



| Transitioning from High School to Adulthood |   |  |                |   |
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| Organization                                | Service Description   | Address  | Phone Number   | Contact number  |
| <b>Asperger/Autism Network (AANE)</b>       | AANE offers a Life Management Assistance program (LifeMap) which is an intensive and individualized life coaching program for individuals with Asperger profiles. Services are offered to parts of Connecticut and can be accessed in person or online. There are a variety of LifeMap programs which include transition planning out of high school, life skills coaching or job finding assistance.                 | 51 Water Street,<br>Suite 206,<br>Watertown, MA<br>02472 | 617-393-3824   | <a href="https://www.aane.org/resources/adults/lifemap-coaching/">https://www.aane.org/resources/adults/lifemap-coaching/</a>   |
| <b>Autism Speaks</b>                        | The Transition Tool Kit is designed to assist families of individuals with autism on the journey from adolescence to adulthood.   | locations vary   | 1-888-288-4762 | <a href="https://www.autismspeaks.org/sites/default/files/2018-08/Transition%20Tool%20Kit.pdf">https://www.autismspeaks.org/sites/default/files/2018-08/Transition%20Tool%20Kit.pdf</a> |
| <b>Autism Speaks</b>                        | Community Based Functional Skills Assessment (CSA) assist with transition planning and the guide helps you create a plan which focuses on the individual's strengths, needs, challenges and preferences. This tool is divided into three levels based on age with eight areas of functional life skills to be assessed. This information should be shared at the IEP meeting to assist with the transitiona planning. | locations vary   | 1-888-288-4762 | <a href="http://www.vcuautismcenter.org/documents/finalcommunityassessment711141.pdf">http://www.vcuautismcenter.org/documents/finalcommunityassessment711141.pdf</a>                   |

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| <b>Autism Speaks</b>  | Postsecondary Educational Opportunities Guide: The guide provides a closer look at four-year universities, community colleges, vocational/technical school, life skills programs and more. The information will help you find the program that is right for you. | locations vary  | 1-888-288-4762 | <a href="https://www.autismspeaks.org/tool-kit/postsecondary-educational-opportunities-guide">https://www.autismspeaks.org/tool-kit/postsecondary-educational-opportunities-guide</a> |
| <b>Autism Youth Advocate Programs, Inc</b>  | Provides a guidebook titled 'Self-Advocacy for College Students on the Autism Spectrum'. Guide provides tips on self-advocacy and transitioning from high school to college  | 2007 North 3rd Street, PO Box 950, Harrisburg, PA 17102 | 717-232-7580   | <a href="http://www.yapinc.org">www.yapinc.org</a>  |
| <b>Connecticut Transition Task Force</b>  | Guide book titled 'Building a Bridge' is a comprehensive handbook for students and family members to help with preparation for life after high school.   | n/a   | n/a            | <a href="https://docs.wixstatic.com/ugd/6efb4a_0181d20d91684eaa9727642a5dae149c.pdf">https://docs.wixstatic.com/ugd/6efb4a_0181d20d91684eaa9727642a5dae149c.pdf</a>                   |
| <b>Connecticut's Transition Community of Practice</b>                               | A website for students, parents and key stakeholders that provides current information for the planning and implementation of the transition from school to adult life. (employment, education, self-advocacy, health insurance, diagnoses disclosure, etc.)     | n/a   | n/a            | <a href="http://www.cttransition.org">www.cttransition.org</a>  |
| <b>CT Parent Advocacy Center in partnership with The CT State Dept of Education</b> | Stepping Forward: A Self-Advocacy Guide for Middle and High School Students  | n/a   | n/a            | <a href="https://docs.wixstatic.com/ugd/6efb4a_f9498a10a76c4c258ddf95d07316e3d7.pdf">https://docs.wixstatic.com/ugd/6efb4a_f9498a10a76c4c258ddf95d07316e3d7.pdf</a>                   |
| <b>Department of Rehabilitation Services</b>  | The Bureau Rehabilitation Services (BRS) has developed a Transition Toolkit to provide youth and young adults, their families and professionals with information to help them prepare for postsecondary education and employment.                                | 55 Farmington Avenue, Hartford, CT 06105                | 1-800-537-2549 | <a href="https://www.ct.gov/brs/cwp/view.aspx?a=3891&amp;q=456942">https://www.ct.gov/brs/cwp/view.aspx?a=3891&amp;q=456942</a>   |

