

# **RESOURCE SECTION**

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## **SECTION 1 - TRANSITION TO ADULT HEALTH CARE**

### **1. Best Practice Guidelines**

- A. ***Building a Program for Adolescents and Young Adults with Chronic Illness and Disability***. Edited by Al Hergenroeder, MD and Connie Wiemann, PhD; Springer International Publishing; 2018. (Total of 37 chapters written by more than 75 authors from more than 100 medical centers in North America and Europe. It provides the framework, tools and case-based examples needed to develop and evaluate a health care transition planning program that can be implemented regardless of a patient's disease or disability). Comes in Hardcopy and Online with the book  
links = <https://www.springer.com/us/book/9783319728674> and <https://link.springer.com/book/10.1007%2F978-3-319-72868-1> ,
- B. **Standards for Systems of Care for Children and Youth with Special Health Care Needs 2.0**, <http://bit.ly/2tNH20>
- C. **Got Transition** has developed a practice tip sheet to assist practices who are looking for resources to obtain National Committee on Quality Assurance (NCQA) Patient-Centered Medical Home (PCMH) certification around transition. This tip sheet includes an easy-to-use chart displaying specific NCQA criteria and guidance with links to related Six Core Elements of Transition tools. See <https://www.gottransition.org/resource/?incorporating-hct-into-ncqa-2019>
- D. **Got Transition** tip sheet to help adult providers integrate young adults with autism spectrum disorder into Adult Care <https://www.gottransition.org/resource/?tips-integrating-yas-autism-into-practice>
- E. **Got Transition** tip sheet to help Adult Providers Integrate Young Adults with Intellectual/Developmental Disability into Adult Care <https://www.gottransition.org/resource/?tips-integrating-idd-into-practice>
- F. **Got Transition** toolkit for transition of individuals in foster care to adult care <https://www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf>
- G. **Telehealth Toolkit** for a Joint Visit with Pediatric and Adult Health Care Clinicians and Transferring Young Adults developed by Got Transition <https://gottransition.org/resource/?telehealth-toolkit-joint-visit-pediatric-adult-clinicians>
- H. **Action Brief**, Steinway C, Gable J, Jan S, "Transitioning to Adult Care: Supporting Youth with Special Health Care Needs." This Policy Lab **Evidence to Action** brief summarizes research findings around patient, family, and provider perceptions of the transition process, as well as policy recommendations that various stakeholders can use to address these barriers for youth with special health care needs. <http://bit.ly/2pw8YG1>

I. **The Best Journey to Adult Life for Youth with Disabilities: An Evidence-based Model and Best Practice Guidelines for the Transition to Adulthood for Youth with Disabilities.**

Debra Stewart, Matt Freeman, Mary Law, Helen Healy, Jan Burke-Gaffney, Mary Forhan, Nancy Young, & Susan Guenther, 2009. Published and distributed by CanChild Centre for Childhood Disability Research

<https://canchild.ca/system/tenon/assets/attachments/000/000/688/original/BJAmodelandbestpracticeguidelinespdf2009.pdf>

<https://www.canchild.ca/en/research-in-practice/transitions/best-practice-guidelines>

J. **These are generic guidelines** which can be used and adapted by different communities and services. For more information see:

<https://www.canchild.ca/en/resources/108-transition-to-adulthood-services-and-supports-for-youth-with-disabilities-in-ontario-best-practice-guidelines>

K. **AUCD: A Collaborative Interagency, Interdisciplinary Approach to Transition from Adolescence to Adulthood**

[https://www.aucd.org/docs/publications/transition2013\\_full\\_sm2.pdf](https://www.aucd.org/docs/publications/transition2013_full_sm2.pdf)

2. **Recommendations for Adult Health Care Providers, Families, Transitioning Youth:** <http://www.gottransition.org/>

Be sure and look at the top of the home page and explore the following headings: Six Core Elements of Health Care Transition, Youth and Young Adults, Parents and Caregivers, Resources and Research which includes Policy and Research/Clinician Education and Resources/State Title V/Special Populations/Youth and Families/Non-health Transitions

3. **Transition to Adulthood Issues for Children Who Have Had Transplantations**

<https://optn.transplant.hrsa.gov/governance/public-comment/pediatric-transition-and-transfer-guidance-document/>

4. **Transition to Adulthood Issues for Individuals with Congenital Heart Problems**

Alison Knauth Meadows, Valerie Bosco, Elizabeth Tong, Susan Fernandes & Arwa Saidi. "Transition and transfer from pediatric to adult care of young adults with complex congenital heart disease," [Current Cardiology Reports](#). 2009, [Volume 11, Number 4](#), 291-297, DOI: 10.1007/s11886-009-0042-8  
<https://link.springer.com/article/10.1007/s11886-009-0042-8>

- 5. A brief video about the transition program at Nationwide Children’s Hospital** (Columbus, Ohio) for youth with congenital heart disease can be found at

[http://www.youtube.com/watch?v=T-j9Bd\\_dAfE](http://www.youtube.com/watch?v=T-j9Bd_dAfE)

- 6. Transition to Adulthood Issues for Individuals with Diabetes**

<https://care.diabetesjournals.org/content/34/11/2477>

- 7. Transition to Adulthood Issues for Individuals with Arthritis**

<https://onlinelibrary.wiley.com/doi/pdf/10.1002/art.24088>

- 8. Transition to Adulthood Issues for Individuals with Developmental and Behavioral Disorders**

Palfrey JS, Foley SM, Sharma N, “Developmental and Behavioral Disorders Grown Up, “Journal of Developmental & Behavioral Pediatrics. December 2008, Vol. 29, No. 6, pp 524-33.

[https://journals.lww.com/jrnldb/Citation/2008/12000/Developmental\\_and\\_Behavioral\\_Disorders\\_Grown\\_Up.19.aspx](https://journals.lww.com/jrnldb/Citation/2008/12000/Developmental_and_Behavioral_Disorders_Grown_Up.19.aspx)

#### **ADHD**

<https://pubmed.ncbi.nlm.nih.gov/19218850/>

#### **Intellectual Disability**

[https://journals.lww.com/jrnldb/Citation/2010/01000/Developmental\\_and\\_Behavioral\\_Disorders.11.aspx](https://journals.lww.com/jrnldb/Citation/2010/01000/Developmental_and_Behavioral_Disorders.11.aspx)

- 9. Transition to Adulthood Issues for Individuals with Inflammatory Bowel Disease**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4988221/>

- 10. Transition to Adulthood Issues for Individuals with Cystic Fibrosis**

McLaughlin SE, Diener-West M, Indurkha A, et al. “Improving transition from pediatric to adult cystic fibrosis care: lessons from a national survey of current practices,” Pediatrics. 2008, 121: e1 160-6.

Transition timeline from CF Foundation <https://cystic-fibrosis.com/transition-adult-care/>

## **11. Transition to Adulthood Issues for Individuals with Cerebral Palsy**

Wiegerink DJ, Roebroek ME, Donkervoort M, et al. "Social, intimate and sexual relationships of adolescents with cerebral palsy compared with able-bodied age-mates," J Rehabil Med. 2008;40(2): 112-8.

