



- Visit [www.sss.gov](http://www.sss.gov) for more information.
- Meet with your VR/VS counselor in the spring of your last year of high school to finalize your post-high school plans.
- Remember that DRS can assist eligible individuals with post-high school training, job placement, and other services necessary for a successful competitive integrated employment outcome.
- Begin post-high school training or education toward your career.



- Open a checking and/or savings account.
- Begin developing a resume and obtaining letters of recommendation.

**AGES 18-22**

- Explore free information and resources available from the Job Accommodation Network (JAN) — [askjan.org](http://askjan.org).
- Explore independent living options, such as apartments, house, group home, etc.
- If you are receiving benefits through Social Security Administration, such as SSI or SSDI, do what is necessary for redetermination as an adult.
- Males must register for selective service.



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**THE FOLLOWING CHECKLIST IS A BASIC GUIDE THAT MAY HELP YOU WITH YOUR TRANSITION NEEDS. STAY INVOLVED IN THE TRANSITION PROCESS TO ENSURE THAT YOUR NEEDS ARE ADDRESSED SO YOU CAN PREPARE FOR LIFE AFTER HIGH SCHOOL.**

### **Ages 14-15**

- Become self-determined by learning about your disability, including your strengths and accommodation needs, including assistive technology.
- Participate in transition planning by preparing for and attending your scheduled meetings, especially your IEP meetings.
- Discuss with your teacher(s) that you would like to learn to lead your own IEP meetings, and then begin to take the lead in your meetings.
- Gather as much information as you can about future needs (e.g., transportation, medical, housing) [www.okrs.gov/publications/trans-folder.pdf](http://www.okrs.gov/publications/trans-folder.pdf).
- Gather information from your school and area agencies that serve youth with transition needs.
- Work with teachers and parents to prepare for driving by reading the study guide, taking online sample tests, and doing driving simulations.
- Go get your state ID and/or driving permit.
- Research careers and what it takes to get that job (e.g., training, certificate, degree, physical ability).
- Research information about In-Demand Jobs in Oklahoma: [www.ok.gov/oesc](http://www.ok.gov/oesc)
- Think about the career you want and set goals for how to reach it.
- Discuss your future, goals and independence with your parents and teachers.
- Discuss high school completion options by age 14 and their impact on training and employment after you graduate.

- Discuss your existing or potential need for Assistive Technology with your IEP team and your parents and gather information on resources: [www.ok.gov/sde/assistive-technology](http://www.ok.gov/sde/assistive-technology).
- To help reach your employment goals, begin the application process for DRS services at age 15 1/2. If determined eligible, services may begin at age 16.
- Ask about career exploration, job training, mentoring opportunities, volunteering and work experience offered through your high school and in the community.
- If you plan to attend college, be sure to apply for the OK Promise.

### **Ages 16-17**

- Participate in your transition planning by preparing for and attending your scheduled meetings, especially your IEP meetings.
- Invite Vocational Rehabilitation (VR) and other agency representatives who may participate in post-high school planning to your meetings.
- Apply for DRS Services to assist you with meeting your post-high school needs and goals.
- Discuss with your parents and teachers what you will need to do to work in your career of choice. Further explore your career, and find experiences to help you better prepare.
- Explore careers, gain job training and work experience.
- Discuss future training and education options.
- If college is your chosen path, begin taking the ACT or SAT for college entrance. Also, in your junior or senior year, submit all of the financial aid applications and documents if you have not done so already.

- Gather information about the potential post-secondary educational programs of your choice, including admission requirements, how to access the disabled student services office, and what course waivers or substitutions may be available.
- Find part-time jobs to gain work experience and begin building your career portfolio and resume.
- Set up job shadow experiences to learn about careers of interest.
- If you receive benefits through the Social Security Administration (SSA) and have applied for VR services or currently receive VR services through DRS, request a meeting with a Benefits Planning Specialist and your parents to discuss incentives related to working at a job.
- Get paid and unpaid work experiences.
- Discuss with your parents and teachers how you will get to and from school, home, and work as well as if you will live at home, in a dorm, with roommates, etc.
- Obtain your driver's license.
- Discuss medical and psychological care options to meet your needs after graduation.
- Exercise your right to vote by pre-registering to vote at 17 and voting in elections beginning at 18.
- Address guardianship options, if appropriate, such as decisions about healthcare, money and living arrangements.
- Explore the services available through the Independent Living Section of the Oklahoma Department of Human Services (DHS). [www.okdhs.org/services/oksa/pages/default.aspx](http://www.okdhs.org/services/oksa/pages/default.aspx).
- Learn about Financial Management and Asset Development to prepare for living independently after high school and/or college. <http://www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html>, [oklahomamoneymatters.org](http://oklahomamoneymatters.org).