

Crossing the Bridge to Adulthood

March 18th, 2026

Welcome!

- ▶ Before we begin, please:
 - ▶ Please help yourself to coffee/snacks
 - ▶ Set your cell phone to vibrate
 - ▶ Introduce yourself to your neighbors
- ▶ Please be courteous and keep conversation to a minimum during the presentation.
- ▶ If you need to use electronics, please use the adjacent rooms or hallway

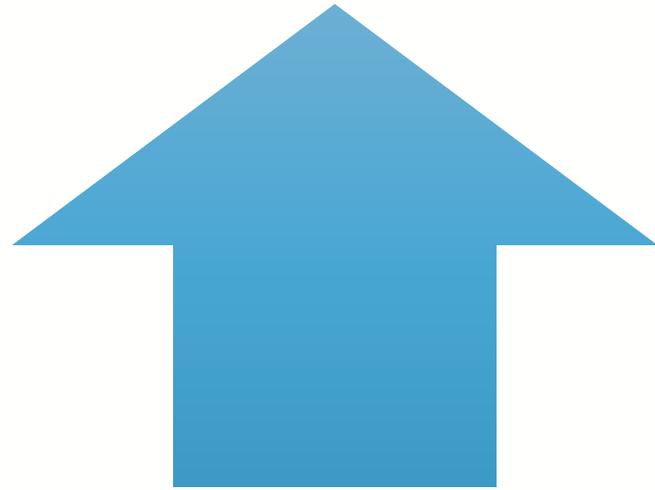


Domains for Transition Planning

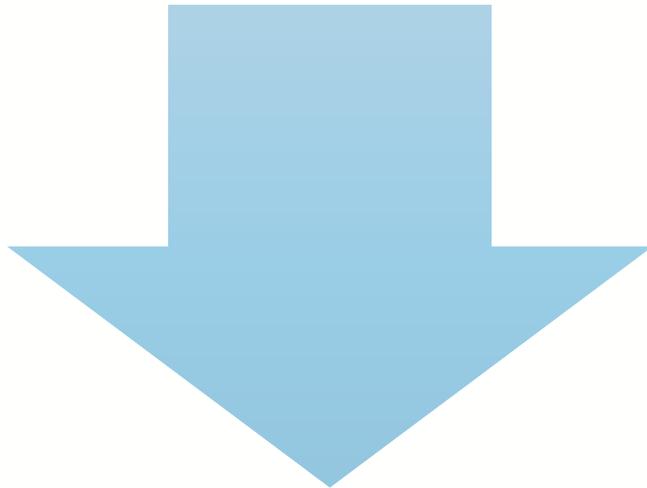
Susannah Reimer, LCSW



AUTISM & THE TRANSITION TO ADULTHOOD



Increasing normative expectations for independence



Decreasing access to services and supports

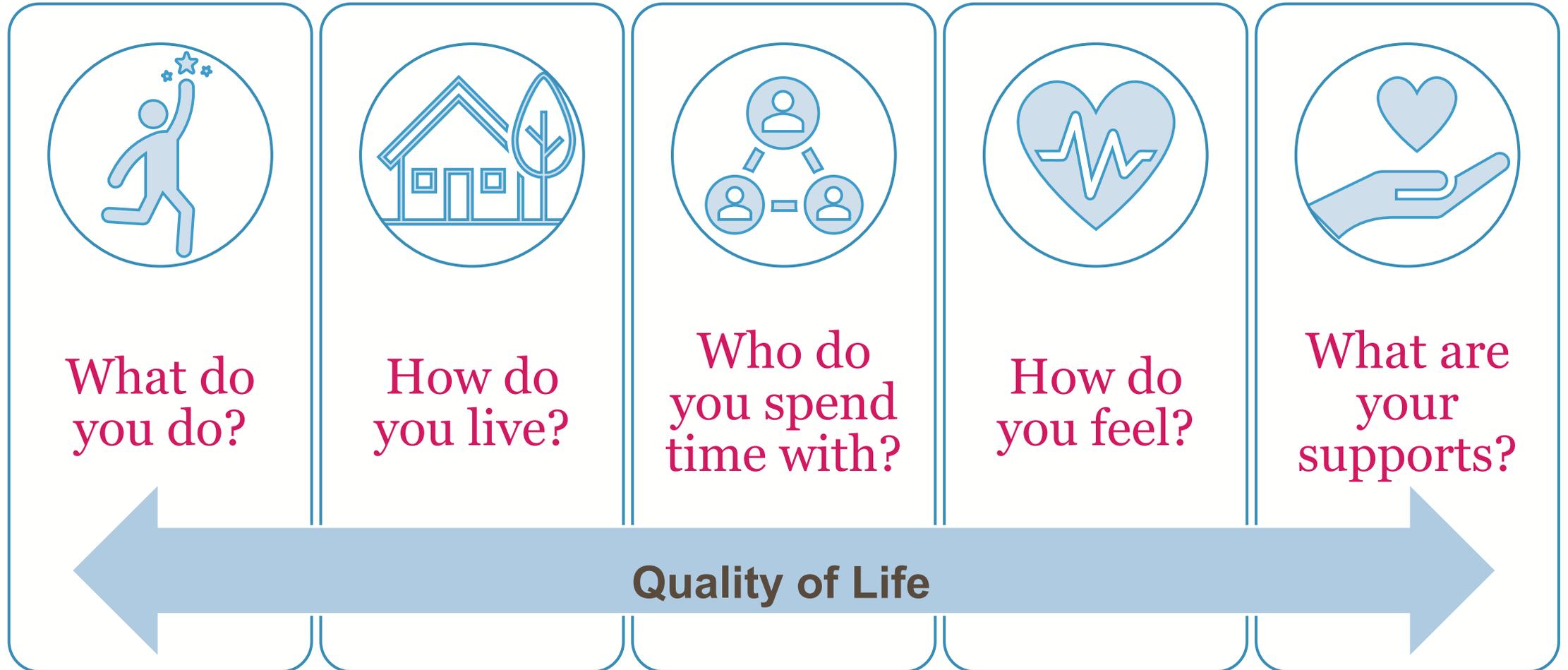
CHANGES TO SERVICE PROVISION

- Service provision for **children in schools** is based on an entitlement system
 - Students with disabilities are entitled to services through their districts
 - Law requires schools to provide free and appropriate public education, as defined by student's IEP
 - Services are provided regardless of family income
- Service provision for **adults** is based on eligibility system
 - Individual must meet eligibility requirements AND meet financial guidelines
 - Person may qualify for services, but not receive them due to funding/staffing/etc.



