







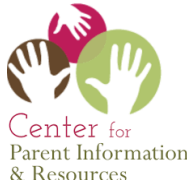





Transition Resources for Youth with Disabilities

<p>1. <u>Got Transition</u>: a website explaining what health care transition is and how to successfully make it through the process. On the site, the transition process is divided into six steps, and has answers for questions common to each step. There is also a quiz you can take to see if you are ready for the transition, and after taking it, there will be a set of tools and resources that are helpful to keep you going in the right direction.</p>	
<p>2. <u>The Family Center for Children and Youth with Special Health Care Needs (Family Center)</u>: the statewide parent-directed center within Children’s Special Health Care Services and the Michigan Department of Health and Human Services. The primary role of the Family Center is to offer emotional support, information, and connections to resources for families of children and youth with special health care needs. The Family Center also has newsletters on developments in the healthcare field, parent-to-parent support, conference and camp scholarship information, and peer-to-peer support to parents/caregivers and youth in transition.</p>	
<p>3. <u>Children's Special Health Care Services</u>: a part of the Michigan Department of Health and Human Services. CSHCS has resources on the transition to adulthood, including a guidebook for planning the transition and an assessment that helps determine what you still need to work on as a part of the transition. There are 45 CSHCS local health departments across Michigan that can assist families and youth in transition.</p>	
<p>4. <u>Epilepsy Foundation</u>: the Epilepsy Foundation has extensive information regarding all aspects of life with epilepsy, containing careers and college, driving, day-to-day tips, seizure preparedness, and other topics on their living with epilepsy page. The organization also has online forums for asking questions and awareness programs available for you and family members. Michigan has a state chapter as well, with programs, networks, and events specifically for Michigan youth with epilepsy and their families.</p>	
<p>5. <u>Michigan Alliance for Families</u>: this website explores multiple parts of the transition to adulthood, such as agencies and organizations that can provide help, career resources, and information on being a self-advocate. The topics presented are helpful for all family members. The organization also has transition videos, and holds webinars and trainings on the transition to adulthood.</p>	

<p>6. <u>About Kids Health</u>: a learning hub covering epilepsy, including many of the changes associated with transitioning to adulthood with epilepsy such as health care transition, driving, secondary education, and reproductive health. Each page contains key points, answers to important questions, and suggestions for both youth and parents.</p>	
<p>7. <u>Michigan Transition Services Association</u>: an organization to assist youth with disabilities in making the move from school onward. Every year they host a conference in Michigan on successful transitions with presentations and speakers on different transition-related topics. There is also a blog with information, events and opportunities.</p>	
<p>8. <u>Michigan Education and Training Vouchers</u>: this website is for youth making the transition to college or other training, and contains resources on paying for college education such as scholarships, financial aid services, and financial aid situations at specific colleges. Financial aid can be confusing and having this information available in one place makes it easier to learn more about various options.</p>	
<p>9. <u>Center for Parent Information and Resources</u>: this organization’s website has a wide range of transition resources, geared to both youth and parents. There is a main transition to adulthood page that contains information on planning a high school transition, such as what careers and activities to consider. Other pages with information, resources, and connections on other parts of transition are available as well.</p>	
<p>10. <u>ABLE National Resource Center</u>: ABLE accounts are savings accounts for any expenses related to your disability, such as transportation or housing costs, without affecting eligibility for public benefits like Medicaid and supplemental security insurance. The resources center has extensive information about ABLE accounts, including eligibility, how to get started, and managing the accounts.</p>	
<p>11. <u>National Resource Center for Supported Decision Making</u>: the resource center has pages and documents focused on many aspects of transition, including how to make beneficial plans, and various types of education transition. There are also videos and stories of other people’s success in their transitions.</p>	<p>National Resource Center For Supported Decision Making</p> <p><small>EVERYONE has the Right To Make Choices</small></p>

<p>12. <u>Transition Toolkit for Youth with Disabilities</u>: run by the Vermont Family Network, this page has information on a wide range of the topics related to transitions for both you and your family members. The various options available after completing high school are discussed as well as transition planning. There is also a section on laws associated with transitions.</p>	
<p>13. <u>Child Neurology Foundation</u>: the child neurology foundation has information about the transition to an adult neurologist from pediatrics through its Transition of Care program, which includes videos and links to tools for you, your parents, and your doctors. Also, there are stories from other youth with epilepsy related to their transitions.</p>	

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