

18-21 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 18-21 YEARS OLD, ASSIST THEM WITH THE FOLLOWING:

MEDICAL

Encourage your child to:

- ✓ Speak to their doctor about topics that arise in young adulthood.
- ✓ Take steps towards arranging their own appointments.
- ✓ 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: www.gottransition.org
- ✓ Once your child turns 18, they would need to sign a HIPAA form for their parents/guardians to continue communication with their healthcare team.



EDUCATION

Encourage your child to:

- ✓ Look into The Pledge to Advance CT (PACT) funding which covers the gap between federal and state grants you receive and community college tuition and mandatory fees.
- ✓ FERPA: [Family Educational Rights and Privacy Act \(FERPA\)](#)
- ✓ To learn about the Connecticut community colleges and universities, visit: <https://ctstate.edu/>
- ✓ As a result of this legislation, effective July 1, 2023, all students remain eligible for special education services under the Individuals with Disabilities Education Act (IDEA) through the end of the school year during which the student turns age 22, or until the student graduates from high school with a regular high school diploma, whichever occurs first.
- ✓ If college is the plan, encourage connection with disabilities office on campus to discuss accommodations needed.
- ✓ Connect with schools to develop Summary of Performance prior to graduating high school.
- ✓ Connect with transition coordinator in the district to discuss other options beyond college.



WORK/LIFE SKILLS & FINANCIAL

Encourage your child to:

- ✓ Think about what they want their future to look like and what kind of career they want to have.
- ✓ Think about moving to a supportive place to live (see link below).
- ✓ Become less dependent on family as they build skills and gain more abilities.
- ✓ Resources:
- ✓ [Community Living Services - Community Living Services \(ct.gov\)](#)
- ✓ [Supporting Transformation to Empower People - STEP \(ct.gov\)](#)



HEALTH INSURANCE



- ✓ Apply for HUSKY and Medicaid through: [Connecticut Husky Health](#)
- ✓ If your child goes to college, they may have the option to pick up health insurance through the college.
- ✓ For any other health insurance matters, visit CT Access Health: [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 \(ctprobate.gov\)](#)



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](https://familycenters.org/) - 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](https://childguidancect.org/) - 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 \(211ct.org\)](#)

**Make
YOUR mental
Health a
Priority**

Youth 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](#)



First Generation Students:

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

- ✓ Encourage them to speak to their guidance counselor about college programs and trade schools.
- ✓ Encourage 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 \(naspa.org\)](#)

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 \(cirict.org\)](#)



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 \(DRCT\)](http://disabilityrightsct.org) | [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 \(CT KASA\)](http://ctkasa.org) | [PATH - Parents Available to Help, Inc \(pathct.org\)](http://pathct.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/-/media/dds/employment/transitiontoemploymenttimelineforplanning18to22_spanish.pdf