

Kentucky Checklist for a Bright Future: 16-18 Years Old

For parents of students with disabilities



- ☐ Discuss with your child about applying or reapplying for SSI and Medicaid when they turn 18 years-old. Resources: [DB101](#), [SSI 101 Video](#)
- ☐ Help your child learn how to save money for the future without losing benefits. For example, setting up an ABLE account for long-term savings. Assist your child, as needed, in setting up and using their own bank account, including making deposits and using a debit card or checks. Resources: [Life Plan of KY](#), [Stable Kentucky](#)
- ☐ Learn about the services and options that may be available to your child as they move into adulthood and from school to work. Discuss these options with your child and teachers and IEP team. Resources: [Transition Overview](#), [Kentucky Disability Resource Guide](#)

- ☐ Help your child, as needed, to practice self-advocacy skills and take charge of their own future. Examples include taking a lead role in their IEP meetings, planning job goals and creating a resume. Resource: [Vision Statement](#)
- ☐ Work with your school and community to ensure your student's participation with peers without disabilities, to the greatest extent possible. Help them get involved in activities in and outside of school that match their interests and goals. Examples: Yearbook for a student who likes photography or weightlifting for a student interested in fitness. Resource: [Recreation Guide](#)
- ☐ Being able to communicate becomes increasingly important as your child transitions to life after high school. Help your child improve their communication skills and be open to different forms of communication (assistive technology, sign language).
- ☐ Encourage your child to take part in activities (clubs, sports, hobbies, faith groups) that interest them and help develop talents and skills. Help them learn ways to get around in the community. Resources: [Transportation Initiative](#), [Recreation Guide](#)
- ☐ Encourage your child to make a list of and apply for jobs that interest them. Volunteering is also a way to get a foot in the door, get experience, and build a resume. Building job skills and getting a job while in high school is the best way to get a job as an adult! Think about people in your life who might consider having a student worker. Some schools offer Pre-employment Transition Services (Pre-ETS) and other services, like the Community Work Transition Program (CWTP), to help your child explore and experience job options. Resources: [Charting the Lifecourse](#), [CWTP](#)
- ☐ Find a mentor who can advise your child about their goals after high school, including employment, college or training programs that might interest them. Resources: Local advocacy groups, [Centers for Independent Living](#), [KY Spin Think College](#)
- ☐ Meet with a rehabilitation counselor at the Office of Vocational Rehabilitation and your child to plan their next steps to get or keep a job. Resource: [Kentucky Vocational Rehabilitation](#)
- ☐ Learn about supported decision making and guardianship. Resource: [My Choice Kentucky](#)
- ☐ Talk to your child about registering to vote at 18. Resource: [Voter Registration](#)



Resources for a Bright Future: 16-18 Years Old

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- Kentucky Disability Benefits 101: ky.db101.org
- SSI 101 Video: kentuckyworks.org/2019/05/21/ssi-101-video
- Life Plan of KY: lifeplanofky.org
- STABLE Accounts in Kentucky: stablekentucky.com
- Kentucky Disability Resource Guide: resources.hdiuk.org
- Vision Statement: kentuckyworks.org/2018/08/07/brighter-futures-vision-statement/
- Transition Overview: kentuckyworks.org/2019/07/25/transition-overview-document
- Community Work Transition Program: hdi.uky.edu/cwtp
- Charting the Lifecourse: lifecoursetools.com
- Recreation Guide: recreation.wellness4ky.org
- HDI Transportation Initiative: transportation.hdiuky.org
- Kentucky Office of Vocational Rehabilitation: kcc.ky.gov/Vocational-Rehabilitation
- ThinkCollege: thinkcollege.net
- Centers for Independent Living: silc.ky.gov/Pages/Centers-for-Independent-Living.aspx
- KY SPIN: kyspin.com
- My Choice Kentucky: mychoiceky.org
- Kentucky Voter Registration: vrsws.sos.ky.gov/ovrweb
- Kentucky Protection and Advocacy: kypa.net
- Best Practices in Self-Advocacy Skill Building: parentcenterhub.org/priority-selfadvocacy/
- HDI Self Directed IEP video: www.youtube.com/watch?v=iv7IS6NLcng
- KentuckyWorks Transition, Benefits, and Transportation Modules: <https://www.kentuckyworks.org/modules/>