

Transition to Adulthood Resources

Planning for the transition from childhood to adulthood can be exciting and scary. Many aspects of life such as, relationships, work, housing, and health need to be considered. The following information and resources can be helpful as you plan and prepare for this transition.



Families begin creating a plan for transition. Topics like self-care, puberty, and education are discussed. Parents, children, and teachers collaborate to determine a course of action for high school by setting goals to increase self-determination.



As a child nears adulthood, they should start thinking about their future, whether it be work, school, or learning more life skills. This is the time to have conversations to see how your child is progressing and think practically towards the future.



In the final stages of transition, changes in living situations, school, legal, work, and community may occur. Families must consider how many supports their child will need and should contact and organize these supports.



PUBERTY & ADOLESCENCE

- Autism Speaks: Puberty & Adolescence
- Healthy Bodies for Boys
- Healthy Bodies for Girls



TRANSITION PLANNING

- Charting the LifeCourse: Focus on Transition
- Charting the LifeCourse: Questions Booklet
- Got Transition
- AUCD: A Comprehensive Approach to Transition
- PACCT: Transition Planning Timeline
- Autism Speaks Transition Tool Kit
- Autism Speaks: Community-based Skills Assessment
- OAR: A Guide for Transition to Adulthood
- OCALI: Transition to Adulthood Guidelines
- Autism Society: Preparing for a Lifetime



EMPLOYMENT

- Autism Speaks: Employment Tool Kit
- Pacer: Transition & Employment
- Disability Employment & Inclusion: Your Guide to Success
- Job Accommodation Network



SCAN For Resources



POST-SECONDARY EDUCATIONAL OPTIONS

- Think College
- Autism Speaks: Postsecondary Educational Opportunities Guide



MISSOURI

- Missouri Centers for Independent Living
- Missouri Vocational Rehabilitation
- MO Guardianship: Understanding Your Options and Alternatives
- MODDC Supported-Decision Making Resources
- Missouri Protection and Advocacy Services
- MPACT: Missouri Parent Training & Information