

AGES 13 - 17 LIFESPAN CHECKLIST



The following is a brief checklist of things to help you get started. This checklist is meant to serve as a guide only and is not exhaustive of all services and supports you should explore for your child or family member.

HEALTH AND MEDICAL CARE, AND RELATED THERAPEUTIC INTERVENTIONS

- Understand the definitions for Autism Spectrum Disorders (ASD), and why a person should be diagnosed.
- Learn about treatment options and therapies
- Sign up for the Autism Waiver Registry
- Apply to the Developmental Disabilities Administration (DDA)
- Learn how to access behavior supports if you need them
- Schedule regular re-evaluations and medical follow-up to measure progress and identify challenges
- Develop a system to organize your paperwork
- Develop a good group of providers and supports that will continue to work with your family on a long term basis
- Learn more about Medical Assistance
- Explore dental resources
- Prepare your teen for becoming responsible for his/her own health care
- Explore miscellaneous health and medical resources

ASSISTIVE TECHNOLOGY

- Learn all you can about Assistive Technology services available
- Explore financial assistance for Assistive Technology
- Ensure that the student exits school with a communication system they can use comfortably and that they can take with them into the adult world

EDUCATION

- Understand the requirements/criteria for exiting with a Diploma vs. a Certificate of Completion
- Learn about the special education process and IEPs
- Make sure that the IEP contains achievable, measurable objectives that reflect the student's transition goals
- Learn about 504 Plans
- Determine with your IEP team which state assessment tests are most appropriate for your child
- Contact your Parents' Place of Maryland, Partners for Success Family Center, or the Maryland State Department of Education (MSDE) for assistance with school issues, IEP development, school resources
- Prepare for the transition from middle to high school
- Prepare to transition out of high school
- Understand your student's placement options
- Address any instances of bullying immediately
- Understand matters of discipline including suspension and expulsion
- Get involved with your local Special Education Citizen's Advisory Committee (SECAC) or the Maryland Special Education State Advisory Committee (SESAC)
- Explore summer time options
- Explore college options
- Develop a system to organize education records
- Explore additional special education law resources
- Explore state resources for assistance with school issues, IEP development, and school resources
- Explore homeschooling as an educational option
- Continue to refine your child's IEP and understand the IEP process
- Explore additional educational resources

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EMPLOYMENT

- Notice and develop skills that could lead to future employment
- Make sure your teenager has a resume that may include a list of skills and competencies as well as a video portfolio showing him/her at work
- Explore employment services and opportunities available in Maryland
- Additional employment resources

HOUSING

- Begin to explore housing options
- Apply to the local public housing authority Section 8 waiting list
- Help your child establish credit

SOCIAL AND RELATIONSHIPS

- Help your child learn about appropriate social skills
- Teach your child about sexuality, relationships, and other teen issues
- Develop the recreational and leisure activities that your child enjoys

FUNDING FOR SERVICES AND LEGAL ISSUES

- Review the "Financial Things Every Parent of a Child with Autism Needs to Know"
- Sign up for the Autism Waiver
- Understand what it means to move from Entitlement to Eligibility
- Determine if your child is eligible for Social Security Benefits
- Apply to the Developmental Disabilities Administration (DDA)
- Learn about life planning tools and options
- Explore the legal implications of reaching age 18
- Develop a system to organize financial and legal records

SUPPORT: SUPPORT GROUPS AND RESPITE

- Network with others at a support group
- Identify your support system
- Involve your other children
- Investigate respite care options

TRANSPORTATION

- Explore options including public transportation, Mobility, and driver's license
- Help your child obtain a Maryland State ID card issued by the Motor Vehicle Administration

ADVOCACY AND SELF-ADVOCACY

- Learn about becoming an advocate at the local and national level. Consider joining local and national autism groups and listservs.
- Get involved with your local Special Education Citizen's Advisory Committee (SECAC) or the Maryland Special Education State Advisory Committee (SESAC)
- Help your child learn self-advocacy skills

For the supporting information and details, visit www.pathfindersforautism.org/autism-by-age