



Transition Services: Bridging the Gap Between High School and Adulthood

Transition Services are supports that help students with disabilities prepare for life after high school. Services should be about what you want and need to succeed after high school. Examples of these services are:

- ◆ Looking at jobs that match your interests and exploring possibilities;
- ◆ Evaluations to decide what help you may need to get a job or go to college;
- ◆ Opportunities for developing job skills by working;
- ◆ Looking at college programs or career training schools; and
- ◆ Discussing supports you may need for independence in daily living skills (examples include using a telephone, getting a driver's license or taking public transportation, and self-advocacy).



Transition Services need to be written into your **Individualized Education Program (IEP)**. This is called a Transition Plan. A Transition Plan must include your goals and what you need to meet those goals. It must also include the agencies that will provide services for you to meet your goals. When developing a Transition Plan, the IEP Team must think about your education, work, and living needs.

Agencies that may be identified in your Transition Plan to help you after high school include:

- ◆ **Department of Aging and Rehabilitative Services (DARS);**
- ◆ **Department for the Blind and Vision Impaired (DBVI);**
- ◆ **Community Services Board (CSB);** and
- ◆ **Center for Independent Living (CIL).**

Transition Services do not have to be provided on school grounds. For students who are thinking about college, Transition Services might happen at a community college. For others, a job site might work best.

If you disagree with the school about your Transition Services, you may ask for mediation, request due process or file a complaint with the Virginia Department of Education. You can also call dLCV for assistance.