

TRANSITION TIPS PART 3

*For a smoother transition to
adulthood*



1

Explore post-secondary options

Whether the plan is to go to college, trade school, into the workforce there's lots of exploring to do

- Contact your school of choices disabilities services office
- [Higher Ed Accommodations](#)
- [Accommodations in the workplace](#)
- Stay Connected- look for groups like [NJSAP](#)
- Learn how being an effective self advocate can help as you enter adulthood

Learn about transitions in healthcare

2

Unless guardianship or supported decision making are in place, at age 18 a person has full autonomy of their medical decisions. This can be a confusing topic to navigate.

- Case management services can help- [FCCS](#)
- Make sure health insurance cards are available
- What is [DAC](#)?

Your right to a community life

3

Every adult deserves to have a community and to choose how they participate.

- [Your right to a community life](#)
- [Questions to ask for Supports Programs](#)