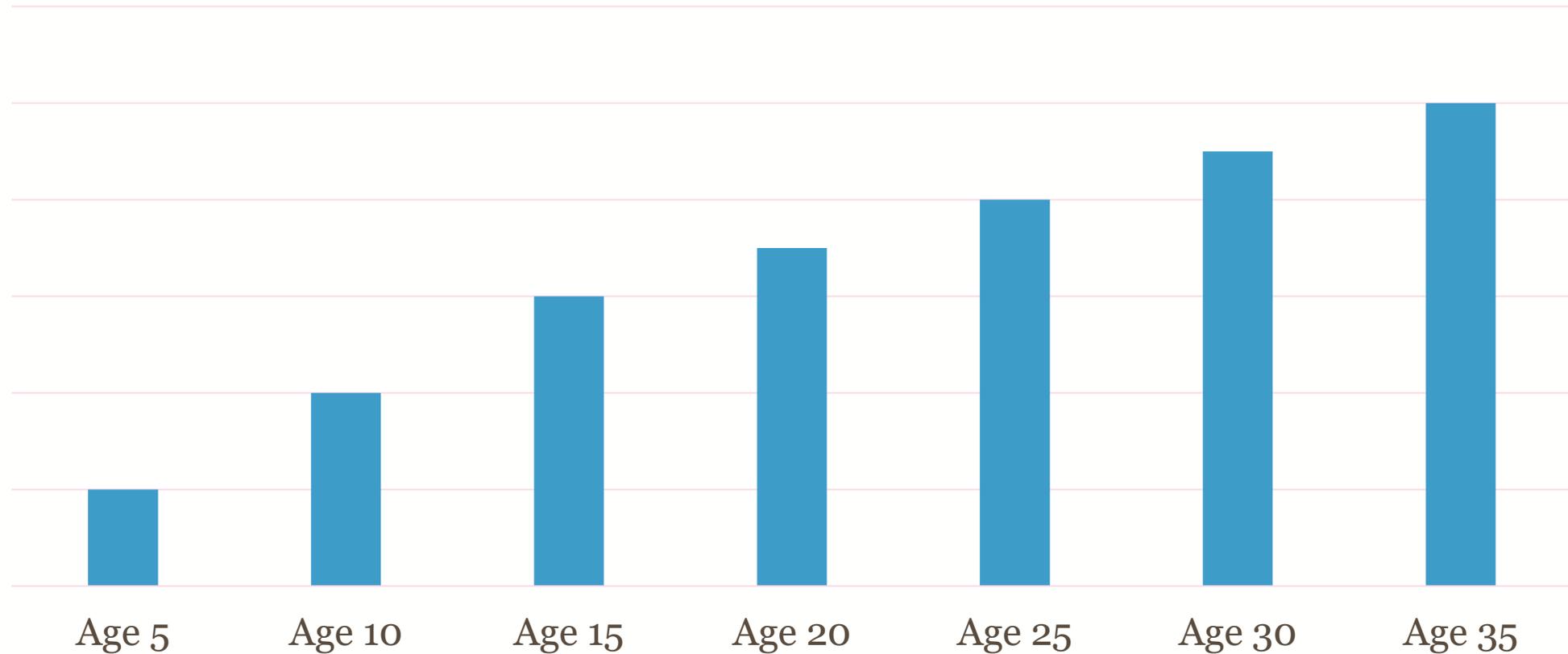
Partnership with Autistics for Successfully Supporting Adult Goals and Experiences

GUIDING MODEL FOR PASSAGE



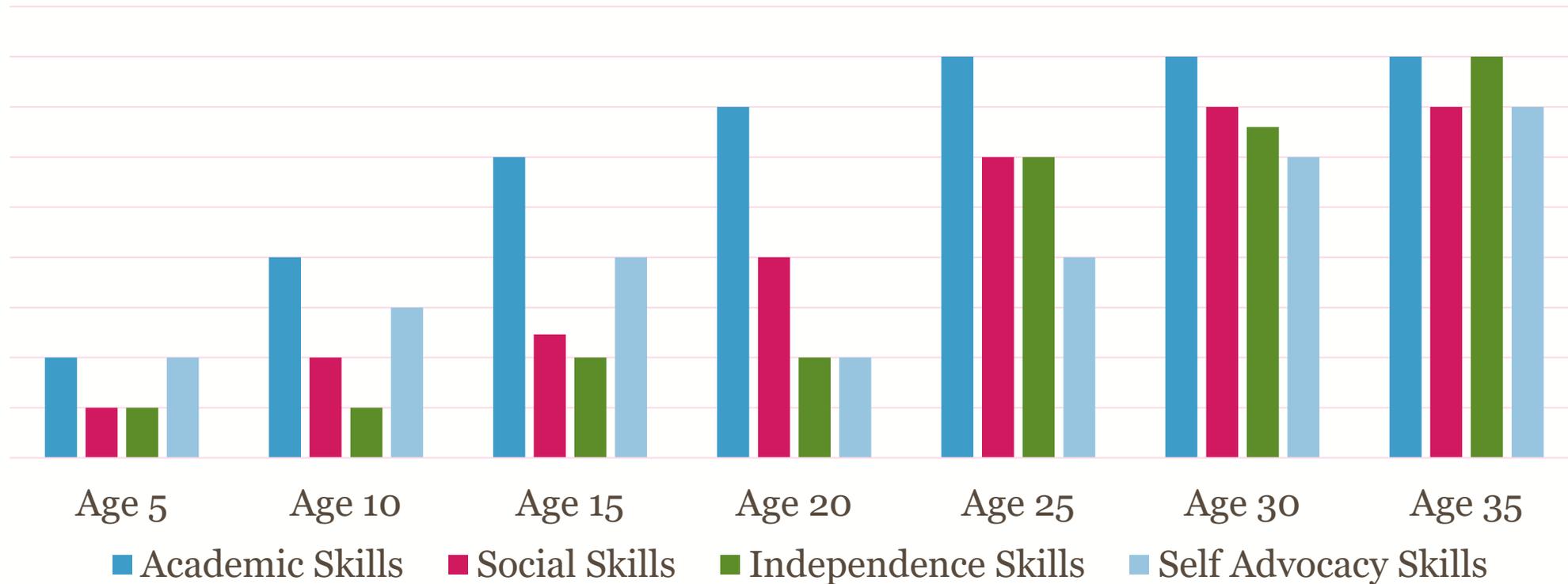
NOTE ABOUT DEVELOPMENT AND EXPECTATIONS

Expectation



NOTE ABOUT DEVELOPMENT AND EXPECTATIONS

Reality



NOTE ABOUT DEVELOPMENT AND EXPECTATIONS

- Development is NOT always (or even typically!) linear
- Different skills develop at different rates
- Difference between:
 - **Age-appropriate** (What would I expect of a typical 19-year-old?)
 - **Developmentally appropriate** (What should I expect of MY 19-year-old with autism and intellectual disability?)

