

Becoming More Independent

- Learn as much as you can about your health care needs. Ask your parent(s) about areas where you have questions.
 - Ask your medical provider to help you write an up-to-date record of your medical history. Include conditions, operations, medications and treatments (with dates, doctors and recommendations).
 - Learn to make and keep your medical appointments, refill prescriptions and order supplies.
 - With your parent(s), begin to look for adult health care providers.
 - If you have an Individualized Education Plan (IEP) or 504 Plan at school, we encourage you to attend the meetings and express your goals. Keep a copy of the plan that is developed and make sure that it is being followed.
 - Explore volunteer and work activities. Begin to think about possible career interests.
- Identify and attend support groups if you are interested.
 - If you plan to enroll in a technical school or college, think about resources you will need such as transportation, accommodations and financial aid.
 - Find and participate in social, recreation and leisure activities.
 - Discuss with your parents your daily living situation and the possibility of living independently, if this is in your future.
 - Continue to gain knowledge and ability of self-help skills for independence and additional skills related to your health care needs.
 - At age 18, males must register for the Selective Service.



Resources and Contacts

Children with Special Health Care Needs (CSHCN) Bureau

<http://health.utah.gov/cshcn/Transitions/Index.html>

801-584-8284 Toll Free 800-829-8200

Transition Specialist

Lynn Pease 801-584-8518

Walt Torres (en Español) 801-584-8516

Utah Medical Home Portal (Web)

Information on transition, including sample health care plans, timelines, checklists and resources

<http://www.medicalhomeportal.org>

Adolescent Health Transition Project

A resource for adolescents with special health care needs, chronic illnesses, physical or developmental disabilities

<http://depts.washington.edu/healthtr/>

Information and Referral

Information about resources and community services

<http://www.informationandreferral.org/>

211 801-978-3333

Toll Free 800-472-4716

Access Utah Network

Equipment for sale and Disability Resource Links

<http://accessut.org>

801-533-4636 Toll Free 800-333-8824

Independent Living Centers in Utah

Provides services and activities which enhance independent living skills

<http://www.uilc.org/links.php>

Voice/T.D.D. 801-466-5565

Toll Free 800-355-2195

Supplemental Security Income for Children and Adults

www.ssa.gov

801-524-4115 Toll Free 800-772-1213

T.T.Y. 800-325-0778

Disability Law Center

An agency to advance the equality, opportunities and respect of people with disabilities in Utah

<http://www.disabilitylawcenter.org/>

800-662-9080 T.T.Y. 800-550-4182

Driver's License

A guide for obtaining your license if you have a disability

<http://www.medicalhomeportal.org/link/2471>

Public Transportation

<http://www.rideuta.com/accessibility/UTA/default.aspx>

801-743-3882 T.D.D. 801-287-4657

Toll Free: 888-743-3882

Becoming Leaders for Tomorrow

Transition training, videos, links, and other resources

<http://blt.cpd.usu.edu/>

State Office of Rehabilitation

Assists individuals with disabilities to prepare for and obtain employment and increase independence

www.usor.utah.gov

Voice/T.T.Y. 801-538-7530

Toll Free 800-473-7530

Voter Registration

http://www.presidentialelection.com/register_to_vote/utah.htm

Emergency Preparedness

<http://www.disabilitypreparedness.gov/ppp/index.htm>

Workability - Utah Work Incentive

Helps with benefits planning and employment personal assistance services

<http://www.workabilityutah.org/>

801-887-9529 Toll Free 877-246-9675

Selective Service Registration

Registration for the Military Draft

<http://www.sss.gov/FSwho.htm>

847-688-6888 TTY: 847-688-2567

Transition to Adulthood for Youth and Young Adults with Special Health Care Needs

"Transition is a process, not an event."

--from the National Center for Youth with Disabilities

You have experienced many transitions, large and small, over the years. Transitions involve changes, adding new expectations and responsibilities, finding new resources, and letting go of others.

If you are twelve or older, you will need to start thinking about moving into new programs and working with new agencies and providers.

We hope the information we have provided will help you as you plan for your future.



Our future exists in the hopes of
our children . . .

