

NEXT STAGE: Pathway to Transition and Long-Term Services and Supports for Autism Spectrum Disorder (ASD)

Transition services for youth and young adults begin at age 14 and are offered by schools in collaboration with Vocational Rehabilitation Services (VRS), a state employment department. You can work with your Individualized Education Program (IEP) team to develop a person-centered plan to achieve your goals and prepare you for life after high school.

POSTSECONDARY EDUCATION AND PLANNING

Post-secondary training can be a:

- four-year college
- technical school
- other learning opportunity
- community college
- internship

Explore these and other resources with your family, vocational rehabilitation counselor, school guidance counselor and others.

Accommodations are available for college placement tests like the ACCUPLACER and the ACT. Colleges and technical schools can make accommodations and provide supports through [Section 504](#). When touring potential schools, you and your family should connect with the disability services departments to discuss potential accommodations.

Review this [Postsecondary Resource Guide](#), which includes practical learning strategies, information on self-advocacy, paying for college, accommodations and more.

VOCATIONAL SKILLS AND EMPLOYMENT

Minnesota is an [Employment First](#) state: Minnesota is committed to ensuring people with disabilities have opportunities and support to work in competitive, integrated employment.

[Waiver Services](#) may fund employment exploration and development and support services that lead to competitive jobs or non-competitive jobs in supported work sites.

[MN Choices assessment](#) can help you get started.

[Vocational Rehabilitation Services \(VRS\)](#) offer career exploration, vocational counseling, job placement, short-term on-the-job supports, follow-up, and leads to competitive jobs in the community.



COMMUNITY SUPPORTS, SERVICES, AND RECREATION

In Minnesota, you'll find a wide variety of parks, activities, and other options to engage individuals of all abilities. Many communities sponsor their own sensory-friendly events, respite events, walks and other activities. Visit the community center, support groups or advocacy organizations in your area to learn about local events in your own community, or online by visiting the [MN Autism Resource Portal—Recreation, leisure and community participation](#).

[Day training and habilitation services](#) provide supervision, training or assistance for you to develop and maintain life skills and participate in community life. These services are usually funded through a waiver.

[Adult rehabilitative mental health services \(ARMHS\)](#) is a range of services that help you build and maintain your mental wellbeing, as well as social, independent living and community skills. Services are paid for by Medical Assistance (MA) or health plans.

A [MNChoices assessment](#) can help you identify other services and supports.

INDEPENDENT LIVING

[Centers for Independent Living \(CIL\)](#) are community-based nonprofit organizations that are designed to provide peer support, information, referrals, advocacy, and independent living skills training and can help be a bridge to independent living.

[Disability Benefits 101](#) gives you planning tools and information on health coverage, benefits, including Social Security Income (SSI), and employment.

[Housing Benefits 101](#) helps you locate the right housing option for you and puts a plan in place for you to live in the most independent setting of your choice.

Prior to your 18th birthday, you and your IEP team should discuss if [supported decision making \(SDM\)](#), [guardianship](#), conservatorship, or [other alternatives](#) are right for you.