### **Cerebral Palsy 2020 Transition Guide**

<https://www.cerebralpalsyguide.com/community/transition-into-adulthood/>

## **12. List of adolescent HIV transition resources** on the USAID/AIDStar- One database for Adolescents Living with HIV-last updated March 2019-see list on right side of page

<https://www.thecompassforsbc.org/sbcc-tools/toolkit-transition-care-and-other-services-adolescents-living-hiv>

## **13. 2012-2013 handbook helps youth with disabilities transition to adult life**

<http://vanderbi.lt/grt0o#.UVWLa2fClog.email>

## **14. Helpful articles for professionals caring for young adults with special health care needs** with these being suggested by Dr. Janet E. McDonagh, Clinical Senior Lecturer in Pediatric and Adolescent Rheumatology at Birmingham Children's Hospital, Birmingham, United Kingdom:

A. Lostein DS, Inkelas M, Hays RD, Halfon N, Brook. "Access to care for youth with special health care needs in the transition to adulthood," J Adol Health. 2008; 43:23-29., <https://pubmed.ncbi.nlm.nih.gov/18565434/>

B. Park MJ, Irwin CT. "Youth with special health care needs: facilitating a healthy transition to young adulthood," J Adol Health. 2008; 43:6-7., <https://pubmed.ncbi.nlm.nih.gov/18565431/>

C. Committee on Adolescence. "Achieving Quality Health Services for Adolescents," Pediatrics. 2008; 121:1263-1270. 2013 reaffirmation of 2008 AAP statement can be found at

<https://pediatrics.aappublications.org/content/121/6/1263>

## **15. Article regarding where children with chronic illness go for health care as adults:**

Steinbeck KS, <sup>1</sup> Brodie L, Towns SJ. "Transition in chronic illness: Who is going where?" J of Paediatrics and Child Health. Article first published online: 19 AUG 2008

DOI: 10.1111/j.1440-1754.2008.01321.x.,  
<https://pubmed.ncbi.nlm.nih.gov/18928466/>

#### **16. Identified Needs of Physicians and Patients for Improved Transition to Adult Health Care**

Peter NG, Forke CM, Ginsburg KR, Schwarz DF. "Transition From Pediatric to Adult Care: Internists' Perspectives," Pediatrics. 2009, Vol. 123, pp 417-423.

#### **17.Oct. 2008 Article from National Alliance to Advance Adolescent Health Care:**

"Pediatric Perspectives and Practices on Transitioning Adolescents with Special Needs to Adult Health Care," can be located by going to

[https://publications.aap.org/pediatrics/article/128/1/182/30310/Supporting-the-Health-Care-Transition-From?\\_ga=2.75765520.443759608.1663687443-1938841112.1657908402](https://publications.aap.org/pediatrics/article/128/1/182/30310/Supporting-the-Health-Care-Transition-From?_ga=2.75765520.443759608.1663687443-1938841112.1657908402)

#### **18. Useful resources from the Transition Treatment Team at the Hospital for Sick Children in Toronto, Canada:**

<https://www.sickkids.ca/en/patients-visitors/transition-adult-care/>

#### **19. A good practice guide on effective transition from children's to adult services for young people with complex health need published by the Department of Health and the Department for Schools, Children and Families: in the United Kingdom:**

Transition: moving on well can be downloaded for free at

<https://dera.ioe.ac.uk/8740/>

#### **20. Helpful health-related training materials that can be used with schools, health providers, families, and directly with youth having disabilities to help those youth learn to manage their health care concerns (developed by The Wisconsin Community on Transition Health Practice Group) more effectively:**

Health and the IEP, Transition to Adult Health Care: A Training Guide in Three Parts-2<sup>nd</sup> Edition, The Workbook for Youth, My Health Pocket Guide, The Transition to Adult Health Care Checklist: Preparing for Life as an Adult can all be downloaded for free at

<https://ucedd.waisman.wisc.edu/products/transition-health-care-checklist-preparing-for-life-as-an-adult/>

21. **Helpful articles regarding transition planning through public schools:**

- A. Bargeron, Jodie, et al. "Transition planning for youth with special health care needs (YSHCN) in Illinois schools." *The Journal of School Nursing* 31.4 (2015): 253-260. <https://www.nasn.org/nasnold2022/advocacy/professional-practice-documents/position-statements/ps-transition>
- B. Repetto, Jeanne B., et al. "Investigation of health care components in transition IEPs." *Career Development and Transition for Exceptional Individuals* 39.1 (2016): 4-11. <https://journals.sagepub.com/doi/abs/10.1177/2165143412472228?journalCode=cdeb>

22. Many national, state, local support groups for specific conditions causing chronic illness and disabilities have **guides** for transition to adulthood planning on their websites. Most guides can be found by going to the homepage of the group then clicking "**Transition to Adulthood**" or a similar topic on that homepage or by putting in "Transition to Adulthood" on the search device offered on the group's homepage. Below are examples of such guides from the **Autism Speaks, National Fragile X Foundation, Spina Bifida Association, and Chron's and Colitis Foundation of America, Children's Mental Health/National Alliance for the Mentally Ill (NAMI) websites**. (Many support groups have information regarding health insurance for adults with the specific condition supported by the group.) These guides often have information useful to anyone transitioning to adulthood with a chronic illness, not just those with the specific condition. In addition, see <https://www.texastransitiontoolkit.org/tools/> for specific toolkits geared to specific conditions and specific needs with this also listed under #10 in the Practical Tools/Tips Section

A. **Autism**

<https://www.autismspeaks.org/tool-kit/transition-tool-kit>  
<http://www.autism-society.org/in-the-news/heading-back-to-school-or-off-to-college-tips-resources-for-transitioning-youth/>

B. **Crohn's Disease/Colitis**

<https://www.crohnscolitisfoundation.org/campus-connection>

C. **Mental Illness**

<https://www.cmhnetwork.org/resources/college-to-career-supporting-mental-health/>

D. **Muscular Dystrophy**

<https://www.mda.org/young-adults>

E. **Fragile X**

<http://fragilex.org/>

click “Living with Fragile X” at top of website page, then click “Life Strategies” on the drop-down menu then click “learn more” at bottom of “FXS Resources by Age Group” on the drop down menu, then on the new page click “14-17”, “18-21”, and “22 and older” at the top of the page as each age page includes Transition information/supports

Click “Living with Fragile X” at top of website page, then click “Adults with Fragile X eBook” for free eBook that includes chapters on Transition to Adult Services, Transportation, Housing, Employment/Volunteering/Day Programs, College/Post-secondary Education, Activities of Daily Living/Social Development, and Behavior/Mental Health/Medications

#### **F. Spina Bifida**

<https://www.spinabifidaassociation.org/resource/transition/>

**23. Health Care Transition Training for Health Care Professionals**, a series of 10 online modules that last approximately 15 minutes each, is now available from FloridaHATS. The course is appropriate for any practitioner or support staff involved in the care of adolescents and young adults, and offers free CME/CE for Florida physicians, nurses, and allied professionals. It assists with developmental, legal, financial, and social considerations in planning for transition from a pediatric to adult care model. The modules integrate new evidence-based materials and interactive tools, including ‘Six Core Elements of Health Care Transition 2.0’ from Got Transition/Center for Health Care Transition Improvement, a Transition Toolkit, and our Florida-specific planning algorithm with links to local services and resources. The modules can be accessed at [www.FloridaHATS.org](http://www.FloridaHATS.org) (available to all) then clicking “Education for Health Care Professionals” on left column or [www.ahceducation.com](http://www.ahceducation.com) (CME/CE for Florida practitioners).

#### **24. Illinois Chapter, American Academy of Pediatrics Reopens Web-Based Training and Quality Improvement Project on Transitioning Youth to Adult Health Care**

<https://illinoisAAP.org/transitioning-youth-to-adult-health-care/>

**25. The PATHS Certificate Program** is your path to a successful career as a Direct Support Professional working with people with disabilities. The PATHS Certificate Program is a program offered at the Center on Disability and Development at Texas A&M University that will prepare graduates to be *Direct Support Professionals*. This two-semester certificate program prepares graduates for employment in a career serving people with disabilities.

<http://paths.tamu.edu/>

#### **26. SCHOLARSHIP OPPORTUNITY FOR GRADUATE STUDENTS**

The American Psychological Foundation (APF) is now accepting applications for the Violet and Cyril Frank Scholarship, which supports a graduate level project to reduce the stigma associated with mental illness. For more information go to <http://www.apa.org/apf/funding/franks.aspx>  
DEADLINE FOR APPLICATION: May 15th, 2023

## **27. TRANSITION ACROSS CULTURAL BARRIERS**

<https://pubmed.ncbi.nlm.nih.gov/30844083/>

### **SECTION 2 - PRACTICAL TOOLS/TIPS**

#### **1. Making the Move to Managing Your Own Personal Assistance Services (PAS): A Toolkit for Youth Transitioning to Adulthood**

<https://www.parentcenterhub.org/managing-your-own-pas/>

Accessing and maintaining long-term supports such as PAS has often been a significant barrier to employment youth and adults with disabilities. This new toolkit assists youth in strengthening some of the most fundamental skills essential for successfully managing their own PAS: effective communication, time-management, working with others, and establishing professional relationships. Such skills are key to not only enhancing independence, but also thriving in the workplace and growing professionally.