DOMAINS OF TRANSITION ASSESSMENT

Helpful for Transition Planning

- School
- Employment
- Government Services
- Housing
- Daily Living Skills
- Medical Care
- Transportation
- Financial Independence
- Community Activities & Hobbies
- Supported Decision Making

WHAT ARE YOUR SUPPORTS? GOVERNMENT SERVICES



- Medicaid Waivers
 - Pennsylvania – Office of Developmental Programs
 - Different levels of waiver funding depending on support needs
 - Register with your county office to determine eligibility
- Supplemental Security Income (SSI)
 - Must reapply at 18
- Health Insurance
 - Must reapply for Medicaid at 18

WHAT IS NEEDED TO REGISTER WITH THE COUNTY

Necessary for PA Waiver

- Updated IQ evaluation
- Updated Autism evaluation
- Updated Adaptive Functioning evaluation
- Birth Certificate
- Social Security Card
- Proof of Address
- Medical Assistance insurance card
- Any legal documents for guardianship
- MA-51 form

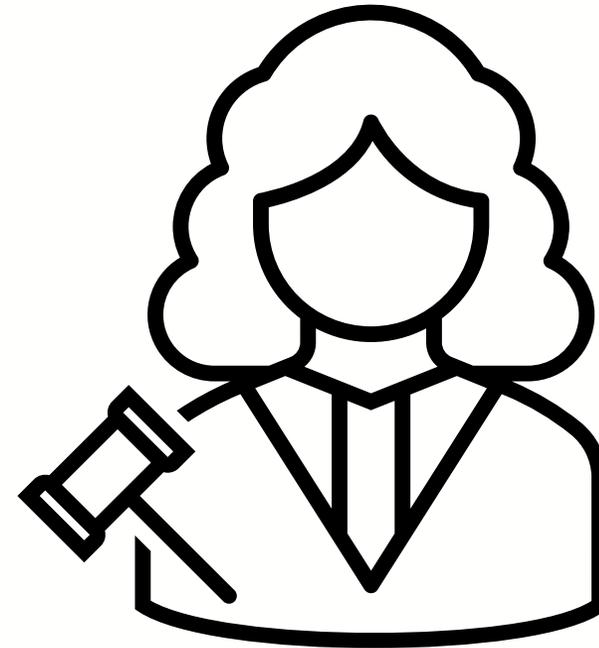
HOW TO REGISTER FOR ADULT SERVICES

- Contact your county office of I/DD services:
 - Phila – DBHIDS (215) 685-4677 - idsregistration@phila.gov
 - Delaware County – (610)-713-2330
 - Montgomery County – (610)-278-5666 (online intake form)
 - Chester County – (610)-344-6029 (online referral form)
 - Bucks County – (215)-444-2847
- Tell them you want to start the intake for developmental disability services
- Provide all required documentation
- They will review and tell you if your child is eligible or if they need more information
- Once eligible, you will get to choose or be assigned a supports coordinator
- The supports coordinator will develop an ISP (Individual Service Plan)

WHAT ARE YOUR SUPPORTS? SUPPORTED DECISION MAKING

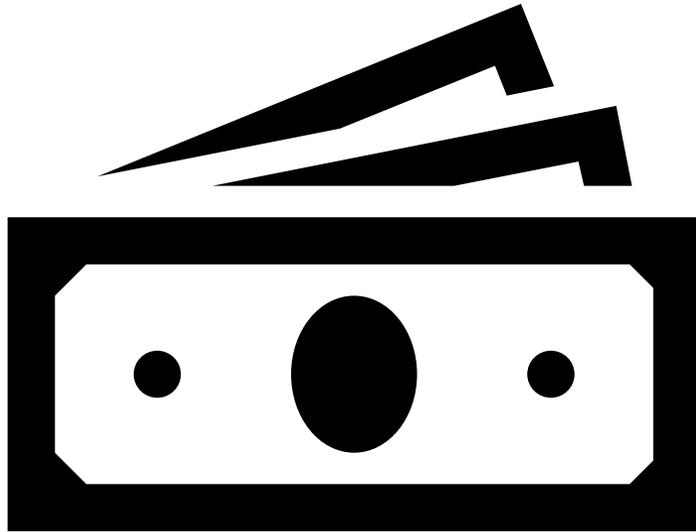


- Informal Support
- Healthcare Proxy
- Power of Attorney
- Limited Guardianship
- Full Guardianship



WHAT ARE YOUR SUPPORTS?

FINANCIAL SUPPORTS

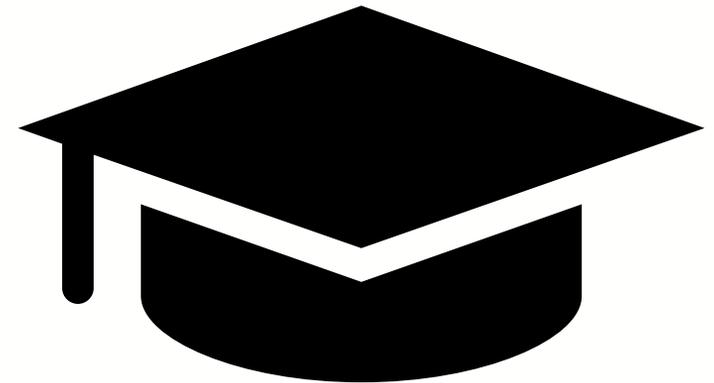


- What are your family's financial independence goals?
- Special Needs Trust
- PA ABLE Account
- Retirement planning

WHAT DO YOU DO? POST-SECONDARY EDUCATION



- Current accommodations?
- Graduation age: 18 or 22 years?
- Interested in post-secondary education?
 - College certificate programs for young adults with ID
 - Trade School
 - Community College
 - 4-year College/University



WHAT DO YOU DO? EMPLOYMENT



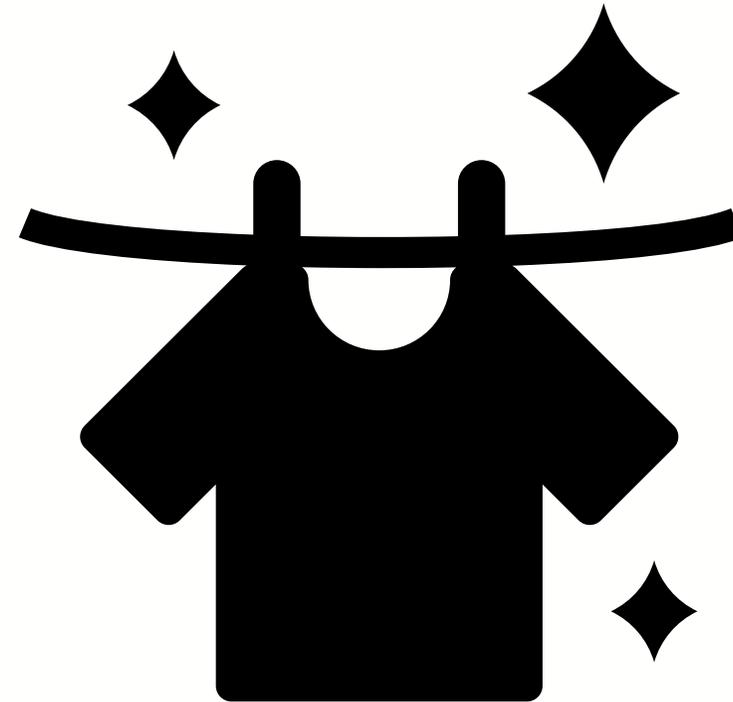
- Office of Vocational Rehabilitation (OVR)
- Job/career aspirations
- Types of employment
 - Competitive Employment
 - Supportive Employment
 - Secured Employment

HOW DO YOU LIVE?

