

# TRANSITION TIPS

## PART 2

*For a smoother transition to adulthood*



### Start early and make it personal!

1

In NJ, transition planning begins the year the student turns 14 (before July 1):

- Focus on strengths
- Gauge interests
- Start talking about employment goals
- College/trade school discussion
- Community living discussions

2

### Talk about the various NJ systems to students and families

By far, the most confusing and misunderstood part of transition.

- [Division of Vocational Rehabilitative Services \(DVRS\)](#)
- [Division of Developmental Disabilities \(DDD\)](#)
- [NJ Family Care/Medicaid](#)
- Offer [NJ CAN360](#) as a resource to students
- PerformCare [Transition Supports](#)

3

### Build real-world independence and self advocacy skills

Practice daily living skills such as transportation training and in the moment decision making. Encourage meaningful participation in IEP meetings, understanding what it means to be an adult, and taking the lead in their own self advocacy

- [NJ Transit Access Link](#)
- [NJ Self Advocacy Program](#)
- [The Arc of New Jersey's Youth Advisory Board](#)