#### **2. Transition Tools-go to link and see toolbox, then click topics for all kinds of tools**

<http://www.floridahats.org/>

#### **3. Transition Tools**

<http://www.waisman.wisc.edu/cedd/products.php>

#### **4. HRTW/Healthy and Ready to Work National Resource Center**

<http://www.nasuad.org/hcbs/article/healthy-ready-work-hrtw-national-resource-center>

#### **5. My Health Passport Tool**

<http://www.sickkids.on.ca/myhealthpassport/>

#### **6. FROM NCSET E-NEWS**

Youth Transition Toolkit Available Online from Talent Knows No Limits (2011)  
(Toolkit)

The “Youth Transition Toolkit: A Guide for Young People with Disabilities Transitioning to Adulthood” is available. It is a public information campaign of the California Health Incentives Improvement Project (CHIIP). Developed in partnership with young people, the toolkit is a guide on preparing for transition to adulthood and making choices about their

own health care, education, employment, finances, independent living, and social and recreational activities. While some of the services and resources provided are California state-specific, much of the guidance applies to youth in any state.

<http://tknlyouth.sdsu.edu/>

#### 7. National Technical Assistance Center on Transition's (NTACT) Competitive Integrated Employment (CIE) Toolkit (2017).

[https://transitionta.org/wp-content/uploads/docs/toolkit\\_CIE.pdf](https://transitionta.org/wp-content/uploads/docs/toolkit_CIE.pdf)

8. **The Research and Training Center on Community Living (RTC)** at the University of Minnesota and the Arc have created a self-advocacy website called **Self-Advocacy Online** for people with intellectual and developmental disabilities. The site contains personal stories, a listing of self-advocacy groups by state, self-advocacy in different areas of life, and links to other online resources.

<http://www.selfadvocacyonline.org/>

9. Transition page developed by the CSHCN Services Program in partnership with members of the **Texas Title V Transition Workgroup now called The Transition to Adulthood Learning Collaborative**. The page includes two transition toolkits plus Texas organizations and state/national websites helping transitioning adults with regards to the following need areas: academic, health care/Medicaid waivers/SSI/finding adult providers/medical home, mental health, employment/vocational, health/safety including sexuality/abuse prevention, housing, transportation, legal/financial, social/recreational, disability-specific resources, advocacy/policy, caregiver support, making portable medical summaries/transition assessments, other/unclassified, general resources. It also includes helpful websites in English/Spanish for Transitioning Youth and Caregivers/Providers as well as websites for inclusion/community integration and finding helpful articles on transition subjects. The toolkit provides transition planning worksheets.

<https://dshs.texas.gov/mch/CSHCN/transition.aspx?terms=CSHCN%20Transition>

Of note, besides the various choices to click on the above website, also go to

<https://www.texastransitiontoolkit.org/>

for information gathered as part of ©2019 Texas A&M University School of Public Health • This project was funded by the Texas Department of State Health Services. Especially click at the top of that page for Articles, Transition Tools, and Developing a Transition Program. Especially click Transition Tools or go to

<https://www.texastransitiontoolkit.org/tools/> for specific toolkits geared to specific conditions and specific needs

#### 10. **Health Care for Adults with Intellectual and Developmental Disabilities: Toolkits for Primary Care Providers and Families:** <https://iddtoolkit.vkcsites.org/about-the-toolkit/>

11. **Autism Speaks Transition Toolkit** - A toolkit to assist families of youth with autism as they prepare for the move to adulthood. Topics include self-advocacy, transition plans,

community living, employment, education, housing, legal issues, health, and technology. The site also offers state-specific transition timelines. <https://www.autismspeaks.org/tool-kit/transition-tool-kit>

12. **8 Common Principles to Assist with Transitions of Care**, <http://bit.ly/2vrk4QJ>. An interactive tool developed by the Child Neurology Foundation to help youth, families, and providers with medical transition. Focuses on neurologic conditions but has wider applicability.

13. Barbara Wirth, MD, MS, and Alex Kuznetsov, RD, National Center for Medical Home Implementation, “**A Shared Plan of Care: A Tool to Support CSHCN and their families,**” <https://downloads.aap.org/AAP/PDF/Medical%20Home/Shared%20Plan%20of%20Care2.pdf>

14. **National Center for Medical Home Implementation - Tools and Resources to Assist with Transition from Pediatric to Adult Health Care**, updated in Jan 2020. <https://www.pcpcc.org/resource/supporting-health-care-transition-adolescence-adulthood-medical-home>

15. **Texas Parent to Parent, Medical Home Toolkit**, <http://bit.ly/2u9NeWF>

16. Tool developed by **American Academy of Family Physicians ,American Academy of Pediatrics ,American College of Physicians ,American Osteopathic Association ,Got Transition/Center for Health Care Transition ,Health Care Transitions Research Network, Medicine-Pediatrics Program Directors Association ,Society for Adolescent Health and Medicine ,Society of General Internal Medicine** assessing ability of individual with intellectual disability in determining transition to adulthood needs: [https://www.acponline.org/system/files/documents/clinical\\_information/high\\_value\\_care/clinician\\_resources/pediatric\\_adult\\_care\\_transitions/gim\\_dd/idd\\_transitions\\_tools.pdf](https://www.acponline.org/system/files/documents/clinical_information/high_value_care/clinician_resources/pediatric_adult_care_transitions/gim_dd/idd_transitions_tools.pdf)

17. **Incorporating Health Care Transition Services into Preventive Care for Adolescents and Young Adults: A Toolkit for Clinicians the National Alliance to Advance Adolescent Health/Got Transition** with the University of California, San Francisco’s Adolescent and Young Adult Health National Resource Center created a new free online toolkit titled Incorporating Health Care Transition Services into Preventive Care for Adolescents and Young Adults. The toolkit is available in both **English** and **Spanish**. Advising Got Transition and the Adolescent and Young Adult Health National Resource Center was a national advisory group of pediatric, adolescent medicine, reproductive health, and internal medicine experts, public health officials, and young adult advocates. This toolkit provides suggested content for providers to introduce health care transition during preventive visits with early adolescents (ages 11-14), middle adolescents (ages 15-17), late adolescents (ages 18-21), and young adults (ages 22-25), consistent with the American Academy of Pediatrics’ Bright Futures’ age groupings and format. The toolkit includes transition questions and anticipatory guidance for each age group including a motivational interviewing approach to engage youth with and without special health care needs. This toolkit aligns with the clinical report on transition jointly published by the

American Academy of Pediatrics, the American Academy of Family Physicians, and the American College of Physicians. For more information about health care transition and this toolkit, please visit Got Transition at <https://www.gottransition.org/> or contact Annie Schmidt at [ASchmidt@TheNationalAlliance.org](mailto:ASchmidt@TheNationalAlliance.org)

<https://www.gottransition.org/resource/?clinician-toolkit-preventive-care>

**18. Condition specific tools from The American College of Physicians**

<https://www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative/condition-specific-tools>

**19. Navigate Life Texas** - Go to link and click “Transition to Adulthood” at top of page

<https://www.navigatelifetexas.org/en/transition-to-adulthood>

**20. Tools for Assessing Readiness for Transition** can be found at

<http://www.sped.sbcsc.k12.in.us/ppm/transitionplanning/transitionassessments.html>

### **SECTION 3 - PREPARING FOR ADULTHOOD**

1. **Holland Bloorview Kids’ Rehabilitation Hospital’s Timetable and Checklist** to help families identify what areas their child needs to work on to prepare for adult transition

