



# School Services

## Parent Guide for Transitioning Planning

### Leaving High School with an IEP

#### What is transition planning?

Transition planning is the process used to help students with Individual Education Plans (IEP) decide what they will do after high school. The goal of transition planning is to help your student identify strengths and areas of interest and use that information to determine what they will need to live and work as independently as possible after high school. Your student's strengths and areas of interest will be used to create a transition plan.

#### What is a transition plan?

A transition plan is the document created at the student's IEP meeting. The document includes goals and services that help prepare your child for life after high school.

Goals should be created in one of three categories and independent living in middle school goals can be general, but in high school they should be specific and measurable.

#### Goal Categories:

1. Vocational training (learning a trade), example auto mechanic
2. 2-year college or 4-year university (IEP's are not available in college)
3. Independent living

The IEP team should consider services your child may need after high school. Services can include, but are not limited to the following:

- Occupational Therapy
- Physical Therapy
- Continued job coaching
- Mental health services
- Social skills

#### What age should I think about planning for my student?

Planning should start at age 14, but no later than age 16.

#### Who should be included in creating the transition plan?

The transition plans should be created with your student's IEP team, you, your student and any community services providers being considered to work with your student after high school.

### If my student has a 504 plan will they get a transition plan?

Students who have 504 plans are not required by law to be provided a formal transition plan. If your student has a 504 plan you should speak with the school counselor to help you access any services, they may need after high school. If your child has a 504 plan, they are eligible for accommodations on state testing and if they attend college, they may receive assistance through the disability resource center. Your child does not have to report their disability to the college.

### Should my child participate in their transition plan?

The student should always be the focus of the transition plan. Throughout the process the student should be learning skills that will assist them in speaking for themselves and making as many decisions as they can. If a student is unable to make decisions for themselves the parent should be informed of the legal process to make decisions for them when they turn 18.

Below is a list of resources that can assist you through the process.

#### Texas Project First

This web site is a project of the Texas Education Agency and it provides education information to parents & families of students with disabilities.

[www.texasprojectfirst.org](http://www.texasprojectfirst.org)

#### Transition in Texas

Provides viewers with knowledge of the secondary transition process to help students progress toward meeting their postsecondary goals. On this site, you will find resources for students, parents, educators and agency resources.

[www.transitionintexas.org](http://www.transitionintexas.org)

#### Disability Rights Texas

Non-profit corporation funded by Congress to protect and advocate for legal rights of people with disabilities.

[www.disabilityrightstx.org](http://www.disabilityrightstx.org)

#### Think College!

Provides tools and helpful information to support a student with Intellectual Disabilities. Among other features, it has a tool to help an aspiring student locate colleges with programs for those with intellectual disabilities.

[www.thinkcollege.net](http://www.thinkcollege.net)

School Services Department

Children's Health<sup>SM</sup>

Dallas Campus: 214-456-7733

Plano Campus: 469-303-4418