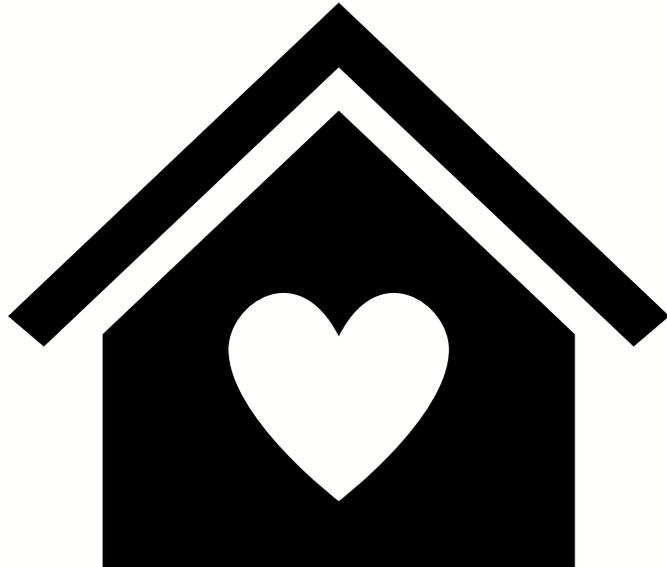
ACTIVITIES OF DAILY LIVING



- Skills for Independence
 - Hygiene and Self-Care
 - Household Chores
 - Food Preparation
 - Money Management
 - Safety
- Occupational Therapy



HOW DO YOU LIVE? HOUSING

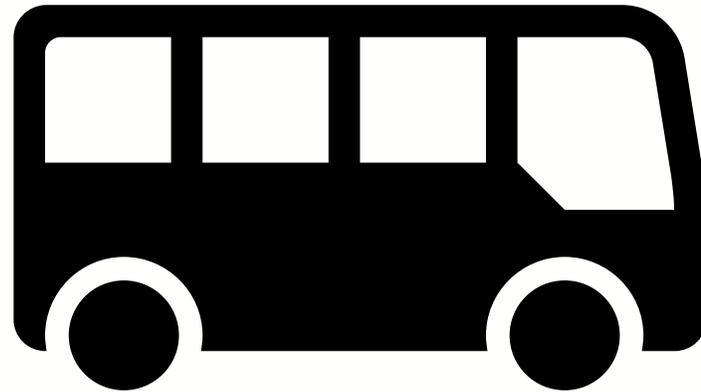


- Independent Living
- Supervised Living
- Supportive Living

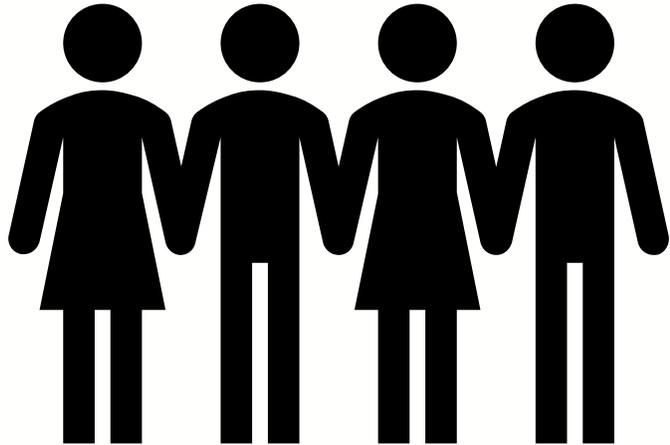
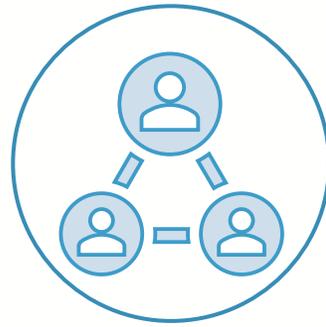
HOW DO YOU LIVE? TRANSPORTATION



- Driving
- Bicycle or Scooter
- Public Transportation
- Ridesharing
- Transportation Supports



WHO DO YOU SPEND TIME WITH? COMMUNITY ACTIVITIES



- Hobbies and community activities
- Inclusive/neurodiverse activity communities
- Important to promote continued flexibility

HOW DO YOU FEEL? MEDICAL CARE



- Who is a part of the care team?
- Chronic health conditions?
- Can you manage your health independently?
- Transferring from pediatric to adult providers

HOW DO YOU FEEL? MENTAL HEALTH



- Connecting with mental health supports
- Resources for therapists working with autistic clients
- Psychoeducation about mood and anxiety

TRANSITION PLANNING – APPROACH

- Created collaboratively with family and young adult
- Select Priority Recommendations
- Include Long-Term Recommendations for future reference

- **REMINDERS!**
 - Your child's development is NOT linear
 - Skills develop at different rates
 - Not all of these domains may apply right now – and that's okay!

TRANSITION TO ADULTHOOD

[WWW.CHOP.EDU/TRANSITION](http://www.chop.edu/transition)

