

# Kentucky Checklist for a Bright Future: 18+ Years Old

For assistants of young adults with disabilities



- ☐ Learn how benefits, SSI, and work can fit together and explain those ideas to young adults. Resource: [SSI 101 video](#)
- ☐ Ensure that young adults with disabilities can get needed health care and benefits. They can stay on a parent's employer plan until 26 and/or access Medicaid through SSI at 18.
- ☐ Assist young adults in understanding their finances as much as possible: regular/shared bank account, ABLE account, and power of attorney. Build support to promote independence. Banking and budgeting apps can be helpful tools. Families may also want to look at Special Needs Trusts or ABLE accounts for young adults. Resource: [STABLE Kentucky](#)

- ☐ Help young adults with disabilities make plans for the future based on their wants, opinions, needs, and as much independence as possible  
Resource: [Charting the Lifecourse](#)
- ☐ Be aware of guardianship vs. supported decision-making and what help is needed or not.  
Resources: [My Choice Kentucky](#), [Kentucky Protection and Advocacy](#), [Supported Decision-Making Network](#)
- ☐ Help young adults with disabilities explore post-secondary education options, including, as appropriate, college programs for students with intellectual disabilities.  
Resources: [Comprehensive Transition and Postsecondary Program Brief](#), [ThinkCollege](#)
- ☐ Assist young adults in finding paid employment based on their interests and goals. Look for job placement services and get help providing exposure (like job shadowing) to different types of businesses.  
Resource: [Kentucky Office of Vocational Rehabilitation](#)
- ☐ Help young adults explore transportation options and learn how to use them. Resource: [Kentucky Transportation Initiative](#)
- ☐ Connect young adults to peer mentors to give advice. Resource: [Kentucky Disability Resource Guide](#)
- ☐ Look for different opportunities to promote independence in daily life. Explore independent living options for those interested in living on their own or with supports.  
Resource: [Statewide Independent Living Council](#)
- ☐ Look for ways young adults can build their network and maintain friendships through community involvement after they complete school. Ideas include disability specific organizations, networking events, recreation programs, work friends; and other community resources ranging from church to sports clubs to volunteering.  
Resource: [Kentucky Recreation Guide](#)
- ☐ Assist young adults in learning to manage their own schedules and using time management tools like digital calendars/alarms.
- ☐ Ensure young adults have access to augmentative and alternate communication devices if they need those tools to express their preferences and needs related to employment and life decisions.
- ☐ Talk to young adults about registering to vote at 18.  
Resource: [Voter Registration](#)

# Resources for a Bright Future: 18+ Years Old

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adults with disabilities

***An "assistant" can be anyone supporting a young adult who is transitioning from youth to adult services. The assistant could include parents and family members; trusted friends or advisors; teachers, employment specialists, and other school personnel; VR counselors and supported employment providers; and direct support professionals. This list is meant to give ways in which you can support the student in this process.***

- SSI 101 video: <https://kentuckyworks.org/2019/05/21/ssi-101-video/>
- STABLE Accounts in Kentucky: [stablekentucky.com](https://stablekentucky.com)
- Charting the Lifecourse: <http://www.lifecoursetools.com>
- My Choice Kentucky: <https://www.mychoiceky.org>
- Kentucky Protection and Advocacy: [kypa.net](https://kypa.net)
- Supported Decision-Making Network: <https://supporteddecisions.org>
- Comprehensive Transition and Postsecondary Program Brief: [https://hdi.uky.edu/hdi\\_resources/ctp-program-brief-for-students-and-families-pdf](https://hdi.uky.edu/hdi_resources/ctp-program-brief-for-students-and-families-pdf)
- ThinkCollege: <https://thinkcollege.net>
- Kentucky Office of Vocational Rehabilitation: <https://kcc.ky.gov/Vocational-Rehabilitation/Pages/Kentucky-Office-of-Vocational-Rehabilitation.aspx>
- Kentucky Transportation Initiative: <https://transportation.hdiuky.org>
- Kentucky Disability Resource Guide: [resources.hdiuky.org/](https://resources.hdiuky.org/)
- Statewide Independent Living Council: <https://silc.ky.gov/Pages/default.aspx>
- Kentucky Recreation Guide: [recreation.wellness4ky.org](https://recreation.wellness4ky.org)
- Kentucky Voter Registration: [vrsws.sos.ky.gov/ovrweb](https://vrsws.sos.ky.gov/ovrweb)