

# Checklist for Those Seeking Jobs after High School



This checklist is meant to be used with the [Exceptional Lives Massachusetts Transition Guide](#).

Items in red are most important. Families should be sure to do the blue items as well.

<p><b>Who this is for:</b> Students whose goals are to graduate from high school and get a job afterwards.</p> <p><b>What the focus is:</b> Ensuring appropriate services to do well in high school and prepare for employment.</p> <p><b>Key questions to think about:</b> What services do these students need in order to be successful? What accommodations will help them learn in the classroom? What pre-vocational training, work or internship opportunities can they do during high school to help prepare for future employment?</p>		
Age	Actions	Resources
Any age	<ul style="list-style-type: none"> <li><input type="checkbox"/> Apply for MassHealth</li> <li><input type="checkbox"/> Apply for SSI</li> <li><input type="checkbox"/> Apply for DDS services</li> <li><input type="checkbox"/> Get a Massachusetts photo ID if needed (age 14 or older)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Exceptional Lives Health Insurance Guide</a></li> <li><a href="#">Exceptional Lives SSI Guide</a></li> <li><a href="#">Overview of DDS Services</a></li> </ul>
Age 14	<ul style="list-style-type: none"> <li><input type="checkbox"/> Student should attend all IEP meetings, if possible</li> <li><input type="checkbox"/> Begin Transition Planning with IEP team: Discuss goals for after high school and fill out Transition Planning Form (TPF)</li> <li><input type="checkbox"/> Follow up on MassHealth, SSI, and DDS (if applications are not complete)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">A Family Guide to Transition Services in MA</a></li> </ul>
Age 15	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss whether MCAS track or portfolio track is appropriate to meet your child’s future needs</li> <li><input type="checkbox"/> Take MCAS – ask for accommodations if needed</li> <li><input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home</li> <li><input type="checkbox"/> Start looking for work opportunities or internships</li> <li><input type="checkbox"/> Meet with IEP team and update the TPF as needed</li> </ul>	
Age 16	<ul style="list-style-type: none"> <li><input type="checkbox"/> Apply for services from Mass. Rehabilitation Commission (MRC)</li> <li><input type="checkbox"/> Prepare for standardized tests (PSAT, SAT, ACT) – identify accommodations if needed</li> <li><input type="checkbox"/> Submit a 688 referral, if eligible</li> <li><input type="checkbox"/> Continue to look for work/internship opportunities</li> <li><input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home</li> <li><input type="checkbox"/> Meet with IEP team and update the TPF as needed</li> <li><input type="checkbox"/> Prepare for getting a driver’s license, if appropriate</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Mass. Rehab. Commission</a></li> </ul>
Age 17	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prepare for transfer of rights at age 18 (start process for guardianship, health care proxy or other decision-making supports, as appropriate)</li> <li><input type="checkbox"/> Connect with Mass Rehab Commission (MRC) transition programs, if available</li> <li><input type="checkbox"/> Look for vocational rehabilitation programs and start work-readiness training</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Exceptional Lives Guardianship Guide</a></li> <li><a href="#">MRC Transitional Internship Program</a></li> </ul>

<b>Age 17 (con'd)</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home</li> <li><input type="checkbox"/> Explore supported employment or volunteer opportunities in the community as part of your child’s IEP service or with MRC, if appropriate</li> </ul>	
<b>Age 18</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Finalize decision-making supports (i.e., guardianship, health care proxy); if not, your child must sign all documents!</li> <li><input type="checkbox"/> Research available housing options (apply for Section 8 voucher—just in case you need it later)</li> <li><input type="checkbox"/> Reapply for MassHealth, SSI, and DDS (your child must apply as an adult once they turn 18)</li> <li><input type="checkbox"/> Make sure there are special education services and goals focused on social inclusion, self-advocacy, and daily living skills, if appropriate</li> <li><input type="checkbox"/> Work with your IEP team to decide if your child needs another year in high school. They have a right to continue until they are 22.</li> <li><input type="checkbox"/> Encourage your child to participate in community activities of interest to them outside of the home</li> <li><input type="checkbox"/> Register males with selective service (this is required but does NOT mean they will have to serve!)</li> <li><input type="checkbox"/> Register your child to vote, if appropriate</li> </ul>	<p><a href="#">MassHealth</a></p> <p><a href="#">Exceptional Lives Health Insurance Guide</a></p> <p><a href="#">Selective service (military draft)</a></p> <p><a href="#">Voter registration</a></p>
<b>Age 19 and older</b>	<p>If your child stays in high school for another year or two:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Continue vocational rehabilitation programs and work-readiness training</li> <li><input type="checkbox"/> Explore options for vocational support after high school</li> <li><input type="checkbox"/> Explore employment or volunteer opportunities in the community as part of your child’s IEP service or with MRC</li> <li><input type="checkbox"/> Encourage your child to participate in community activities outside of the home</li> </ul>	<p><a href="#">Exceptional Lives Resource Directory</a></p>

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