

Transition Resources from our Parent/Caregiver Support Group

Assisting with the transition

Transition from youth-based services to adult-services can be a challenging one for individuals with autism and their families. Here are some resources that can help:

Employment

AANE: The Asperger / Autism Network (AANE) works with individuals, families, and professionals to help people with “high functioning autism” to build meaningful, connected lives

- Employment: Web based tools, resources and news.

Institute for Community Inclusion: Helping ensure individuals with disabilities have access to employment and educational opportunities.

- Think Work: Information on getting a job and working
- Employment First: info on training for employment
- Employment services: Get help finding a job

Jewish Family and Children’s Services: Offers support to a wide range of individuals within the metro Boston area.

- Pathways to Employment: Helps develop workplace skills

Massachusetts General Hospital’s Aspire Program: Helping individuals with high cognitive ASD or a similar profile make social connections and develop independence.

- Aspire Internship Program: Individuals are placed with an employer partner and receive ongoing support from a career counselor and peer groups.

Massachusetts Rehabilitation Commission (MRC): state government agency that helps individuals with disabilities live and work independently.

- Vocational Rehabilitation: (Ages 16-adulthood) assists with obtaining employment. Schools can refer students or families can call a local MRC area office to schedule an appointment.

Asperger Works: private group helping individuals with autism who can work find a job. This group works primarily in the Merrimack Valley of MA, and run by individuals with autism.

Education

AANE: The Asperger / Autism Network (AANE) works with individuals, families, and professionals to help people with “high functioning autism” to build meaningful, connected lives:

- College Consultation: Fee based 1:1 service to help your child prepare and enroll in college

Institute for Community Inclusion: Helping ensure individuals with disabilities have access to employment and educational opportunities.

- Think College: Directory to search for colleges that offer support for individuals with disabilities

Massachusetts Inclusive Concurrent Enrollment (Mass Department of Higher Education): Offers grants to college-school partnerships to support eligible public high school students with intellectual disabilities, ages 18 to 22, to increase their academic and career success by being included in a college or university.

Wright’s Law: Provides information on the IEP process

- Transition Topics in the IEP Process

Massachusetts Department of Education

- Chapter 688 Referral: made by school district at 16 (or two years prior to leaving school), gives students an Assigned Transition Coordinator and connects student with DDS for transition to adult services

Federation for Children with Special Needs:

- Federation for Children transition information for parents and children with IEP

College Autism Spectrum: Private group helping individuals with autism prepare for college

Social/Independent living

AANE: The Asperger / Autism Network (AANE) works with individuals, families, and professionals to help people with “high functioning autism” to build meaningful, connected lives:

- LifeMAP Coaching: To help increase independence
- Neurodiverse Couples Coaching: Fee-based relationship counseling

The Arc of Massachusetts: 18 local chapters provide services and supports to individuals with intellectual and developmental disabilities.

- Center for Future Planning: Video resources to get you thinking about planning for independence

Massachusetts General Hospital’s Aspire Program: Helping individuals with high cognitive ASD or a similar profile make social connections and develop independence.

- Aspire's programs for adults focus on exploring meaningful work opportunities, transitioning to college, developing relationships and accessing resources for living independently. Programs focus on the development of self-awareness, improve social

competence by teaching ways of thinking and being social, executive function, and life skills in a supportive and structured setting.

Massachusetts Rehabilitation Commission (MRC): state government agency that helps individuals with disabilities live and work independently.

- Transition to Adult Program (TAP) (ages 14-22): Provides skills training and mentoring to support individuals to live independently

Federation for Children with Special Needs:

- Federation for Children with Special Needs transition planning
- Federation for Children with Special Needs post-secondary education
- Federation for Children with Special Needs employment
- Federation for Children with Special Needs community living

NESCA-Newton: Private agency that will assist in transition to college as well as other matters related to transition.

Guardianship

State forms: This is a link to Massachusetts state forms specific to the guardianship process. You will find the Clinical Team Report form, and other helpful legal forms.

Financial

Exceptional Lives Social Security Income (SSI) Guide: Reviews whether your child qualifies and how to obtain SSI.

Public Partnerships, LLC (PPL): Works with DDS to provide reimbursement for programs/activities to promote community engagement and independence (e.g. educational fees, a Personal Care Attendant, entertainment, gym membership, transportation, rent).

Transportation

Uber Pilot Program with The Ride: Offers low-cost Uber rides for individuals with an ID # through MBTA's The Ride.

Adaptive Driving Program: Private agencies that offer added support to help you/your child learn to drive.

Health care

Got Transition: Guides and Information about how to prepare for transition to an adult medical provider.

General resources

Autism Commission: State agency focused on autism-specific resources—they have developed a guide to transition in MA.

- Autism Commission Transition Guide

Jewish Family and Children's Services: Offers support to a wide range of individuals within the metro Boston area.

- Disability Life Span Solutions: Full range of services designed to support you and your child as they age into adult life (fee-based)
- Disability Resource Network: Free information, referral, and consultation service. Helping you connect with programs and services that promote the fullest participation in the community.

Massachusetts Rehabilitation Commission (MRC): state government agency that helps individuals with disabilities live and work independently.

- Transition Services for Students and Youth: (age 14+) includes technical assistance, training, and individualized transition planning for students and families to help them prepare for life after high school.

Autism Housing Pathways Turning 18 checklist: Helpful tool to keep you on the path toward adult life with a focus on housing

Ability Path: Their “Journey to Life After High School” roadmap is a long document, but it covers everything from education to employment and housing, with real stories from individuals with disabilities and their parents.

Housing

Autism Pathways: Website specific to securing affordable and appropriate housing for individuals with autism

- Mass.gov MassHealth Information

Sibling support

If you have more than one child, you know that all your children need your attention. But when you have a child with autism, it can be hard to balance your time. These resources can help.

- Massachusetts Sibling Support Network
- Sibling Support Project