

# 14-15 YEARS OLD



**Medical Home Initiative - Southwest Region**  
For Children & Youth with Special Health Care Needs



## Transition to Adulthood for Your Child

Preparation and planning for youth as they move from high school to adulthood, including health and wellness, independent living, employment and/or post-secondary education

## You are your child's most important advocate

As your child goes through transition, your participation and support will help him/her become more independent, gain confidence, and encourage him/her to do things for themselves as they grow into adulthood

**There are multiple pathways from childhood to adulthood**

**WHEN YOUR CHILD IS 14-15 YEARS OLD, ASSIST THEM WITH THE FOLLOWING:**

## MEDICAL



### Encourage your child to:

- ✓ Speak to their doctor about topics that arise in young adulthood.
- ✓ Learn more about their health and what to do in case of an emergency.
- ✓ Learn more about the process of moving from a child/family-centered model of health care to an adult/patient-centered model of health care: <http://www.gottransition.org/>

# EDUCATION

- ✓ If your child receives special education services at school:
  - Be sure to identify and meet with the school transition coordinator.
  - Encourage your child's participation in PPT meetings and discuss transition goals and services.
  - Ensure they have an updated IQ test in high school between the ages of 14 - 18. (Required in order to receive adult DDS services).
  - Be the most effective advocate for your child(ren), gain confidence, knowledge and understanding of special education law and its procedure.
- ✓ If eligible for DDS, explore individual and family support services: [Connecticut Department of Developmental Services](#)
- ✓ For more information, check out CT Parent Advocacy Center: [Connecticut Parent Advocacy Center - CPAC \(cpacinc.org\)](#)



## WORK/LIFE SKILLS:

### Encourage your child to:



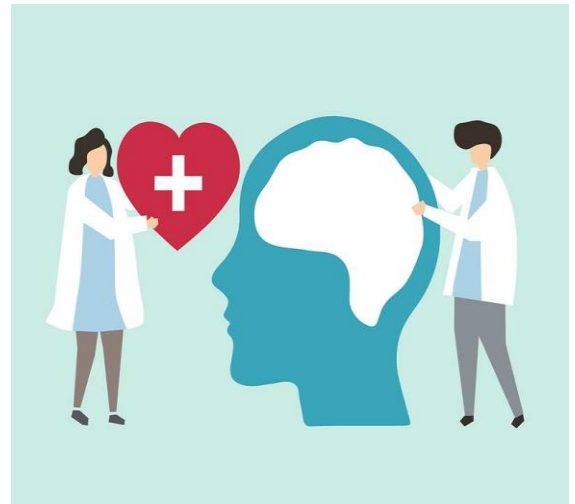
- ✓ Participate in social events and make plans with their friends and peers.
- ✓ Participate in unified sports. Unified Sports is a registered program of Special Olympics that combines approximately equal numbers of athletes with and without intellectual disabilities on sports teams for training and competition. <https://www.soct.org/adaptive-sports-programs/unified-sports-in-schools>
- ✓ Get involved with volunteer work or an internship program shadowing a career your child may be interested in.
- ✓ Engage in after school programs and activities, such as sport teams special Olympics, band, music, art, or other choices that are suited for your child's abilities:  
[Special Olympics Connecticut | Empowering Athletes Across CT \(soct.org\)](#)  
[SPORTS & ACTIVITIES – Fairfield Special Education PTA, Inc. \(fairfieldsepta.org\)](#)

## Mental Health:

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Resources that can help your child cope with the stress of transitioning to adulthood:

- ✓ **Family Centers** - provide mental health programs to children and adolescents, including school-based health centers, as well as adults and families.  
<https://familycenters.org/>
- ✓ **Child Guidance Center of Southern Connecticut** - provides individual, family and group therapy to children and adolescents as well as emergency mobile psychiatric services.  
<https://childguidancect.org/>
- ✓ **2-1-1 Child Development** - takes great pride in working individually with families to understand their needs, connect them to the best services available, and follow up to ensure their needs are being met.  
[211 Child Development — United Way 211 Child Development \(211ct.org\)](https://211ct.org/)



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## First Generation Students:

Help your first-generation student thrive in their educational pursuits:

- ✓ Speak to them about college programs or trade schools, where children can become electricians, plumbers, etc.
- ✓ For resources and support for successful First-Generation students, visit: [Center for First-generation Student Success \(naspa.org\)](https://naspa.org/)

## Children of Immigrants:

- ✓ **Building One Community** - To learn more about services available, visit: [www.b1c.org](https://www.b1c.org)
- ✓ **CIRI – Connecticut Institute for Refugees** - [Connecticut Institute for Refugees and Immigrants \(cirict.org\)](https://cirict.org)



## Children on the Autism Spectrum:

If your child has autism, they may be eligible to receive services and support through the Autism Waiver Program. To check eligibility, visit this link:

- ✓ **Autism Spectrum Disorder:** – [Autism Spectrum Disorder - ASD](#)

Other resources for families with children with autism:

- ✓ **Autism Resource Center** - [ASRC – ASRC at Clifford Beers Community Health Partners \(ct-asrc.org\)](#)
- ✓ **Carelon Behavioral Health** – CT Behavioral Health Partnership's Autism Program [Carelon Behavioral Health of Connecticut \(ctbhp.com\)](#) (for HUSKY members only)
- ✓ **Autism Speaks** - [Autism education & resources](#) | [Autism Speaks](#)



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## Other helpful Links:

- ✓ **CT Family Support Network:** Offers resources, options, supports and more, are available to help navigate your family's journey. CT Family Support Network: [Home - CT Family Support Network \(ctfsn.org\)](#)
- ✓ **Disability Rights Connecticut:** Advocates for the human, civil, and legal rights of people with disabilities in Connecticut: [Disability Rights Connecticut \(DRCT\)](#) | [Disability Advocates \(disrightsct.org\)](#)
- ✓ **Department of Social Services:** <https://www.connect.ct.gov/access/jsp/access/Home.jsp>
- ✓ **CT KASA – Kids as Self Advocates:** [CT Kids As Self Advocates \(CT KASA\)](#) | [PATH - Parents Available to Help, Inc \(pathct.org\)](#)
- ✓ **PATH:** [Providing Hope, Support & Information to Families | PATH - Parents Available to Help, Inc \(pathct.org\)](#)
- ✓ **Center for Children's Advocacy:** [Home - Center for Children's Advocacy \(cca-ct.org\)](#)
- ✓ **Bureau of Rehabilitation Services:** [https://portal.ct.gov/rehabilitationsservices?language=en\\_US](https://portal.ct.gov/rehabilitationsservices?language=en_US)
- ✓ **Department of Developmental Services:**
  - **English:** <https://portal.ct.gov/-/media/dds/employment/transitiontoemploymenttimelineforplanning18to22.pdf>
  - **Spanish:** [https://portal.ct.gov/dds/-/media/dds/employment/transitiontoemploymenttimelineforplanning18to22\\_spanish.pdf](https://portal.ct.gov/dds/-/media/dds/employment/transitiontoemploymenttimelineforplanning18to22_spanish.pdf)