

Kentucky Checklist for a Bright Future: 18+ Years Old

For young adults with disabilities

- ☐ Learn how benefits, SSI, and work can fit together. Resource: [SSI 101 video](#)
- ☐ Understand your finances: regular bank account, Special Needs Trust, ABLE account, and financial power of attorney. Resource: [STABLE Kentucky](#)

- ☐ Learn about the resources that can help you find a job and be independent. Resource: [Kentucky Office of Vocational Rehabilitation](#)
- ☐ Identify career and activity options based on your interests and skills. Apply for jobs independently or with help. Resource: [Charting the Lifecourse](#)
- ☐ Make as many of your own decisions as you can and choose your best allies when you need extra help. This may be your parents or others you trust. Don't feel pressured to make decisions. Do what is right for you.
- ☐ Learn about the difference between guardianship vs. Supported Decision-Making. Resources: [My Choice Kentucky](#), [Kentucky Protection and Advocacy](#), [Supported Decision-Making Network](#)
- ☐ Learn about transportation options. You might want to ride a bike, take a bus, learn to drive, or find other ways to get around. Resource: [Kentucky Transportation Initiative](#)
- ☐ Learn skills to stay in touch with friends and look for ways to make new friends as an adult. Some ideas are clubs, recreation programs, charity work, church, classes, and sports. These adult friends can also help you find jobs. Resource: [Kentucky Recreation Guide](#)
- ☐ Find activities to keep developing your talents.
- ☐ Learn to manage your own schedule and find tools to help you. Consider sharing a digital calendar with someone you trust so they can help you know whether you're busy or not.
- ☐ Know the options for school. If you use special education, you can graduate after finishing 12th grade or stay in public school until 21.
- ☐ Learn about going to college or training programs, including taking college classes in high school (dual enrollment). Resources: [Comprehensive Transition and Postsecondary Program Brief](#), [ThinkCollege](#)
- ☐ Find peer mentors with disabilities who you admire and can give you advice: [Kentucky Disability Resource Guide](#)
- ☐ Explore independent living options if you want to live in your own house or apartment. Resource: [Statewide Independent Living Council](#)
- ☐ Register to vote at 18. Resource: [Online Voter Registration](#)



Resources for a Bright Future: 18+ Years Old

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disabilities**

- SSI 101 video: <https://kentuckyworks.org/2019/05/21/ssi-101-video/>
- STABLE Accounts in Kentucky: stablekentucky.com
- Charting the Lifecourse: <http://www.lifecoursetools.com>
- My Choice Kentucky: <https://www.mychoiceky.org>
- Kentucky Protection and Advocacy: kypa.net
- Comprehensive Transition and Postsecondary Program Brief: <https://www.kentuckyworks.org/wp-content/uploads/2020/10/CTP-Program-Brief.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/
- Statewide Independent Living Council: <https://silc.ky.gov/Pages/default.aspx>
- Kentucky Recreation Guide: recreation.wellness4ky.org
- Kentucky Voter Registration: vrsws.sos.ky.gov/ovrweb

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