Symme W. Trachtenberg, MSW

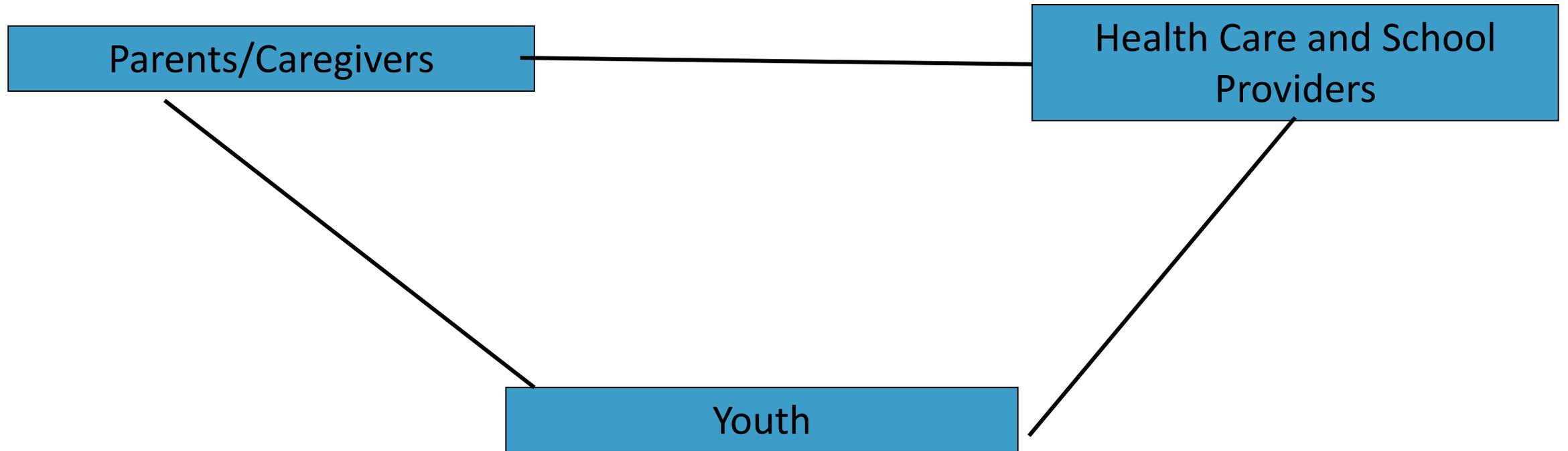
Social Worker, Adult Care and Transition Team

& T21 Adult Program

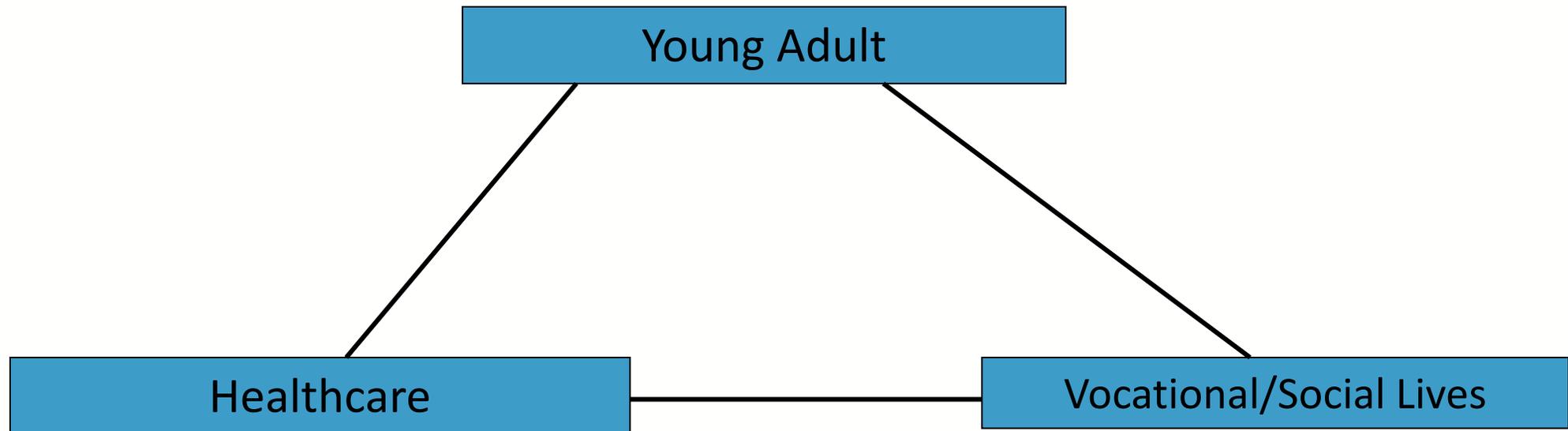
Clinical Associate, Penn School of Medicine



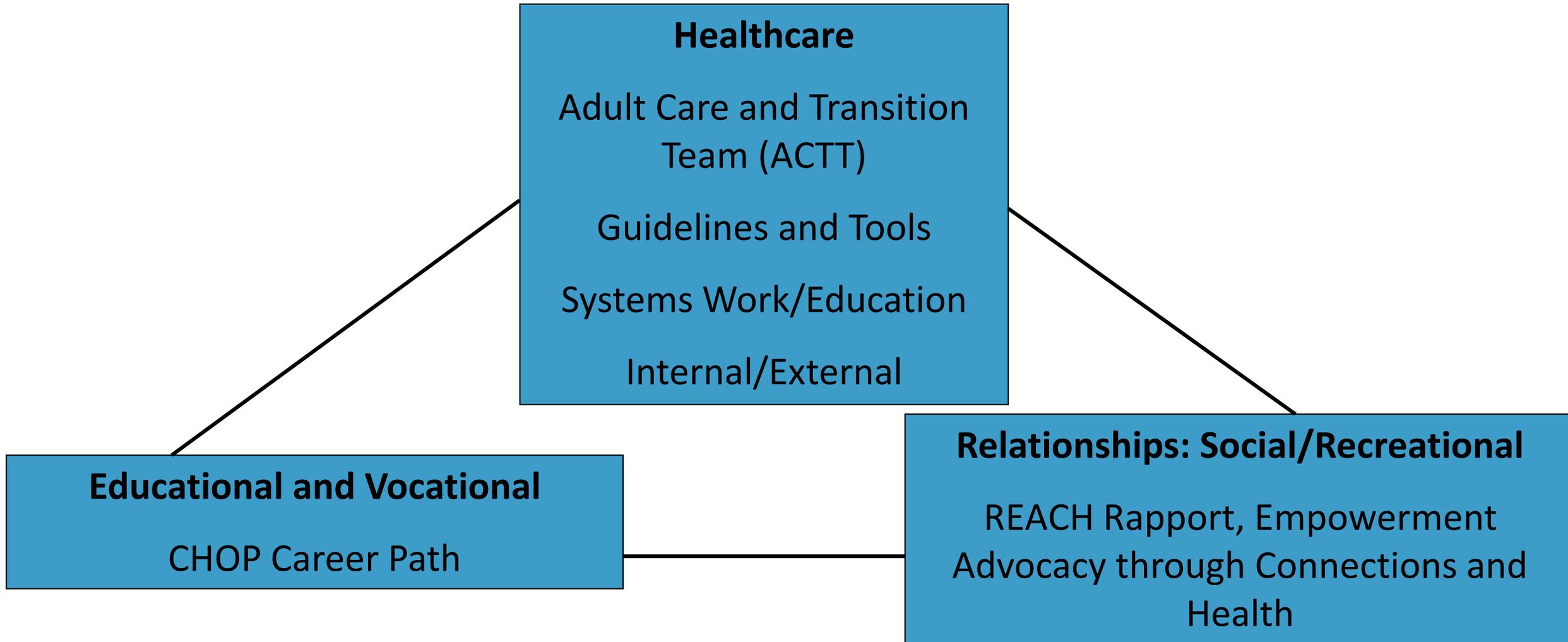
TRANSITION DANCE FOR YOUTH: LEARNING TO TAKE CHARGE



