

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

For students with disabilities

- ☐ Learn how to use your own bank account, including making deposits and using a debit card or checks.
- ☐ Learn about benefits. Consider applying or reapplying for SSI and Medicaid when you turn 18. Resources: [DB101](#), [SSI 101 Video](#)
- ☐ Ask your parents about an ABLE account for long-term savings. You can save money you earn from work in this account without losing benefits. Resource: [Stable Kentucky](#)

- ☐ Take charge of your own future by planning your job goals. Ask for help when you need it. Take a lead role in your IEP meeting. Create your resume and vision statement.  
Resource: [Vision Statement](#)
- ☐ Build job skills while you are in high school. Ask for training on interviewing skills (what to say, questions to ask, what to wear). Some schools offer these and other Pre-employment Transition Services (Pre-ETS).  
Resource: [Transition Overview](#)
- ☐ Make a list of jobs that interest you. Consider applying or volunteering for the jobs. Getting a job in high school is the best way to get a job as an adult.  
Resource: [Charting the Lifecourse](#)
- ☐ Take part in activities that help you develop your talents and make friends, such as Scouts, in school or after school groups, clubs, religious or spiritual organizations.
- ☐ Learn about the ways to get around in your own community and practice needed skills. Ask for help when you need it. Resource: [HDI Transportation Initiative](#)
- ☐ Meet with Vocational Rehabilitation to plan your next steps to get or keep a job.  
Resource: [Kentucky Vocational Rehabilitation](#)
- ☐ Find out about college or training programs that might interest you. Resource: [ThinkCollege](#)
- ☐ Ask someone you trust for advice about your goals and what you want to do in the future. Look for people who also have disabilities and have gone through the same things. Resources: Local advocacy groups, [Centers for Independent Living](#), [KY Spin](#)
- ☐ Learn about supported decision making and guardianship.  
Resource: [My Choice Kentucky](#)
- ☐ Register to vote at 18. Resource: [Online Voter Registration](#)



# Resources for a Bright Future: 16-18 Years Old

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