

Connecticut's Division of Autism Spectrum Disorder Services



Ages 18-21

Health and Medical Care, and Related Therapeutic Interventions

- Understand the current diagnostic criteria for Autism Spectrum Disorder
- Learn about evidenced-based practices and therapies
- Apply to the Department of Developmental Services Division of Autism Spectrum Services www.ct.gov/dds
- Explore behavioral supports if necessary
- Schedule regular re-evaluations and medical follow-up to measure progress and identify challenges
- Develop a system to organize your paperwork

Assistive Technology

- Learn about assistive technology devices and adaptations
- Explore financial assistance for assistive technology

Education

- Understand the requirements/criteria for exiting with a diploma vs. Certificate of Completion
- Review IEP for achievable, measurable objectives that reflect your young adult's transition goals
- Complete functional and community-based assessments and interest inventories
- Understand your young adult's transition services
- Prepare for the transition out of high school
- Apply to the Bureau of Rehabilitation Services (BRS) www.ct.gov/brs 860-424-4844
- Contact CT State Department of Education Bureau of Special Education to file a special education complaint, if necessary
- Address any instances of bullying immediately
- Understand matters of discipline including Connecticut's guidelines regarding suspension and expulsion
- Explore summertime options
- Explore postsecondary options
- Review your young adult's rights under IDEA

Employment

- Develop employment skills and make sure your young adult has employment experiences, either paid or volunteer
- Check that your young adult has a resume that includes a list of skills and competencies
- Teach your young adult the “soft skills” needed for employment (i.e. being able to accept direction, return from breaks on time, dressing appropriately for work)
- Explore employment services and opportunities
- Explore volunteer opportunities
- Make a decision about disclosure of diagnosis

Life Skills

- Make your young adult aware of personal hygiene and healthcare needs
- Teach your young adult money management skills
- Teach your young adult how to manage simple daily living activities (i.e. operating a microwave, doing laundry, cleaning)

Safety

- See that your young adult understands internet and technology safety
- See that your young adult understands community and relationship safety

Social and Relationships

- Help your young adult learn appropriate social skills
- Teach your young adult about sexuality and relationships
- Encourage participation in recreational and leisure activities that your young adult enjoys

Funding for Services and Legal Issues

- Apply to the Department of Developmental Services Division of Autism Spectrum Services www.ct.gov/dds
- Understand what it means to move from Entitlement to Eligibility
- Apply for Social Security benefits www.ssa.gov
- Apply for Medicaid at your local Department of Social Services office
- Explore insurance coverage for autism services up to the age of 21
 - Autism Spectrum Disorder Services under Medicaid—Value Options
1-877-552-8247
- Direct question regarding ASD insurance issues to the Office of the Healthcare Advocate
1-866-466-4446
- Explore the legal implications of reaching age 18 (Conservatorship/Guardianship)
- Learn about life planning tools
 - Achieving a Better Life Experience (ABLE) Act
- Develop a system to organize financial and legal records

Support

- Network with others at support groups
- Investigate support groups for young adults
- Identify your support system
- Take care of yourself, your spouse and your other children

Transportation

- Explore transportation options including public transportation, mobility, and driver's license
- Help your child obtain a Connecticut Non-Driver Identification Card through the Connecticut Department of Motor Vehicles

Advocacy

- Make a decision about disclosure of diagnosis
- Help your child learn self-advocacy skills
- Have an understanding of the Americans with Disabilities Act (ADA)