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| <b>DSS Autism Unit</b>                    | describes the Individualized Transition Plan (ITP) process and how it relates to IDEA and IEP  | 55 Farmington Avenue, Hartford, CT 06105                   | 860-424-5865 | <a href="https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Health-and-Home-Care/Autism-Spectrum-Disorder/ASD_IDEA_Simplified.pdf?la=en">https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Health-and-Home-Care/Autism-Spectrum-Disorder/ASD_IDEA_Simplified.pdf?la=en</a> |
| <b>Independence Northwest</b>             | The Youth Transition Initiative works to help youth with disabilities through the transition process of school to work. Peer mentors will work with individuals to connect them with appropriate resources like housing, medical services, income benefits and support services.   | 1183 New Haven Road, Suite 200 Naugatuck, CT 06770         | 203-729-3299 | <a href="https://www.independencenorthwest.org/services/#individual-advocacy">https://www.independencenorthwest.org/services/#individual-advocacy</a>   |
| <b>Independence Unlimited</b>             | Independence Unlimited Youth Transitions Project increases the participation of youth with disabilities and their parents in the process of planning for their transition into adulthood. This includes self advocacy, skills training, service linkage and outreach.  | 151 New Park Ave., North Annex suite D, Hartford, CT 06106 | 860-523-5021 | <a href="https://www.independenceunlimited.org/index.php/our-programs/youth-transitions">https://www.independenceunlimited.org/index.php/our-programs/youth-transitions</a>   |
| <b>Indiana Resource Center for Autism</b> | The Indiana Resource Center for Autism website provides information on tips for writing transition IEP goals and provides questions to consider related to topics like employment, post-secondary education, independent living, and more  | 1905 North Range Rd., Bloomington, IN 47408                | 812-855-6508 | <a href="https://www.iidc.indiana.edu/pages/tips-for-writing-transition-iep-goals">https://www.iidc.indiana.edu/pages/tips-for-writing-transition-iep-goals</a>   |
| <b>Laurel House-Stamford</b>              | Enhanced Supported Education service that provides on-campus support to students via phone, Skype, and FaceTime. TEEdS provides comprehensive wrap-around support to students who live away from home. It offers counseling and guidance to help young adults with mental health needs succeed in college and other vocational certification. No fee for residents of Fairfield County | 1616 Washington Blvd, Stamford, CT 06902                   | 203-324-1816 | <a href="http://www.laurelhouse.net">www.laurelhouse.net</a>  |

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| <b>National Center on Secondary Education and Transition</b> | NCSET coordinates national resources, offers technical assistance and disseminates information related to secondary education and transition for youths with disabilities. Includes Tips, guides, online activities,   | n/a  | n/a            | <a href="http://www.ncset.org">www.ncset.org</a>  |
| <b>National Collaborative on Workforce and Disability</b>    | NCWD is a source for information and publications about employment and youths with disabilities  | Institute for Educational Leadership, 4301 Connecticut Avenue, NW, Suite 100, Washington, DC 20008 | 1-877-871-0744 | <a href="http://www.ncwd-youth.info/">www.ncwd-youth.info/</a>  |
| <b>National Collaborative on Workforce and Disability</b>    | <b>Guidepost for Success</b> address what all youth need to successfully transition to adulthood. Developmental activities are organized into five areas: school preparation, youth development and leadership, career preparation, connecting activities, and family involvement. | Institute for Educational Leadership, 4301 Connecticut Avenue, NW, Suite 100, Washington, DC 20008 | 1-877-871-0744 | <a href="http://www.ncwd-youth.info/guideposts">http://www.ncwd-youth.info/guideposts</a>                           |
| <b>OCALI</b>   | The webcasts on this page provide information on topics of importance for families, students and professionals involved in transition planning for individuals with autism spectrum disorders preparing for adulthood.   | 470 Glenmont Avenue, Columbus OH 43214   | 1-866-886-2254 | <a href="https://www.ocali.org/project/transitions_webcasts">https://www.ocali.org/project/transitions_webcasts</a> |