TRANSITION TRIANGLE FOR YOUTH TOWARDS INDEPENDENCE



CHOP'S 3-PRONGED APPROACH



HEALTH CARE: ADULT CARE AND TRANSITION TEAM - ACTT

- Interdisciplinary Service
 - Adult Case Management
 - Transfer to adult medical and community-based care
 - Office of Developmental Programs Registration, Office of Vocational Rehabilitation, Supplemental Security Income, Medical Decision-Making, etc.
 - In-Patient Consultation
 - REACH Youth Advisory Board
- Staff
 - Physicians trained in Medicine and Pediatrics (Med-Peds)
 - Adult Nurse Practitioner
 - Nurse Care Managers
 - Social Workers
 - Social Service Coordinator
 - Case Management Support Specialist

HEALTH CARE INDEPENDENCE

- Transition Readiness Assessment Questionnaire On-Line
 - Examples here
- Transfer care from parent to child
- Calling doctor's office for appointments and describing symptoms
- Learn to track symptoms
- Self Care and Self Advocacy

POWER OF ATTORNEY, HEALTH CARE REPRESENTATIVE VS. GUARDIANSHIP

Supported Medical Decision Making

- Power of Attorney
- Health Care Representative
 - www.DisabilityRightsPA.org Alternatives to Guardianship
- Guardianship is the most restrictive
 - Deposition is filled out by MD who knows the person who is 18+
 - Not needed for healthcare
 - Family decision for future planning

HEALTHCARE REPRESENTATIVE DECLARATION IN PA

I/we have authority to serve as the Health Care Representative as authorized by 20 Pa.C.S. 5461 for _____ with whom I/we have the following relationship:

- _____ Spouse (and there are no adult Children with a person other than the spouse)
- _____ Spouse and adult child(ren) of person other than the spouse
- _____ Adult child(ren)
- _____ Parent(s)
- _____ Adult Siblings
- _____ Adult Grandchildren
- _____ Other adult who has knowledge of the values and preferences of _____
- I/we certify that there are no persons in a higher class (as designated above) who are available and willing to serve as the health care representative. I/we certify that there either are no other members of the same class or that any other members of the same class do not wish to act as health care representatives. We certify that we understand that health care decisions can be made by a simple majority of the health care representatives and that in the event that the health care representatives are equally divided on a decision then the health care provider will wait until a majority agrees on a decision (though the provider will continue to provide treatment in accordance with accepted standards of medical practice.)
- As a health care representative, I/we are personal representatives under Pennsylvania law and as per the HIPAA privacy rule, have access to _____'s health care records under HIPAA.
- I/we hereby state that the facts set forth are true and correct to the best of my/our knowledge, information and belief. I/we understand that the statements made herein are made subject to the penalties of 18 Pa. C.S. 4904 (relating to unsworn Falsification to authorities).
- Date: _____ Signature: _____ Print Name: _____

RELATIONSHIPS

REACH

Rapport, Empowerment Advocacy through Connections and Health

REACH for College/Work:

- Developed in 2003 by young adults with special needs for Youth with Special Healthcare Needs - YSHCN
- Presentations from healthcare providers, self advocates, College Disability Office or OVR
- Youth and family members separated
- Preparing for College Discussion led by college students
- REACH for College
- REACH for Independence 14-21

CHOP CAREER PATH 2007 - PRESENT

- Project SEARCH Cincinnati Children's Hospital
- Supported employment
- 500+ individuals with developmental disabilities and/or chronic illness employed in or outside of CHOP
- Funded by State Office of Vocational Rehabilitation from Federal Labor and Industry and additional sources
- Vocational Readiness Assessment
- Social Work and Job Coaching Support
- Job Shadowing → Work Trials → Employment

CHOP CAREER PATH - OUR SERVICES

- Pre-Employment Transition Services
 - Job Shadows
 - Paid Work Experiences
- Young Adult Services
 - Evaluation
 - Internships
 - Job development, retention, and mentoring
 - *Special funding available to support youth who are or have been in the child welfare system
- Long-term job support
 - On the job support
 - Regular check-ins
 - Support with applying for promotions or new jobs
 - Performance management issues
- CMA Training Program
- Summer programming
 - C2L sites, which support the Complete Eats summer meal program

CONTACT

CHOP Career Path

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Natalie Stollon, MSW, LCSW, CESP-Clinical Manager

267-426-9858

CHOPcareerpath@chop.edu

RESOURCES

- CHOP Transition Materials: www.chop.edu/transitiontoadulthood
- Got Transition: www.gottransition.org
- National Disability Rights Network: www.NDRN.org
 - Disability Rights PA: <https://www.disabilityrightspa.org/wp-content/uploads/2018/03/MedicaidWaiversForIDorAutism.pdf>
 - Alternatives to Guardianship: Health Care Representative
- Parent Advocacy Agencies: Started by and staffed with Parents/Family Members
 - Parent to Parent: www.p2pusa.org
 - PEAL (Parent Education, Advocacy and Leadership) Center: www.pealcenter.org
 - Vision for Equality: www.visionforequality.org

OVR

JILL GROSSBERG

Early Reach Coordinator

**Philadelphia District Office
Bureau of Vocational Rehabilitation Services**

Agenda



OVR - Bureau of Vocational Rehabilitation Services (BVRs)
Pre-Employment Transition Services
Early Reach
Vocational Rehabilitation Services
OVR - Bureau of Blindness and Visual Services (BBVS)

OVR

Office of

Vocational

Rehabilitation

OVR's Mission Statement

OVR'S MISSION:

To assist Pennsylvanians
with disabilities secure
and maintain employment
and independence



Whatever I Choose

By: Kial, Age 16, Kildeer, Illinois

Source: http://www.idonline.org/kidsart/Whatever_I_Choose

OVR - BVRS
**Bureau of Vocational
Rehabilitation Services**

Pre-Employment Transition Services

What Is Transition?

What is Transition?

Change from one condition to another.

What Is Secondary Transition?

What is Transition?

Change from one condition to another.

What is Secondary Transition?

Change from high school to after high school

Explaining Transition

What is Transition?

Change from one condition to another.

What is Secondary Transition?

Change from high school to after high school



WIOA 5 Required Services

Vocational Rehabilitation Required Pre-Employment Transition Services (Pre-ETS):

- ✓ Job Exploration Counseling
- ✓ Work-Based Learning Experiences
- ✓ Counseling on Post-Secondary Education
- ✓ Workplace Readiness
- ✓ Self-Advocacy Instruction



Executive Order 2016-03



On March 10, 2016, Executive Order 2016-03 was signed

**“Establishing ‘Employment First’ Policy and
Increasing Competitive-Integrated Employment for Pennsylvanians with a
Disability”**

- ✓ IEP Participation – greater frequency and consistency

Source: <https://www.governor.pa.gov/wp-content/uploads/2016/09/Employment-First-Exec-Order-Plan.pdf>

Early Reach

Early Reach

EARLY REACH

Outreach to youth with disabilities
BEFORE they apply for Vocational
Rehabilitation Services,

starting at age 14,
to help prepare for a work life
after high school.



