources.

Self-Employment

Owning your own business. You decide:

- Your hours
- Your job tasks

You are responsible for your business. You decide what happens with it.

Special Education

School designed for students with disabilities. It is:

- Free to families
- Meets your unique needs
- Made to help you prepare your work and life after school

Special education can take place in:

- Schools
- Homes
- Hospitals
- Institutions
- Other places

The official definition is in this law: [IDEA 2004 Part B Regulations, §300.1\(a\)](#)

SSDI (Social Security Disability Insurance)

Benefits to workers and their families. To get SSDI, you must:

- Have worked or have certain family members who work

- Have something happen to your body or mind that:
 - Keeps you from working for 1 year, or
 - Will cause you to die.

SSDI lasts for as long as you can't work

SSI (Supplemental Security Income)

Benefits to people with little or no income. Most people who get SSI are:

- Older, or
- People who have disabilities.

You do not need to have worked to get SSI. You get cash to help you buy:

- Food
- Clothing
- Shelter

Stakeholder

A person or group who cares about a topic. For example, Employment First stakeholders care about giving people who have disabilities more job opportunities. They include:

- People who have disabilities
- Family members
- State agencies
- Providers
- Employers

Supported employment

Giving people extra support to work in their community. This is for:

- People who have significant disabilities who usually don't work in the community,
- People whose work has been interrupted by disability,
- People who need a lot of help to work.

This is either:

- Competitive Integrated Employment, or
- Work that will help you get [Competitive Integrated Employment](#).

The official definition is in this law: [Rehabilitation Act of 1973 Section 7\(35\)\(a\)](#)

Transition (IDEA 2004)

Setting goals and making a plan to be successful after high school. Also called Secondary Transition. Your goals after high school might include:

- College or training
- Work
- Adult services
- Living independently
- Participating in your community

Transition is based on:

- What you need
- What you are good at
- What you want

Activities could include:

- Taking classes
- Getting new services
- Trying things in your community
- Learning new skills

The official definition is in this law: [20 U.S.C. § 1401 sec. 602 \[34\]](#)

Transition Plan

Plan that helps you set goals to be successful after high school. You must have one if you have an IEP and are older than 16. You update it every year with your team. Your plan might change based on what you did that year and what your goals are.

Transition services

The activities in your plan. They are based on:

- Your goals after high school.
- The things you need, what you're good at, and what you like.

They include:

- Taking classes
- Getting new services
- Trying things in your community
- Learning new skills

The official definition is in this law: [Individuals with Disabilities Education Improvement Act of 2004, Public Law No. 108- 446, 20 U. S. C. 1400, H. R. 1350](#)



VR (Vocational Rehabilitation)

State program. Helps people who have disabilities get and keep jobs. Works with the Division of Developmental Disabilities. Also helps students learn about work and careers.

WIOA (Workforce Innovation and Opportunities Act)

Law to help workers passed in 2014. Helps job seekers find better jobs and employers hire better people. Creates and makes changes to programs. Gets programs to work together.