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| <p><b>OCALI</b></p>                            | <p><b>Age-Appropriate Transition Assessment: Transition to Adulthood</b> – A guide to assist individuals with ASD in the transition process from middle school through the first few years following high school graduation. The guide can be used as a reference and resource as an individual with ASD faces issues such as employment, postsecondary education and adult living.</p>  | <p>470 Glenmont Avenue,<br/>Columbus OH<br/>43214</p>              | <p>1-866-886-2254</p> | <p><a href="https://www.ocali.org/up_doc/TG12_AATA.pdf">https://www.ocali.org/up_doc/TG12_AATA.pdf</a></p>   |
| <p><b>Organization for Autism Research</b></p> | <p>An introductory guide for parents, teachers and professionals on the transition planning process to adulthood: transition Plan, student-center planning, vocation and employment, post-secondary education, life skills</p>   | <p>2000 N. 14th Street, Suite 480,<br/>Arlington, VA<br/>22201</p> | <p>1-866-366-9710</p> | <p><a href="https://researchautism.org/wp-content/uploads/2016/03/A_Guide_for_Transition_to_Adulthood-2.pdf">https://researchautism.org/wp-content/uploads/2016/03/A_Guide_for_Transition_to_Adulthood-2.pdf</a></p>   |
| <p><b>Organization for Autism Research</b></p> | <p>OAR's Finding Your Way: A College Guide for Students on the Spectrum is intended to help students with ASD become better prepared for college life and academics. This guide addresses challenges that are both universal and unique to students on the college autism spectrum by providing information, guidance, and resources that address them. Finding Your Way offers practical advice from autism experts; powerful narratives from self-advocates; and relevant resource tools. It is intended to help readers anticipate and improve their academic and social situations by advocating for themselves.</p> | <p>2000 N. 14th Street, Suite 480,<br/>Arlington, VA<br/>22201</p> | <p>1-866-366-9710</p> | <p><a href="https://researchautism.org/findingyourway/?utm_source=OARacle+Newsletter+Subscribers&amp;utm_campaign=334c70ed62-EMAIL_CAMPAIGN_2019_03_21_03_43&amp;utm_medium=email&amp;utm_term=0_132914a232-334c70ed62-171428105">https://researchautism.org/findingyourway/?utm_source=OARacle+Newsletter+Subscribers&amp;utm_campaign=334c70ed62-EMAIL_CAMPAIGN_2019_03_21_03_43&amp;utm_medium=email&amp;utm_term=0_132914a232-334c70ed62-171428105</a></p> |
| <p><b>Pacer Center</b></p>                     | <p>Has Information related to transitioning to life after high school including training and college opportunities.</p>  | <p>n/a</p>   | <p>952-838-9000</p>   | <p><a href="http://www.pacer.org/students/transition-to-life/">http://www.pacer.org/students/transition-to-life/</a></p>   |
| <p><b>Padres Abriendo Puertas</b></p>          | <p>Agency assists support, information, trainings, and resources for families in the areas of education, transition and adults program rights. Assist with special education issues including preparing for the PPT meeting.</p>   | <p>n/a</p>   | <p>860-809-1194</p>   | <p><a href="http://padresabriendopuerta.wix.com/pap-website">http://padresabriendopuerta.wix.com/pap-website</a></p>   |