Early Reach Group Services

EARLY REACH COORDINATORS will use group presentations to youth with disabilities their parents/guardians/caregivers, & providers of support services, like educators and community groups,



to help youth with disabilities start thinking about their work life after high school.

Early Reach Individual/Family Services

EARLY REACH COORDINATORS will use

family and individual consultations and IEP meetings to discuss a youth's interests, strengths, and preparation for potential careers.



Vocational Rehabilitation Services

Vocational Rehabilitation in High School

Philadelphia high schools have an assigned OVR
Vocational Rehabilitation Counselor, Voc. Rehab Counselor or VRC.

When a youth with disabilities is within their last two years of high school,

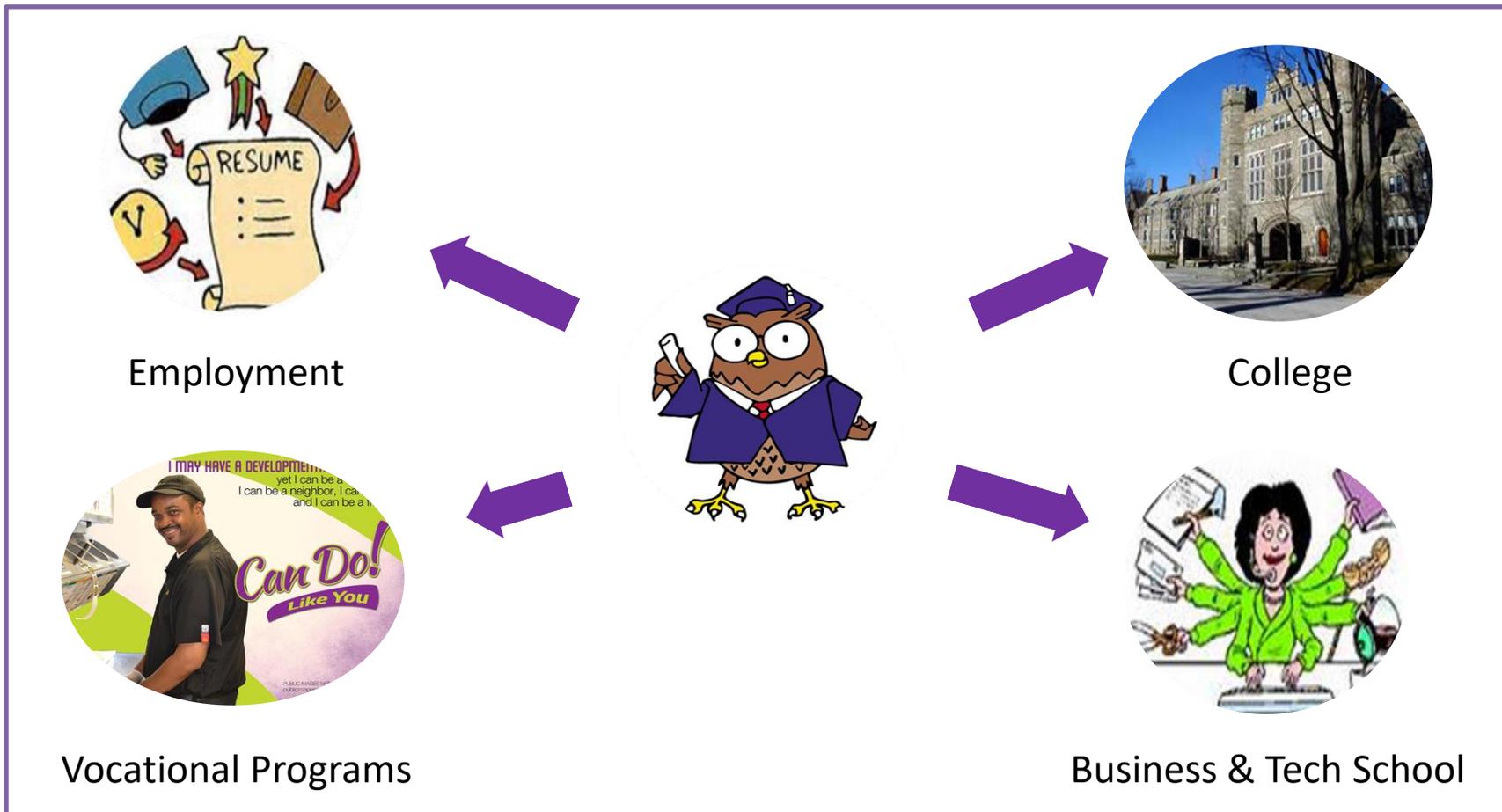


the youth can meet with a school's assigned Voc. Rehab Counselor or VRC to talk about Job Shadowing, Work-Based Learning Experiences and/or starting an application for OVR services.

