

# Kentucky Checklist for a Bright Future: 11-15 Years Old

For parents of students with disabilities



- ☐ Get advice on whether your child may qualify for available state waivers and services, and find out if there are waiting lists. Resource: [Kentucky Disability Resource Guide](#)
- ☐ Consider setting up an ABLE account for long-term savings. These accounts allow individuals with disabilities to save and invest money without losing eligibility for certain public benefits programs, like Medicaid and SSI. Resource: [Stable Kentucky](#)

- ☐ Help your child work on social skills like introducing themselves and being reliable and punctual. Explore inclusive social activities to create a social network, and talk about appropriate behavior during puberty. Resources: [10 Tips for Raising a Cool Kid](#), [Just Like You](#), [Boys' Guide to Growing Up](#), [Girls' Guide to Growing Up](#)
- ☐ Guide your child in exploring career paths of interest, including job requirements and possible accommodations. Find professionals in the careers your child is interested in to learn more about those jobs. Resource: [Charting the Lifecourse](#)
- ☐ Help your child begin setting career goals. Talk about the steps required to reach their goals and how to refine those goals as needed.
- ☐ Discuss with your child how different activities may help them identify and refine their career goals. For example, volunteering at the Humane Society can help you prepare for a job with animals. Resource: [Kentucky Recreation Guide](#)
- ☐ Explore extracurricular activities and electives at your child's school. These activities can help your student make friends, get peer support, and discover interests and skills.
- ☐ Check with your child's school to see if they may be eligible for Pre-Employment Transition Services (Pre-ETS). These services help students begin to identify career interests and job exploration. Resources: [Community Work Transition Program](#), [Build Inclusion](#)
- ☐ Remember, your child can work while still in high school and during the summer. Your child may be able to receive help from the state vocational rehabilitation office. Paid work while in high school is one of the best predictors for adult employment.
- ☐ Consider assigning your child chores for an allowance. You can use the allowance to teach them how to save money and spend on a budget. Resources: [Money as You Grow](#), [Age Appropriate Chores](#)
- ☐ Support your child to lead conversations about their own career goals. Meetings to develop Individualized Education Programs, for example, are a great place to practice this person-centered-planning process. Resource: [Vision Statement](#)
- ☐ Help your child learn how to responsibly use technology, such as texting and social media (if appropriate), to communicate with other people. Learn how to use parent controls to help keep them safe and take steps toward independence. Resource: [Yo! Safety Tips](#)
- ☐ Learn about Supported-Decision Making. Resource: [MyChoiceKentucky](#)

# Resources for a Bright Future: 11-15 Years Old

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disabilities

- Kentucky Disability Resource Guide: [resources.hdiuky.org/](https://resources.hdiuky.org/)
- STABLE Kentucky: [stablekentucky.com](https://stablekentucky.com)
- The Boys' Guide to Growing Up: Choices & Changes during Puberty: <https://www.woodbinehouse.com/product/boys-guide-growing-up-puberty/>
- The Girls' Guide to Growing Up: Choices & Changes in the Tween Years: <https://www.woodbinehouse.com/product/the-girls-guide-to-growing-up-choices-changes-puberty/>
- 10 Tips for Raising a Cool Kid with Down syndrome: <https://amyjuliabecker.com/tipsforraisingacoolkid/>
- Just Like You videos: [justlikeyoufilms.org](https://justlikeyoufilms.org)
- Charting the Lifecourse: <http://www.lifecoursetools.com>
- Kentucky Recreation Guide: [recreation.wellness4ky.org](https://recreation.wellness4ky.org)
- Community Work Transition Program: <https://hdi.uky.edu/cwtp>
- Build Inclusion: <https://buildinclusion.org>
- Age Appropriate Chores: <https://www.focusonthefamily.com/uncategorized/age-appropriate-chores-for-kids/>
- Money as You Grow: Help for parents and caregivers: <https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/>
- Bright Futures Vision Statement [kentuckyworks.org/2018/08/07/brighter-futures-vision-statement/](https://kentuckyworks.org/2018/08/07/brighter-futures-vision-statement/)
- Yo! Safety Tips: <http://www.yodisabledproud.org/resources/safety-online.php>
- My Choice Kentucky: <https://www.mychoiceky.org>