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| <b>State of CT Department of Education</b>                                      | The State of CT Dept of Education provides a 'Secondary Transition Planning IEP Checklist' for parents which allows parents to learn what to know  | 450 Columbus Blvd, Hartford, CT 06103                                      | 860-713-6543   | <a href="https://portal.ct.gov/-/media/SDE/Special-Education/Transition_Planning_IEP_Checklist_.pdf">https://portal.ct.gov/-/media/SDE/Special-Education/Transition_Planning_IEP_Checklist_.pdf</a>   |
| <b>The Connect to Work Center</b>   | Provides a College to Career Planning tool Check list from freshmen year to senior year of high school   | 55 Farmington Avenue, Hartford, CT 06105                                   | 1-800-537-2549 | <a href="http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/BRSCollegeToCareerPlanningTool.pdf">http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/BRSCollegeToCareerPlanningTool.pdf</a>   |
| <b>The Division on Career Development</b>                                       | The Transition Resource Tables contain the most frequently used low-cost/ no-cost web-based transition resources available to professionals, students with disabilities and their families.                      | n/a  | n/a            | <a href="https://higherlogicdownload.s3.amazonaws.com/SPED/34aee1c1-7ded-4d59-af82-da4af08d5fc4/UploadedImages/Transition_Resource_Tables_2017.pdf">https://higherlogicdownload.s3.amazonaws.com/SPED/34aee1c1-7ded-4d59-af82-da4af08d5fc4/UploadedImages/Transition_Resource_Tables_2017.pdf</a> |
| <b>ThinkCollege</b>   | Website provides students with intellectual and developmental disabilities with resources related to transitioning to college  | Umass Boston, 100 Morrissey Blvd., Boston, MA 02125                        | 617-287-4300   | <a href="https://thinkcollege.net/">https://thinkcollege.net/</a>   |
| <b>Transition Projects at The Rural Institute: Partnerships for Transition,</b> | Planning for Your Transition from High School to Adult Life A workbook to help you decide what you want your life to look like after graduation ... And to help you outline the steps so you can make it happen! | n/a  | n/a            | <a href="http://ruralinstitute.umt.edu/transition/Articles/PlanningWorkbook.pdf">http://ruralinstitute.umt.edu/transition/Articles/PlanningWorkbook.pdf</a>   |
| <b>U.S Dept of Labor</b>  | Find the tool you need to research career information, training, or jobs   | n/a  | 1-877-872-5627 | <a href="https://www.careeronestop.org/Toolkit/toolkit.aspx">https://www.careeronestop.org/Toolkit/toolkit.aspx</a>   |
| <b>U.S. Dept of Education</b>   | A Transition Guide: To Postsecondary Education and Employment for Students and Youth with Disabilities   | U.S Department of Education, 400 Maryland Avenue, SW, Washington, DC 20202 | 1-800-872-5327 | <a href="https://sites.ed.gov/idea/files/postsecondary-transition-guide-may-2017.pdf">https://sites.ed.gov/idea/files/postsecondary-transition-guide-may-2017.pdf</a>   |

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| <p><b>Virginia Commonwealth University - Going to College</b></p> | <p>Offers an online resource for teens with disabilities to learn about college life and what to do to prepare for it. It's also a resource for parents to help their son or daughter learn about college and prepare for success.</p>  | <p>1314 West Main Street, P.O. Box 842011, Richmond, Virginia 23284</p> | <p>804-828-1851</p> | <p><a href="http://www.going-to-college.org/">http://www.going-to-college.org/</a></p> |
| <p><b>Western Connecticut Association for Human Rights</b></p>    | <p>Agency provides special education advocacy and advocacy for adults with disabilities. Some of the supports include but is not limited to: attending PPT meetings, review of educational records, facilitate trainings, assistance with transportation and housing issues, conservatorship information, and transition from school to adult services.</p> | <p>57 North Street, Suite 223B, Danbury, CT 06810</p>                   | <p>203-792-3540</p> | <p><a href="http://www.wecahr.org/">http://www.wecahr.org/</a></p>                     |

Updated  
1/29/2020  
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