

parent guide for transition planning from high school

What is transition planning?

Transition planning helps students with an Individual Education Plan (IEP) prepare for life after high school. The focus of transition planning is to figure out your child's strengths and areas of interest. The goal is to help them live and work as independently as possible.

What is a transition plan?

A transition plan is a written document created during your child's IEP meeting. It includes goals and services to support your child's preparation for adulthood.

Types of Goals

- **Job Training** – Learning a skill or trade (for example, becoming an auto mechanic).
- **College** – Attending a 2-year or 4-year college (Note: IEPs do not continue in college).
- **Independent Living** – Learning how to live on their own.

In middle school, goals can be general. In high school, goals should be clear and measurable.

Services to Consider

The transition plan may include services your child needs after high school, such as:

- Occupational Therapy
- Physical Therapy
- Job Coaching
- Mental Health Support
- Social Skills Training

When should planning start?

Start planning by age 14, but no later than age 16.

Who helps create the plan?

The transition plan should be developed by:

- The IEP team
- Your child
- You (the parent)
- Any community service providers who may help your child after high school

What if my child has a 504 plan?

Students with a 504 plan are not legally required to get a formal transition plan. However, you can talk to the school counselor to learn what support is available.

- Students with a 504 plan may receive testing accommodations.
- In college, they may get help through the disability resource center.
- Your child does not have to tell the college about their disability.

Should my child be involved?

Yes! Your child should be the center of the plan. They should learn how to speak up for themselves and make decisions about their future. If your child is unable to make decisions, you may need to explore legal options to help make decisions on their behalf once they turn 18.

More Resources

- **Texas Project First – Family Support**
texasprojectfirst.org/
- **Disability Rights Texas**
disabilityrightstx.org
- **Think College!**
thinkcollege.net

Need help from Children’s Health school services?

If your child is a patient at Children’s Health and you need help with transition planning, contact the School Services Department:

- **Dallas Campus:** 214-456-7733
- **Plano Campus:** 469-303-4418

SCHOOL SERVICES

For more information, visit childrens.com/school-services