<https://hollandbloorview.ca/services/programs-services/timetable-growing>

once at home page, put Adult Transition into search at top of page

2. **Village Learning & Achievement Center’s Transition Program**, offered in partnership with Humble, TX Independent School District to help high school students prepare for transition into life after high school

<https://villagelac.org/programs/>

3. **Preparing High School Students for Successful Transition to Postsecondary Education and Employment** by M. Bangser issued by The National High School Center

<http://www.mdrc.org/publication/preparing-high-school-students-successful-transitions-postsecondary-education-and/>

4. **Autism Speaks Transition Resources**-go to link, scroll down to state, life stage, level of support and choose each then go to different topics scrolling down to bottom of page

[http://www.autismspeaks.org/docs/sciencedocs/atn/Transition from Pediatric to Adult Services.pdf](http://www.autismspeaks.org/docs/sciencedocs/atn/Transition_from_Pediatric_to_Adult_Services.pdf)

5. **Summary of Society for Adolescent Health and Medicine list serve on Transitioning** as of June 2011 submitted by Kerri Meyer, MD (2011-2013 President of Midwest Region SAHM Chapter)

**Key Points made to the listserv:**

- Need to broaden our focus from the individual to also consider the role of the new service provider in contributing to the successful transition from adolescent to adult services.
- Possibility of partnering with Family Practice on transitioning.
- Encourage partnership with state department of education and school nurses.
- Potential for conferences on the topic
- Increasing work in the area with many places creating toolkits, websites, electives, and trainings for residents and providers.

**Article:**

Berg-Kelly, Kristina. "Bridge over troubled water - a different view" (2010) Acta Paediatrica 99:1782-84s <https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1651-2227.2010.02063.x>

**Resources:**

National Health Care Transition Center: [www.gottransition.org](http://www.gottransition.org)

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Florida state organization for transition: [www.floridahats.org](http://www.floridahats.org)

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The Kennedy Krieger Institute and the Maryland State Department of Health and Mental Hygiene maintain an Adolescent Transition Resources website for adolescents with special health care needs that may provide some useful tools specifically for health care providers. Website is <https://www.kennedykrieger.org/community/initiatives/resource-finder/lifespan-resources/adolescent-transition> and click "Lifespan Resources" on right of page then click "adolescent transition" on new page. They also have an Adolescent Transition Lecture series that can often be accessed through the website's calendar. To find out more information, you can contact the Resource Finder: 1-800-390-3372 or <http://resourcefinder.kennedykrieger.org/>

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North Carolina's materials from the CHAT (Carolina Health and Transition) project: [https://www.uab.edu/civitanisparks/images/Youth\\_Guide\\_Part\\_1.pdf](https://www.uab.edu/civitanisparks/images/Youth_Guide_Part_1.pdf) If you revise any of the materials, we ask that you include a statement to the effect "adapted from (whatever document) Carolina Health and Transition (CHAT) project materials".

FYI, we also expect to have a 3-module web-based training on transition of youth with special needs that will carry nursing and CME credit. Please let me know if you wish me to re-contact, you when the web courses are available online. Submitted by Irene Jurczyk, Director Interdisciplinary Education, Mountain Area Health Education Ctr. in Asheville, NC. 828-257-4400 phone.

Kitty O'Hare, MD of Brigham and Women's Hospital and Boston Children's Hospital: see <https://www.youtube.com/watch?v=i6E6--Z9YjU> regarding transition

**Healthcare Transition Research Consortium-** [https://www.researchgate.net/profile/Jason-F-Woodward/publication/324039202\\_The\\_health\\_care\\_transition\\_research\\_consortium\\_health\\_care\\_transition\\_model\\_A\\_framework\\_for\\_research\\_and\\_practice/links/587f898308ae9275d4ee34ac/The-health-care-transition-research-consortium-health-care-transition-model-A-framework-for-research-and-practice.pdf](https://www.researchgate.net/profile/Jason-F-Woodward/publication/324039202_The_health_care_transition_research_consortium_health_care_transition_model_A_framework_for_research_and_practice/links/587f898308ae9275d4ee34ac/The-health-care-transition-research-consortium-health-care-transition-model-A-framework-for-research-and-practice.pdf)

**6. University of Houston College of Education-Parent Education Project-Families CAN Transition Workshop**

University of Houston-College of Education-Parent Education Project-Families CAN offers Virtual Transition Workshops on the 3<sup>rd</sup> Thursday of every month from 3:00 pm to 4:30 pm. The workshops focus on children and young adults with disabilities transitioning into adulthood (14 years and up). Speakers are brought in from community agencies to educate and give parent tools on accessing adult services for their young adults.

These workshops use the platform on Zoom. For more information or to be added to the Transition Workshop email listserv please call 713-743-5491 or email [satownse@central.uh.edu](mailto:satownse@central.uh.edu). The Families CAN website lists many resources which can be accessed by clicking "Resources for Families & Children" on the left side of the homepage at <https://www.uh.edu/education/pep/families-can/>

7. Go to the following website's homepage and put "**Adult Transition**" to pull up helpful information regarding medical homes for transitioning to adulthood <https://www.aap.org/en/search/?k=Adult%20transition>

8. **Transitions for Adolescents & Young Adults with ASD:** 4-part webinar series/part 3=Social Relationships on 10/31/13 and part 4=Higher Education & Jobs on 11/12/13 <https://www.autism.org/webinars/> (These are archived and can be requested.)

9. **Social Motion** - Houston training of individuals with social integration difficulties due to their learning differences to help them prepare for as independent life as possible. [https://socialmotionskills.org/tec\\_lab/](https://socialmotionskills.org/tec_lab/)

**10. Resources for training individuals with intellectual disabilities about sexuality:**

- A. Healthy Bodies Toolkits from Vanderbilt Kennedy Center <https://vkc.vumc.org/healthybodies/>
- B. *Sexuality: Your Sons and Daughters with Intellectual Disabilities* by Karin Melberg Schwier, David Hingsburger, and Dave Hingsburger (2000)
- C. *Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality (Topics in Down Syndrome)* by Terri Couwenhoven (2007)

D. S.T.A.R.S.: A Social Skills Training Guide for Teaching Assertiveness, Relationship Skills, and Sexual Awareness- For those with developmental disabilities like autism and Asperger's Syndrome, relationship boundaries may be blurry--or even invisible. This book is an invaluable tool for helping students understand their relationship to others, and for teaching students how to interact with others appropriately. The "STARS" program helps caregivers and professionals provide students with this knowledge, plus the self-esteem to put it into practice. Promoting sexuality across the life span for individuals with intellectual and developmental disabilities Sarah H. Ailey, RN, PhDa, \*, Beth A. Marks, RN, PhDb, Cheryl Crisp, MSN, RN, CDDN, CRRNc, Joan Earle Hahn, DNSc, RN, CDDN, CSd. doi:10.1016/S0029-6465(02)00056-7

E. Talking to Parents about Adulthood Sexuality

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5517036/>

F. Supporting the sexuality of the intellectually disabled: How institutional change and vocational training can help

<https://www.sciencedirect.com/science/article/pii/S1158136014001194>

G. Disability and Sexuality

[https://www.youtube.com/watch?v=MfYSpuKq\\_-8](https://www.youtube.com/watch?v=MfYSpuKq_-8)

11. **Pacer's National Family Advocacy and Support Training Project's parent training in English and Spanish** on how to prepare children for adulthood including curriculum on "Getting and Keeping the First Job" which includes information for how parents can determine their child's abilities and whether/not they can do a job can be found at

<https://www.pacer.org/transition/resource-library/publications/NPC-41.pdf>

12. **Menstrual Management for Adolescents with Disabilities.** Elisabeth H. Quint, Rebecca F. O'Brien, THE COMMITTEE ON ADOLESCENCE, The North American Society for Pediatric and Adolescent Gynecology. Pediatrics Jun 2016, e20160295; DOI: 10.1542/peds.2016-0295

