

# 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.

## How Do You Get Started Planning for Transition?

It's never too early to start preparing for transition. To ensure a successful transition, it is important to learn self-care and problem solving skills, make choices, gain independence and demonstrate cooperation with peers. Explore your unique interests and build on your strengths to identify potential job opportunities for the future.

## INDIVIDUALIZED EDUCATION PROGRAM (IEP) TRANSITION PLANNING

You and your IEP team will prepare a transition plan during high school. The plan is part of your IEP and should include information about everything you need in order to be successful after high school. This plan is especially important because once you graduate, your IEP team will no longer be there to help. Your transition plan will make sure that you learn the skills you need to lead an independent life after high school. For additional information on education, visit [Disability Benefits 101](#) and the [MN Autism Resource Portal—Education](#).

## MNCHOICES ASSESSMENT AND SUPPORT PLAN

[MnCHOICES](#) is a person-centered assessment and planning tool used by counties, tribal nations and managed-care organizations to help people with disabilities make decisions about long-term services and support needs. Anyone can access a Mn choices at any time. Call your local county, tribal nation or managed-care organization to schedule a MnChoices assessment.

For positive support and person centered planning tools, visit the [MN Autism Resource Portal—Transition and employment services](#).

## EMPLOYMENT PLAN

Pre-employment services may be available to you starting at age 14. Pre-employment services may include job exploration, counseling on post-secondary options, workplace readiness and self-advocacy. Contact the VRS counselor assigned to your school to get connected to these services. If you are found eligible for services and are determined to have support needs, you and your counselor will start working together to develop an Employment Plan, which is your road map to your employment goals. Explore the [Employment Resource Guide](#) to learn more.

The Employment Plan will list supports and services that you and your counselor agree will help you toward your goal of competitive integrated employment. Your counselor will be sure you know how to look for a job, write a resume, complete a job application, and be effective during job interviews. If you have waiver services, it is always good to include your case manager and others who support you in planning meetings.

Once you're on the job, your counselor will stay in touch to make sure things are going well. If there are issues, they'll help you find solutions. If there is a need for accommodations, they can help you talk with your employer.

It is important to remember that you can also reapply for services after your file is closed. If something changes on the job, VRS can temporarily reopen your file to help you work things out with the employer.

If you have already graduated from high school, applications start with a visit to your local vocational rehabilitation office. You and the counselor will discuss your support needs and plan for the future. In most cases, you'll be able to schedule an appointment with a counselor at one of the CareerForce Centers located throughout the state. Find a Vocational Rehabilitation Services Office near you.

**651-431-4300 or 866-267-7655**

**Attention.** If you need free help interpreting this document, call the above number.

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Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

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