

Checklist for Those Needing Lifelong Supports



This checklist is meant to be used with the [Exceptional Lives Massachusetts Transition Guide](#).

Items in red are most important. Families should be sure to do the blue items as well.

Who this is for: Students who have intellectual or developmental disabilities and will move from special education into adult living. These are students who will be in school until they are 22.

What the focus is: Connecting with adult services and improving independent skills.

Key questions to think about: Where will these students be at age 22? What will their day look like and where will they be living? What will they be doing for social connections?

Age	Actions	Resources
Any age	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for MassHealth <input type="checkbox"/> Apply for SSI <input type="checkbox"/> Apply for DDS services <input type="checkbox"/> Get a Massachusetts photo ID if needed (age 14 or older) 	<ul style="list-style-type: none"> Exceptional Lives Health Insurance Guide Exceptional Lives SSI Guide Overview of DDS Services
Age 14	<ul style="list-style-type: none"> <input type="checkbox"/> Student should attend all IEP meetings, if possible <input type="checkbox"/> Begin Transition Planning with IEP team at annual IEP meeting: Start to discuss what your child’s life will look like after age 22, and use Transition Planning Form (TPF) as a worksheet to develop transition goals for the IEP <input type="checkbox"/> Follow up on MassHealth, SSI, DDS (if applications not complete) 	<ul style="list-style-type: none"> A Family Guide to Transition Services in MA
Age 15	<ul style="list-style-type: none"> <input type="checkbox"/> Discuss whether MCAS track or portfolio track is appropriate to meet your child’s future needs <input type="checkbox"/> Follow up on MassHealth, SSI, DDS (if applications not complete) <input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home <input type="checkbox"/> At annual IEP meeting, update transition goals, as appropriate 	
Age 16	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for services from Mass. Rehabilitation Commission (MRC) <input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home <input type="checkbox"/> At annual IEP meeting, update transition goals, as appropriate 	<ul style="list-style-type: none"> MRC Transition Services
Age 17	<ul style="list-style-type: none"> <input type="checkbox"/> Prepare for transfer of rights at age 18 (start process for guardianship, health care proxy or other decision-making supports, as appropriate) <input type="checkbox"/> Connect with Mass Rehab Commission (MRC) transition programs, if available <input type="checkbox"/> Ask about a 688 referral for adult services <input type="checkbox"/> At annual IEP meeting, update transition goals, as appropriate <input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home <input type="checkbox"/> Explore supported employment or volunteer opportunities in the community as part of your child’s IEP service or with MRC, if appropriate 	<ul style="list-style-type: none"> Exceptional Lives Guardianship Guide MRC Transitional Internship Program

Age 18	<ul style="list-style-type: none"> <input type="checkbox"/> Complete guardianship process with Probate Court, if appropriate <input type="checkbox"/> Research available housing options (apply for Section 8 voucher—just in case you need it later) <input type="checkbox"/> Reapply for MassHealth, SSI, DDS (your child must apply as an adult once they turn 18) <input type="checkbox"/> Make sure there are special education services and goals focused on social inclusion, self-advocacy, and daily living skills, as appropriate <input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home <input type="checkbox"/> Register males with selective service (this is required but does NOT mean they will have to serve!) <input type="checkbox"/> Register your child to vote, if appropriate 	MassHealth Exceptional Lives Health Insurance Guide Selective service (military draft) Voter registration
Age 19	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure there are special education services and goals focused on social inclusion, self-advocacy, and daily living skills, as appropriate <input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home <input type="checkbox"/> Look for supported employment or volunteer opportunities in the community, if appropriate 	
Age 20	<ul style="list-style-type: none"> <input type="checkbox"/> Ensure 688 Referral has been submitted (must be done at least two years before leaving school) <input type="checkbox"/> Invite DDS, MRC and other agencies to IEP meetings <input type="checkbox"/> Contact DDS and/or MRC to explore residential options and create an Individual Transition Plan (ITP) <input type="checkbox"/> Make sure there are special education services and goals focused on social inclusion, self-advocacy, and daily living skills, as appropriate <input type="checkbox"/> Explore travel training using public transportation by your child <input type="checkbox"/> Plan for adult services to support self-care, self-advocacy, and independence <input type="checkbox"/> Explore financial support for your child’s adult life (SSI, ABLE account, special needs trusts, etc.) <input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home 	Travel Instruction Resources
Age 21	<ul style="list-style-type: none"> <input type="checkbox"/> Confirm adult services will be in place 3-5 months before leaving school on 22nd birthday <input type="checkbox"/> Work with agencies (DDS, MRC, etc.) to explore individual living options (residential, adult foster care, personal care attendant, agency with choice, self-direction) and confirm support services for social inclusion, self-advocacy, and daily living skills, as appropriate <input type="checkbox"/> Get an updated Massachusetts photo ID <input type="checkbox"/> If not in place and if appropriate: explore supported employment or volunteer opportunities in the community 	
Age 22	<ul style="list-style-type: none"> <input type="checkbox"/> Transition from school to adult services should be completed 	