<http://pediatrics.aappublications.org/content/early/2016/06/16/peds.2016-0295>

13. Jacobson, Rae, "**Managing Medication in College**" Child Mind Institute

<http://bit.ly/2t4xWTq>

14. **Autism Self Advocate Network/ASAN guide on health care transition for self-advocates to follow:**

<http://autisticadvocacy.org/wp-content/uploads/2014/07/ASAN-healthcare-toolkit-final.pdf>

15. **National Alliance on Mental Illness** tools for helping transitioning adults know how to take charge of their mental health: Infographic

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Taking-Charge-of-Your-Mental-Health.pdf>

16. **Instructions to Transitioning Adolescents/Young Adults Regarding Being Self-Advocates** developed by Florida Health Care Transition Services Task Force for Youth and Young Adults with Disabilities/ Las Instrucciones en La Transicion =given at website below:  
<http://www.floridahats.org/for-youth-families/>
17. **A website with activities and tools to help TEENS build the skills needed for independence:** <https://www.smoothmovesyht.org/>
18. **PARENTS AND CAREGIVERS TOGETHER/PACT** at Jewish Family Service of Houston, 4131 S. Braeswood Blvd, Houston, TX sponsors presentations on “**Preparing for Transition from High School to Work**” using information from Texas Work Force Solutions and tips for Transition Aged Youth, “Selecting Residential Communities for Adults with Disabilities”, “Social Security and SSI for Individuals with a Disability”, “Sexuality and Caregiver Concerns” and “Healthy Relationships” to help young adults with disabilities learn to navigate adult relationships (topics included=• Communication, Exploring Personal Values, Safety and Consent, Sexual Health Basics) plus offers a 6-week summer internship for individuals, 15-25 years old, who have a cognitive disability to help them prepare for their transition from school to work ; contact Jamie Weiner at [jweiner@jfshouston.org](mailto:jweiner@jfshouston.org) or 713-667-9336;  
[http://www.jfshouston.org/disability\\_services/](http://www.jfshouston.org/disability_services/)
19. **Children and Youth with Special Health Care Needs (CYSHCN) Internship Opportunity:** The Maternal and Child Health Section is offering an internship as part of the Texas Department of State Health Services Blue Ribbon Internship Program. The purpose of this project is to assist the CHSCN Systems Development Group in its efforts to help CYSHCN and their families be more fully integrated into their communities. During a semester or 12-week period, intern(s) will conduct a literature review, formulate an operational definition of community integration, and develop an action plan with recommendations.  
<https://dshs.texas.gov/academiclinkages/internopp.shtm>
20. **Young Person’s Guide to Health Care Transition (National Collaborative on Workforce and Disability)**  
<https://healthmattersprogram.org/2017/04/03/a-young-persons-guide-to-health-care-transition-ncwdyouth/>

**21. Information from The Courageous Parents Network on preparing for adulthood of individuals with complex medical conditions who are fully dependent on their parents**

<https://courageousparentsnetwork.org/guides/planning-transition-from-pediatric-to-adult-providers-for-the-fully-dependent-child>

**22. Tips for Beginning the Moving Out Process with Your Young Adult**

[https://fragilex.org/blog/moving-out-process/?utm\\_campaign=Education&utm\\_medium=email&\\_hsmi=155549586&\\_hsenc=p2ANqtz--QyE28dm69aRbMB8nAvBYIhJFB8aZmKcFX9luMM8Q55ciA5sa4M-MaH9mOO\\_JTVDDUffMjGCS3q5a7aGuofTEZqdW82UQhbOwiA2U5Tz4WAdR-vn4&utm\\_content=155549586&utm\\_source=hs\\_email](https://fragilex.org/blog/moving-out-process/?utm_campaign=Education&utm_medium=email&_hsmi=155549586&_hsenc=p2ANqtz--QyE28dm69aRbMB8nAvBYIhJFB8aZmKcFX9luMM8Q55ciA5sa4M-MaH9mOO_JTVDDUffMjGCS3q5a7aGuofTEZqdW82UQhbOwiA2U5Tz4WAdR-vn4&utm_content=155549586&utm_source=hs_email)

## **SECTION 4 - POST-SECONDARY: JOB TRAINING/COLLEGE/WORK**

**US Department of Education**

<https://www2.ed.gov/about/offices/list/ocr/transitionguide.html>

**Aggie Achieve**

<https://aggieachieve.tamu.edu/>

**Alvin Community College – STRIVE**

<http://www.alvincollege.edu/CEWD/Vocational-Training>

**Arlington Baptist University - Green Oaks Life Prep**

<https://www.greenoaksinc.org/programs/green-oaks-life-prep.cfm>

**Austin Community College – ACC STEPS -** <http://austincc.wixsite.com/accsteps>

**Dallas College Richland Campus – Richardson ISD Transition Partnership**

<https://www.dcccd.edu/resources/disability-services/pages/default.aspx>

**El Paso Community College – Project HIGHER**

<https://www.epcc.edu/Services/csd/project-higher>

**Houston Community College - Vocational Advancement and Social Skills Training (V.A.S.T.) Program** about which information is given at website below:

<https://www.hccs.edu/continuing-education/departments/hcc-vast-academy/>

**Lee College - Life Skills for Intellectually Disabled Students**

[www.lee.edu/workforce/ce/enrichment-rec-fitness/](http://www.lee.edu/workforce/ce/enrichment-rec-fitness/)

**Lone Star Jr. College's Occupational and Life Skills Associate Program**

<https://www.lonestar.edu/lifepath.htm>

**Lone Star College-Montgomery – LifePATH (A 4-Year Pathway)**

<http://www.lonestar.edu/lifePATH.htm>

**Lone Star College-Tomball – LifePATH Tomball (A 4-Year Pathway)**

<http://www.lonestar.edu/lifePATH.htm>

**Navarro College – The Elevate Program**

<https://www.highered.texas.gov/apps/IDD/>

**Palo Alto College in San Antonio, TX – PROJECT ACCESS**

<http://www.alamo.edu/pac/dss>

**Tarrant County College – First Choice**

[http://www.tccd.edu/academics/cie/preparatory-education/transitional-skills D](http://www.tccd.edu/academics/cie/preparatory-education/transitional-skills-D)

**Texas A&M University – LEAP Summer Program 2251 TAMU,**

<https://cdd.tamu.edu/education/project-leap>

**Texas A&M University – Aggie ACHIEVE - <https://aggielachieve.tamu.edu>**

**Texas A&M University San Antonio –TU CASA - Transition University for Career Advancement and Successful Adulthood <http://paths.tamu.edu>**

**Texas Tech University – Connections for Academic Success and Employment (CASE Program)**

<https://www.depts.ttu.edu/burkhartcenter/case/>

**University of North Texas - UNTWise Applied Learning Lab Transition Services & Summer Camps** <https://wise.unt.edu/>

**University of North Texas – UNT ELEVAR**

<https://elevar.unt.edu>

**University of North Texas – UNT ENGAGE**

<https://neurodiversity.unt.edu/unt-engage>

**University of St. Thomas – Associate of Applied Science in Pragmatic Studies**

[https://www.stthom.edu/Academics/Associate-Degrees/Applied-Science/PragmaticStudies/Index.aqf?Aquifer\\_Source\\_URL=%2FPragmaticStudies&PNF\\_Check=1](https://www.stthom.edu/Academics/Associate-Degrees/Applied-Science/PragmaticStudies/Index.aqf?Aquifer_Source_URL=%2FPragmaticStudies&PNF_Check=1)

**UT Austin – E4 Texas, Texas Center for Disability Studies** -Educate, Empower, Employ, Excel-This program also has training for food handler’s certificates.

