

16-17 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 16-17 YEARS OLD, ASSIST THEM WITH THE FOLLOWING:

MEDICAL

- ✓ Ask your child's pediatrician and specialists what age they will see your child until, and what age they should start shifting from a pediatric to adult healthcare doctor.
- ✓ Talk to your child about taking charge of their medical care:
 - Make appointments
 - Renew prescriptions
 - Learn how to use insurance cards
 - Understand their condition and advocating for their needs
- ✓ **CT KASA (Connecticut Kids as Self Advocates) -**
[CT Kids As Self Advocates \(CT KASA\)](#) | [PATH - Parents Available to Help, Inc \(pathct.org\)](#)



EDUCATION



- ✓ Discuss Transition with school transition coordinator.
- ✓ Problem solve and speak to their teachers and coaches.
- ✓ Explore post-secondary opportunities (college, vocational programs, transition programs).
- ✓ Tour college campuses, complete college applications, and connect with disabilities office on campus to discuss accommodations needed.
- ✓ There are plenty of scholarships offered to assist with financial hardship. Ask your child's guidance counselor which scholarships are available.
- ✓ Kids with severe disabilities can have a positive college experience.

WORK/LIFE SKILLS & FINANCIAL

Encourage your child to:

- ✓ Take on more responsibilities by helping out with household chores
- ✓ 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>
- ✓ Obtain a job and learn how to save and manage money in their bank account



HEALTH INSURANCE



Encourage your child to:

- ✓ Look into applying for Medicaid on their own (eligible at 18 years of age) [Got Transition® - Six Core Elements of Health Care Transition™](#)
- ✓ If you have private insurance, your young adult can continue their coverage until age 26
- ✓ Access Health CT [Access Health CT - CT's Official Health Insurance Marketplace](#)

LEGAL

- ✓ Once your child turns 18, they have the legal right to make their own decisions.
- ✓ Look into supportive decision making, guardianship and conservatorship.
- ✓ Six months prior to your child turning 18, start guardianship/conservatorship process.
- ✓ For assistance with guardianship/conservatorship, apply to a local probate court by contacting your city/town hall government center: [Pages - Welcome Page \(ctprobate.gov\)](https://www.ctprobate.gov/)



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, work well, and contribute to their community.

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

- ✓ **Family Centers** - provides 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://www.211ct.org/)



First Generation Students:

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

- ✓ Encouraging them to speak to their guidance counselor about college programs and trade schools.
- ✓ Encouraging them to participate in college programs that support first generation students to reduce struggles, remove barriers and ensure success.
- ✓ For resources and support for successful first generation students, visit: [Center for First-generation Student Success \(naspa.org\)](http://Center for First-generation Student Success (naspa.org))



Children of Immigrants:

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



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 \(ctfsn.org\)](http://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 \(disrightsct.org\)](http://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 \(pathct.org\)](http://ctkasa.org)
- ✓ **PATH:** [Providing Hope, Support & Information to Families | PATH - Parents Available to Help, Inc \(pathct.org\)](http://pathct.org)
- ✓ **Center for Children's Advocacy:** [Home - Center for Children's Advocacy \(cca-ct.org\)](http://cca-ct.org)
- ✓ **Bureau of Rehabilitation Services:** https://portal.ct.gov/rehabilitationservices?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