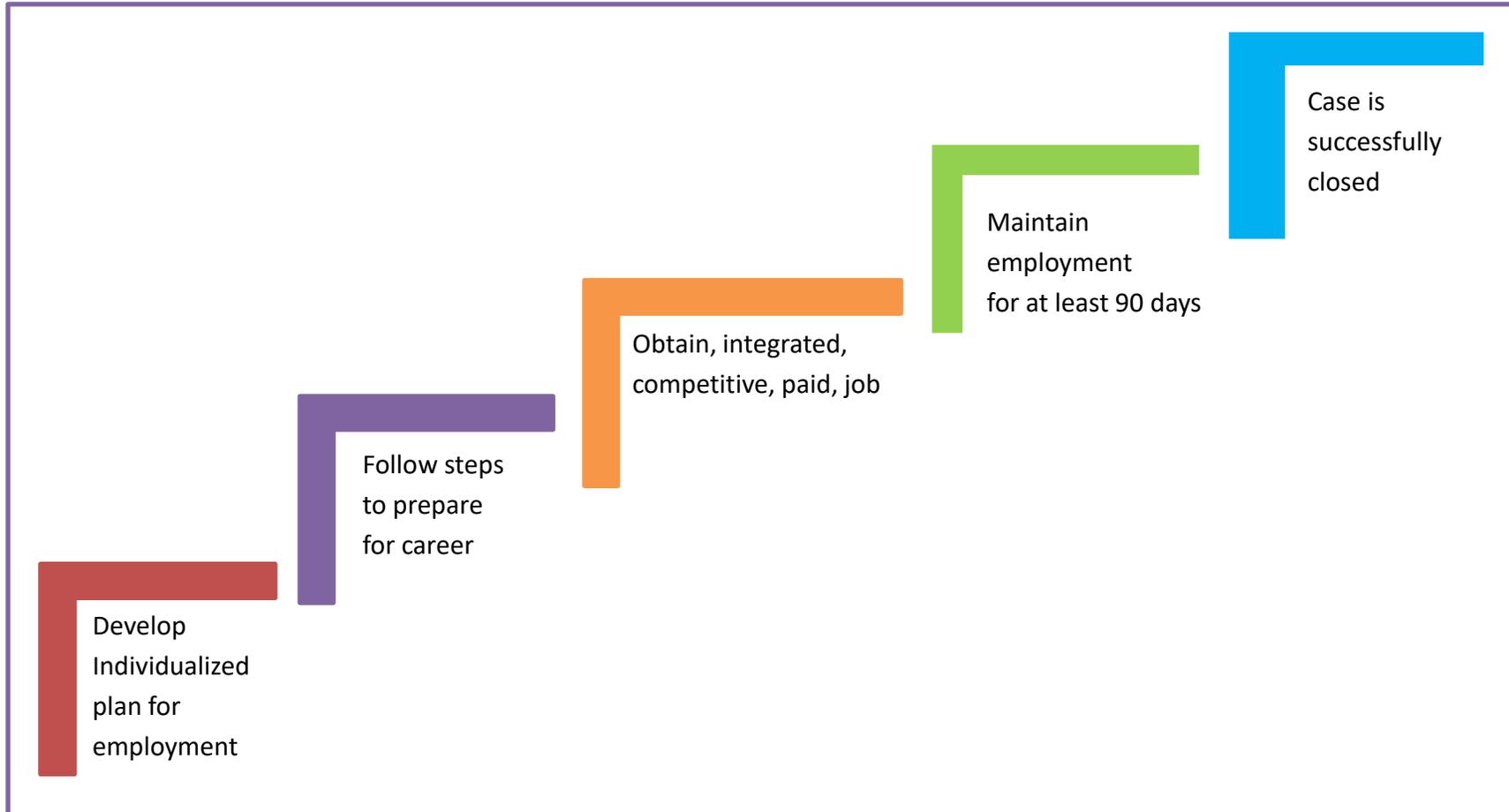
OVR Application Process



Pathways to Employment



OVR Process from Plan to Employment



4 Areas of Obstacles for Employment

In Addition

4

for youth in high school working with a VRC
or any adult out of high school who has a disability, and wants a paid, competitive job
a VRC wants to discover if the disability is presenting challenges in these areas:

- ✓ mobility or movement
- ✓ self-care or independently taking care of themselves
- ✓ work tolerance or being able to perform tasks for stretches of time
- ✓ interpersonal skills or ability to work with others
- ✓ work skills or ability to gather and retain information as it is presented
- ✓ ability to communicate well and understandably with others
- ✓ self direction or ability to schedule time and see through tasks independently

Customer will need at least 2 Services

Services

offered to eligible customers that assist with vocational goals include ...

- ✓ Counseling and Guidance
- ✓ Vocational Evaluation and Diagnostics
- ✓ Training
- ✓ Physical and Restoration Services
- ✓ Job Coaching
- ✓ Job Placement



➤ YTED – Youth Transition Exploration Demonstration

YTED – Youth Transition Exploration Demonstration

YTED is a program from the Pennsylvania Office of Vocational Rehabilitation (OVR) that helps young people with disabilities explore careers, build skills, and get ready for work. Everyone who joins gets OVR services. Some youth will also get YTED career services so researchers can learn what works best.



OVR - BBVS
**Bureau of Blindness
and Visual Services**

OVR - BBVS

Just like OVR's Bureau of Vocational Rehabilitation,
OVR's Bureau of Blindness and Visual Services offers

Pre-employment Transition Services

AND

Vocational Rehabilitation



BBVS Services

OVR Assists Students With Blindness and Visual Impairments Through...

- ✓ Specialized Services Program
- ✓ Vision Rehabilitation Therapy
- ✓ Orientation and Mobility Training
- ✓ Business Enterprise Program



BBVS Specialized Services

SPECIALIZED SERVICES PROGRAM FOR CHILDREN AND ADULTS

BBVS serves people from birth and throughout the life cycle.

BBVS assists individuals to achieve safety and independence within their homes and communities.



BBVS Vision Rehabilitation Therapy

VISION REHABILITATION THERAPY

BBVS helps individuals safely and efficiently carry out their daily activities at home, on the job, and in the community.

Each customer is evaluated to determine where they need assistance to carry out daily activities.



BBVS Orientation and Mobility Therapy

ORIENTATION AND MOBILITY THERAPY

BBVS teaches individuals how to travel independently and safely within their homes, workplaces, and communities.



BBVS Business Enterprise Program

BUSINESS ENTERPRISE PROGRAM

The Randolph-Sheppard Business Enterprise Program (BEP) assists persons who are blind to operate their own food service businesses.



BEP can also assist other business ventures such as specialty product sales, franchise operations, gift shops (and) kiosks

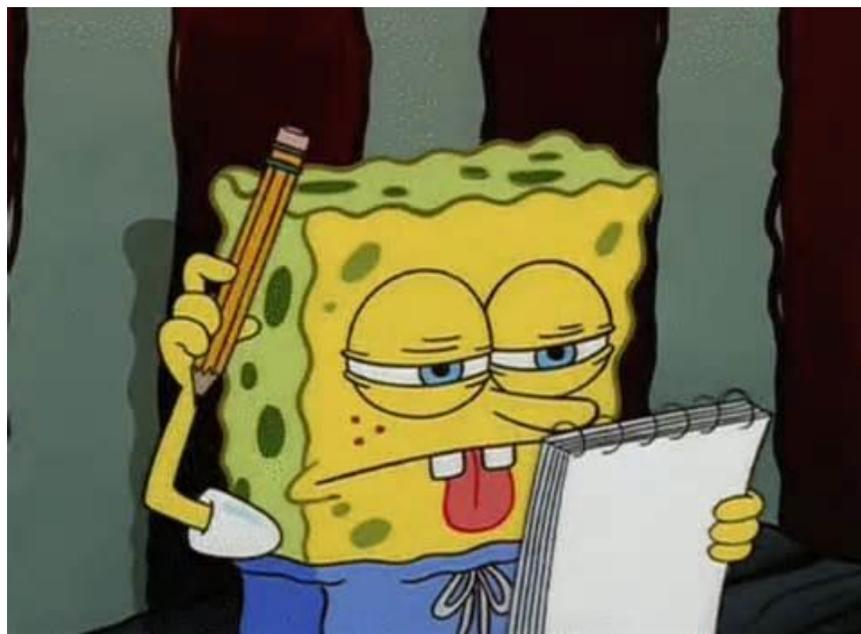
Contact Information

Contact Information



Questions?

Any Questions?



Special Needs Financial Planning: Planning for a “3-Person Retirement”

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