<https://disabilitystudies.utexas.edu/e4texas>

**UT Austin – UT Informal Classes**

<https://informal.utexas.edu/adults-intellectual-and-developmental-disabilities>

**West Texas A&M University – Where the Learning Continues (WTLC)**

<http://wtamu.edu/wtlc>

## **MOSAIC**

Mosaic is the innovative 18+ transition program for Humble ISD students who have received special education services and meet specific eligibility requirements in accordance with Texas law (see FAQs) and who are ready to actively transition into young adult life - <https://www.humbleisd.net/mosaic>

## **Carolina Life**

[https://www.sc.edu/study/colleges\\_schools/education/study/carolinallife/apply.php](https://www.sc.edu/study/colleges_schools/education/study/carolinallife/apply.php)

Aug 2020 list of “**autism friendly**” colleges -

<https://www.collegechoice.net/choosing-a-college/best-colleges-for-students-with-autism/>

## SCHOLARSHIP & College Funding Opportunities

1. **Pacer Center's Financial Aid Resources and Scholarship Opportunity List**  
<https://www.pacer.org/transition/learning-center/postsecondary/financial-aid.asp>

2. **JOSHUA O'NEILL & ZESHAN TABANI ENRICHMENT FUND**

This fund offers financial assistance to young adults with Down syndrome who want to enroll in postsecondary programs or take classes that will help them with employment, independent living, and life skills. To date, over thirty students have received grants from the National Down Syndrome Society (NDSS) to help cover the costs of pursuing their postsecondary education and enrichment goals. More information is available at <https://www.ndss.org/engage/ndss-scholarships/oneill-tabani-enrichment-fund/>

APPLICATION DEADLINE: is usually April 30 of each year

3. **SCHOLARSHIPS for INDIVIDUALS WITH AUTISM**

<https://www.top10onlinecolleges.org/scholarships-for/autism-spectrum/>

4. **COLLEGE FUNDING FOR STUDENTS WITH DISABILITIES** From DOIT: This guide to funding a college education includes a list of disability- related scholarships and awards.

<https://www.washington.edu/doit/college-funding-students-disabilities>

5. **ON LINE COMPILATIONS OF SCHOLARSHIPS SPECIFICALLY FOR STUDENTS WITH DISABILITIES**

From Michigan State University

<https://www.collegeconsensus.com/scholarships/learning-disability-scholarships/>

6. **Scholarships and Financial Aid for Students with Disabilities list from Affordable Colleges**

<https://www.affordablecollegesonline.org/college-resource-center/affordable-colleges-for-students-with-disabilities/>

7. **National Scholarship for Students with Disabilities Application Form (Deadline is usually every March 31)**

- a. <https://www.accesslex.org/scholarship/national-scholarship-college-students-disabilities>

8. **The Kristofer Robinson Scholarship** is presented yearly by the Communities Foundation of Texas to students who are Texas residents and are paraplegic or quadriplegic. Assistance is provided for tuition, books, and necessary appliances related to the needs of the student to pursue an education at any accredited school in Texas, whether public or private, including elementary school, junior high school,

technical school, college or university and graduate school. This award is up to \$5,000 per year and is renewable for up to four years. Application to apply is January 15 each year but contact Katie Kuehl at [kkuehl@cftexas.org](mailto:kkuehl@cftexas.org) to confirm and to receive more information. The scholarship application can be found at <https://www.cftexas.org/scholarships/scholarship-opportunities/kristofer-robinson-scholarship-fund>

9. **FUNDING EDUCATION BEYOND HIGH SCHOOL - FEDERAL STUDENT AID AT A GLANCE** - A quick reference guide and Federal Student Aid Summary Chart that describes various federal student aid programs, who may be eligible, and how to apply.

<https://studentaid.gov>

10. **ON THE JOB: STORIES FROM YOUTH WITH DISABILITIES**

- a. <https://dzp4370ojv4q1.cloudfront.net/wp-content/uploads/sites/74/2017/05/OntheJob.pdf>
- b. <https://www.thinkwork.org/project/real-work-stories>

11. **THE INFLUENCE OF FAMILIES ON THE EMPLOYMENT PROCESS** From ICI at the U of MA-Boston, this “Tools for Inclusion” resource seeks to share people’s thoughts and feelings about how their families help them make decisions throughout their lives. Family is important for many reasons: family members can motivate people to work and can help them understand why work is important. Families can also have a big influence on self-determination and empowerment, helping people develop a real understanding of themselves and their place in the workplace. Their involvement is important throughout a person’s life. This resource also includes tips so that families can be more involved in helping people find and keep jobs. Findings and ideas for families are offered for each of the four phases of the employment process, including: The Early Years, Planning for Work, the Job Search, and Making Decisions to Accept a Job. The resource can be found at [http://www.communityinclusion.org/article.php?article\\_id=326](http://www.communityinclusion.org/article.php?article_id=326)

12. **JobTIPS** is a free program designed to help individuals with disabilities explore career interests, seek, and obtain employment, and successfully maintain it. JobTIPS addresses the social and behavioral differences that might make identifying, obtaining, and keeping a job more difficult for someone. Though JobTIPS is designed for direct use by individuals with autism and other disabilities, this program (including all the printables, assessments, and videos) is also suitable for delivery by teachers, family members, clinicians, mentors, and job coaches. JobTIPS can be found at <http://www.do2learn.com/JobTIPS//index.html>

13. **PACER's National Parent Center on Transition and Employment:**  
<http://www.pacer.org/transition/> and video library:  
<http://www.pacer.org/transition/video/topic.asp?se=Health>
14. **National Center on Secondary Education and Transition** website offers a wealth of information related to secondary education and transition for youth with disabilities  
<http://www.ncset.org/>
15. **The Down Syndrome Assn. of Houston** offers an Education for Life Program. Information can be found at <https://dsah.org>
16. **Texas Centers for Independent Living Directory** listing by Texas Department of Assistive and Rehabilitative Services of these centers located across Texas can be found at  
<https://hhs.texas.gov/services/disability/independent-living-services>
17. **The Coalition for Barrier Free Living Inc.**, Offers work incentives planning and assistance programs, information on social security administration rules, computer skills classes, emergency preparedness classes, etc.  
<http://www.coalitionforbarrierfreeliving.com/>
18. **Disability Law handbook** - information regarding downloading for free is at  
<http://adata.org/publication/disability-law-handbook>
19. **National, Texas, Houston information** (including self-advocacy training) from Jobs for Progress can be found at
  - a. <http://www.ser-national.org/>
  - b. <http://www.serhouston.org/>
20. Information regarding the **Social Security Administration Ticket to Work Program:** <https://www.ssa.gov/work/>
21. Information from the **City of Houston Mayor's Office for People with Disabilities** and the **Houston Commission on People with Disabilities** with the implication that most cities have similar offices and websites for which those in other cities should search for similar services:
  - a. <http://www.houstontx.gov/disabilities/>
  - b. <http://www.houstontx.gov/disabilities/commission.html>

22. General information from the **U.S. Department of Labor Office of Disability Employment** along with a tool kit on registered apprenticeship for providers who work with young people, including those with disabilities:
  - a. <https://www.dol.gov/agencies/odep/program-areas/individuals/youth>
  - b. Go to the above link and scroll down to see tool kit, etc.
  
