

INFORMATION SHEET

RRCASD: Informing Families and the Community of Autism Spectrum Services and Resources

TRANSITION PREPARATION for STUDENTS WITH AUTISM SPECTRUM DISORDERS

Overview

Transitions from high school to post-secondary settings can be stressful for many youth, particularly regarding making choices about work, college, and residential living etc. For youth with an autism spectrum disorder (ASD) transitions may prove to be even more challenging because of the social communication difficulties and delays in personal self-sufficiency skills such as daily living skills, money management and budgeting, and independent community living skills. In addition, many individuals with ASD have difficulty forming a long-range personal goal and plan for achieving that goal, called 'self-determination'.

While little is known about effective transition preparation practices for students with ASD, this group of learners is likely to require additional considerations when preparing for transition. Individualized student assessment will be required to guide specific intervention and transition preparation activities; however, there are some general areas that parents/caregivers and school personnel should consider when initiating transition planning for a student with ASD. These include:

- The student's social communication skill level
- The student's social/peer network
- The student's ability to independently complete daily activities including establishing his/her own schedule, completing assignments and chores, completing all grooming and hygiene routines
- Any behavioral difficulties or psychiatric disorders (including anxiety, depression, ADHD)
- The student's stated goals and plans for achieving them

Find Out More

In NYS, students aged 14 years and older who are classified with a disability and receive special education services are entitled to formal transition planning services. Parents/caregivers should contact their child's chairperson for the Committee on Special Education to discuss the district's plan for transition planning services.

Rochester Regional Center for Autism Spectrum Disorders

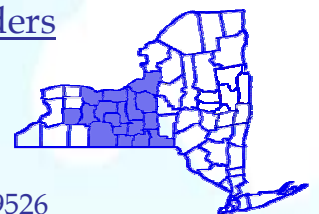
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RRCASD@URMC.Rochester.edu

www.urmc.edu/childrens-hospital/autism

Dialing from inside of the '585' area code? Call: 273-1613

Dialing from outside of the '585' area code? Call toll-free: 1-888-806-9526



Resources

To find out more about transition planning and preparation for students with disabilities, including ASD, check out these resources:

Books/Guides

- Holtz, K.D., Owings, N.M., Ziegert, A.K. (2006). *Life Journey Through Autism: A Guide for Transition to Adulthood*. Organization for Autism Research and Southwest Autism Research & Resource Center. Downloadable at: www.researchautism.org/resources/reading/index.asp
- Smith, M.D., Blecher, R.G., & Juhrs, P.D. (1995). *A Guide to Successful Employment for Individuals with Autism*. Baltimore, MD: Paul H. Brookes Publishing Co.
- Wehman, P. (2001). *Life Beyond the Classroom: Transition Strategies for Young People with Disabilities*. Baltimore, MD: Paul H. Brookes Publishing Co.
- Wehman, P. & Targett, P.S. (1999). *Vocational Curriculum for Individuals with Special Needs: Transition from School to Adulthood*. Austin, TX: PRO-ED.

Web Links

National:

U.S. Department of Education <http://idea.ed.gov> (IDEA 2004 legislation and regulation, including transition planning)

Division on Career Development & Transition www.dcdt.org/resources/index.html

Organization for Autism Research www.researchautism.org/resources/index.asp

State:

Video/workbook on "tools for schools" in transition planning: www.vesid.nysed.gov/specialed/transition/tools4schindex.htm

A list of state agencies who participate in transition planning: www.vesid.nysed.gov/specialed/transition/iagyover.html

Regional:

New York State Regional Transition Coordination Site (RTCS) Network www.vesid.nysed.gov/specialed/transition/tcslist.htm#westernny
(lists the RTCS in your area)

Contact the Rochester Regional Center for Autism Spectrum Disorders and ask to speak to our Information & Referral Specialist if you would like additional information about resources in your area. If calling from inside of the '585' area code, make a free local call to 273-1613 or, if calling from outside of the '585' area code, contact us toll-free at 1-888-806-9526. You can reach us by email at: RRCASD@URMC.Rochester.edu