23. **H.E.A.R.T.**, (Housing, Entrepreneurship and Readiness Training) a program established for the purpose of preparing the participants for gainful employment through an innovative client-managed entrepreneurial venture:  
<http://www.heartprogram.org>
  
24. **Baer Reintegration Scholarship**. Scholars are awarded financial assistance in the form of tuition, books, laboratory supplies, and other mandatory fees to help individuals with bipolar, schizophrenia, schizophreniform disorder, or schizoaffective disorder attain a certificate or degree from an accredited institution. For more information and to apply,
  - a. <http://www.reintegration.com/>
  
25. The [American Association on Health and Disability](https://www.aahd.us/) (AAHD) usually offers the **AAHD Frederick J. Krause Scholarship on Health and Disability**. Scholarships under \$1,000 are usually available to support students with disabilities pursuing higher education in a field related to disability and health. The 2021-2022 scholarship was opened on September 1, 2022. The deadline for applications is March 1, 2023. For more information for future awards see <https://aahd.us/initiatives/scholarship-program/>
  
26. **Texas Education Agency's Transition in Texas Website**  
<http://www.transitionintexas.org>
  
27. **University of Montana's Rural Institute for Inclusive Communities Transition & Employment Projects** <http://ruralinstitute.umt.edu/transition/default.asp>
  - a. Information about Project Search, a now worldwide program for making sure individuals with disabilities are trained for employment. which started at Cincinnati Children's Hospital <https://www.projectsearch.us/> and <http://www.cincinnatichildrens.org/service/p/project-search/default/>
  
28. **Jobs for disabled individuals:** <https://www.disabledperson.com/>
  
29. **A Transition Guide to Postsecondary Education and Employment for Students and Youth with Disabilities**, Office of Special Education and Rehabilitative Services, U.S. Department of Education, Revised 2017,  
<http://bit.ly/2uj8iYA>
  
30. **Think College** <http://thinkcollege.net/> The site is made possible through grants The National Institute on Disability and Rehabilitation Research, the Administration

on Developmental Disabilities, the Office of Special Education Programs, and the Office of Postsecondary Education. The site provides information about college possibilities for students with intellectual disabilities. The site offers resources for students, family members, and professionals.

- a. Piense en la Universidad <http://thinkcollege.net/>
- b. El sitio es posible gracias a subvenciones del Departamento de Educación de los EE. UU., la Oficina de Programas de Educación Especial y el Instituto Nacional de Investigación de Discapacidades y Rehabilitación y el Centro Nacional de Estudio del Apoyo Educativo Postsecundario. El sitio ofrece información sobre posibilidades universitarias para estudiantes con discapacidades intelectuales. El sitio ofrece recursos para estudiantes, miembros de familia y profesionales

31. **Going to College** - The site contains information about college life with a disability. It's designed for high school students and provides video clips, activities, and additional resources to offer a head start in planning for college. Through interviews, youth hear firsthand success stories. <http://going-to-college.org/>

32. **Zarrow School of Education**

- a. <http://www.ou.edu/education/centers-and-partnerships/zarrow.html> The Zarrow Center facilitates student-directed educational, employment and adult living outcomes for individuals with disabilities, fosters innovative self-determination-oriented instruction and transition education practices, and prepares educational leaders.

33. **TEXAS WORKFORCE SOLUTIONS** <https://twc.texas.gov/jobseekers/vocational-rehabilitation-youth-students> and <https://twc.texas.gov/jobseekers/vocational-rehabilitation-adults>

34. **PARENTS AND CAREGIVERS TOGETHER/PACT** at Jewish Family Service of Houston, 4131 S. Braeswood Blvd, Houston, TX sponsors presentations on "Preparing for Transition from High School to Work" using information from Texas Work Force Solutions and tips for Transition Aged Youth, "Selecting Residential Communities for Adults with Disabilities", "Social Security and SSI for Individuals with a Disability" plus offers a 6-week summer internship for individuals, 15-25 years old, who have a cognitive disability to help them prepare for their transition from school to work ; contact Jamie Weiner at [jweiner@jfshouston.org](mailto:jweiner@jfshouston.org) or 713-667-9336; [http://www.jfshouston.org/disability\\_services/](http://www.jfshouston.org/disability_services/)

35. **NonPareil Institute**: Offers a program that focuses on growing skills that enable Adults with Autism to work on teams, thrive in a professional environment and create products for market release. We strive to provide the time and space for them to find their passion, grow their potential and discover their purpose. Whether you're looking to obtain work-readiness skills, the confidence to pursue a college degree, or want to explore a career in a digital technology field, nonPareil is a flexible, self-paced training program designed to guide your through finding your personal goals. <https://npusa.org/>

36. **Celebration Company in Houston** offers job training and jobs to individuals with disabilities <http://www.celebrationcompany.org/>
37. The **Greater Houston Disability Chamber of Commerce** is committed to the success of businesses which are owned and operated by individuals with disabilities, as well as businesses that have demonstrated a commitment to hiring, training, and offering supported employment, and competitive wages to individuals with disabilities.
- Ultimately, our goal is to ensure employment opportunities that will result in economic independence for individuals with disabilities; as well as to impact Houston's environment of commerce so that it benefits from the diversity that those with disabilities bring to the workplace.
  - Use the Greater Houston Disability Chamber of Commerce website below to monitor for informational trainings and events sponsored by this group (click events at the top of the home page) and to contact this groups.  
e- <https://www.ghdcc.org/about-us>
38. **Employment Opportunities for Your Young Adult – Fragile X**  
[https://fragilex.org/blog/employment-opportunities-young-adult/?utm\\_campaign=Education&utm\\_medium=email&\\_hsmi=155549586&\\_hsenc=p2ANqtz-8YY8W0BJWoGSADb9CXSehcsOLPB9OsN0Bc3W2g8vREncHfPd4AKHYuQC8KAqHyOkjYCF2pwytgQK5jAblR1mDA3Syb33FlmoBLzp\\_VXWaD5FNtmf0&utm\\_content=155549586&utm\\_source=hs\\_email](https://fragilex.org/blog/employment-opportunities-young-adult/?utm_campaign=Education&utm_medium=email&_hsmi=155549586&_hsenc=p2ANqtz-8YY8W0BJWoGSADb9CXSehcsOLPB9OsN0Bc3W2g8vREncHfPd4AKHYuQC8KAqHyOkjYCF2pwytgQK5jAblR1mDA3Syb33FlmoBLzp_VXWaD5FNtmf0&utm_content=155549586&utm_source=hs_email)
39. **Partners Resource Network** offers webinars which are archived and available long-term. The webinars include topics regarding post-secondary training for individuals with special needs. Use the website below to scroll through the long list of available webinars  
<https://prntexas.org/statewide-webinars/>
40. **Transition and Employability Center** through Social Motion in Houston area  
<https://www.navigatelifetexas.org/en/services-groups-events/services/social-motion-skills-t3-transition-program>
41. **Fact Sheets on Factors for Job Success** and use of Americans with Disability Act for Dyslexia Accommodations, applying for accommodations on college and graduate school entrance exams, and transitioning from high school to college are offered by The International Dyslexia Association  
<https://dyslexiaida.org/fact-sheets/>

## **SECTION 5 - WEBSITES: YOUTH/FAMILIES/PROFESSIONALS**

1. **2-1-1** – the Texas Information and Referral Network - a single point of coordination for statewide health and human services information and referral in Texas. <https://www.211texas.org>
2. **The 411 on Disability Disclosure: A Workbook for Youth with Disabilities** – A resource designed to help young people make informed decisions about whether to disclose their disability and understand how that decision may impact their education, employment, and social lives. The Workbook helps young people think about and practice disclosing their disability.  
  
[https://www.heath.gwu.edu/sites/g/files/zaxdzs2346/f/downloads/the\\_411\\_on\\_disability\\_disclosure\\_for\\_adults.pdf](https://www.heath.gwu.edu/sites/g/files/zaxdzs2346/f/downloads/the_411_on_disability_disclosure_for_adults.pdf)
3. **Adolescent Health Transition Project** - Sponsored by the Children with Special Health Care Needs Program of the Washington State Department of Health, this site is a resource for information, materials, and links to others with an interest in health care transition issues. <http://depts.washington.edu/healthtr/>
4. **Annie E. Casey Foundation** - The site offers pages on foster care/aging out of foster care, youth transition, youth development and others. <http://bit.ly/2uiFAbS>. **The Casey Life Skills** assessment, available in English and Spanish, helps young people prepare for adulthood. Account registration is offered free of charge. <https://www.aecf.org/blog/jim-casey-initiative-builds-on-momentum-in-advancing-its-vision-for-young-people>
5. **Autism Speaks Transition Toolkit** - A toolkit to assist families of youth with autism as they prepare for the move to adulthood. Topics include self-advocacy, transition plans, community living, employment, education, housing, legal issues, health, and technology. The site also offers state-specific transition timelines. <https://www.autismspeaks.org/tool-kit/transition-tool-kit>
6. **Care Notebooks** - A tool to help parents and caregivers organize vital health information. Templates are available at:
  - Medical Home Portal, <http://bit.ly/1m96bAG>
  - Texas Parent to Parent, <http://bit.ly/2ujTA6p>
7. **The Children with Special Health Care Needs Systems Development Group, within Title V Maternal and Child Health at the Department of State Health Services**, works to strengthen community-based services to improve transition outcomes for children and youth with special health care

needs in Texas. The website includes transition resources, downloadable brochures on health care transition, medical home information, community integration and more.

<https://www.dshs.texas.gov/mch/CSHCN/transition.aspx>

8. **Child Welfare Information Gateway** - A service of the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, this site provides a list of resources for transition-age youth in out-of-home placement. <http://bit.ly/2uJPLHc>
9. **Girlshealth.gov** – A website with information for girls aged 10 and older and includes pages devoted to illness and disability and transitioning from adolescence to adulthood for young women with disabilities. <http://bit.ly/2txuh0X>
10. **Going to College** - The site contains information about college life with a disability. It's designed for high school students and provides video clips, activities, and additional resources to offer a head start in planning for college. Through interviews, youth hear firsthand success stories. <http://going-to-college.org/>
11. **Got Transition** - a center for Health Care Transition Improvement which is a cooperative agreement between the Maternal and Child Health Bureau and The National Alliance to Advance Adolescent Health. Website contains extensive resources and information for health care providers, youth/families, researchers including information about recommended conferences and webinars with easy access to each by clicking titles at top and side of home page. **Be sure and look at the top of the home page and explore the following headings: Six Core Elements of Health Care Transition, Youth and Young Adults, Parents and Caregivers, Resources and Research which includes Policy and Research/Clinician Education and Resources/State TitleV/Special Populations/Youth and Families/Non-health Transitions** <http://www.gottransition.org/>
12. **I'm Determined** - This resource focuses on building self-determination and self-advocacy skills in youth, as well as strategies for supporting youth in running their own Individualized Education Programs (IEPs). There are lesson plans, checklists, curricula, and more. <http://bit.ly/2uJFbzS>
13. **Kids As Self Advocates (KASA)** - a national, grassroots project created by youth with disabilities for youth who are leaders in their communities sharing helpful, positive information to increase knowledge on various issues. Members are teens and young adults with disabilities speaking out to help

health care professionals, policymakers and others understand life with a disability. <https://pathct.org/programs-and-services/kasa-kids-as-self-advocates/>

14. **Navigate Life Texas** - a website created *by* parent of children, youth and young adults with disabilities and special health care needs *for* parents. The site offers comprehensive information for youth, families, professionals, advocates, and others including dedicated pages with resources on transition in both Spanish and English. <https://www.navigatelifetexas.org/en>
  
15. **Parent Advocacy Coalition for Educational Rights (PACER) Center's National Center on Transition and Employment** - A website for parents of children and youth with disabilities. Includes information about self-determination and person-centered planning, education transition, employment, and more, <http://www.pacer.org/transition/>. Also includes the video series, "Preparing for Adulthood: Taking Charge of My Own Health Care, <http://bit.ly/2uhM9K2>
  
16. **Texas Education Agency, Transition in Texas**  
<http://www.transitionintexas.org/>
  
17. **Texas Parent to Parent** - The state's Family Voices affiliate, Texas Parent to Parent empowers families to be strong advocates through parent-to-parent support, resource referral, and education. Pathways to Adulthood Transition workshops are offered across the state and address health care transition, funding and services, legal issues, and creative approaches to housing, employment, and personal networks of support.  
<https://www.txp2p.org/>
  
18. **University of Montana's Rural Institute Transition & Employment** - Provides webinars for youth and families related to education, vocational rehabilitation, housing, health care and more transition-related topics.  
<http://ruralinstitute.umt.edu/transition/>
  
19. **Youthhood.org** - Sponsored by the National Center on Secondary Education and Transition (NCSET), housed at the Institute on Community Integration (ICI), University of Minnesota, this youth friendly site is a tool to help young adults with disabilities plan for the future. It provides information on transition topics such as education, jobs, rights, and public policy. Additional online features are available with free registration.  
<http://www.youthhood.org/index.asp>
  
20. **Apps for organizing and managing health information – Bridging Apps**
  - CareSync, <https://bridgingapps.org/>
  - Pill Boxie, <http://bit.ly/2ujpTIV>

- Seizure Log- Trak It, <http://bit.ly/2t4GpWV>

21. **Young Person's Guide to Health Care Transition** (National Collaborative on Workforce and Disability) <https://formedfamiliesforward.org/provider/national-collaborative-on-workforce-and-disability-youth/>

22. **Journey to Adulthood: A Transition Travel Guide** developed by Shriners Hospital for Children, Lexington, KY  
<http://nebula.wsimg.com/52bf8aee5b9d00c416af52a611aa9a56?AccessKeyId=65CDDAA309ED09126F01&disposition=0&alloworigin=1>

23. **Texas Project First Transition Resources:**  
<https://texasprojectfirst.org/transition-resources/>

24. **Planning for a Healthy Transition: A Family Transition Plan by the Washington State Department of Health**  
[https://www.uab.edu/civitanosparks/images/Planning\\_for\\_a\\_Healthy\\_Transition\\_A\\_Family\\_Transition\\_Plan.pdf](https://www.uab.edu/civitanosparks/images/Planning_for_a_Healthy_Transition_A_Family_Transition_Plan.pdf)

25. **HealthVault** by Microsoft for keeping family member's medical records:  
<https://msdn.microsoft.com/en-us/healthvault/cc196394.aspx>

26. **Medical Home Portal Care Notebook Resources**  
<https://www.medicalhomeportal.org/living-with-child/after-a-diagnosis-or-problem-is-identified/caring-for-children-with-special-health-care-needs/managing-and-coordinating-care/care-notebook>

27. Texas information regarding confidential personal health information, **the Health Insurance and Portability Act, and Supportive Decision Making:** <https://www.hhs.texas.gov/laws-regulations/legal-information/hipaa-privacy-laws>  
and <https://tcdd.texas.gov/alternatives-to-guardianship/>

28. State by state information about the **TAX-ADVANTAGE ABLE SAVINGS ACCOUNTS** allowing families to put back money for the futures of their children with disabilities: <http://www.ablenrc.org/>

29. **Family to Family Network** sponsors many Houston events for both English-speaking and Spanish-speaking families regarding transition to adulthood planning for children with disabilities including sessions on learning about SSI Disability Insurance, Guardianship, etc. **click "What We Do" and "Make a Difference" and "getting Started" and "about Us" at the top of page to gain information**  
<https://f2fn.org/>

**30. YouTube Video:** Becoming an Adult: Taking Responsibility for Your Health Care, Nemours,  
<https://www.youtube.com/watch?v=cjXurYrFMZM>

## **SECTION 6 - INSURANCE/HEALTH CARE UPDATES**

**1. U.S. Dept. of Health and Human Services'** online tool providing consumers with information on public and private health coverage options, combining information about programs ranging from Medicare to the Pre-Existing Conditions Insurance Plan with future inclusion of pricing and plan performance information planned:

<http://www.healthcare.gov>

**2. The Texas Consumer Health Assistance Program (CHAP)**, a part of the Texas Department of Insurance and also created by the Affordable Health Care Act provides information about health plans, consumer rights, assistance with appeals and complaint resolution. CHAP provides information on commercial insurance but also has information available about public insurance. CHAP will help persons without a computer enroll in the Pre-Existing Insurance Plan (PCIP) by inputting the information and mailing the application to them to sign and submit. (PCIP provides insurance coverage for persons who have been uninsured for at least 6 months and who have a pre-existing condition. There are premiums, deductible and co-pays/co-insurance associated with PCIP, but this is an option for people who have previously been turned down for insurance or who have a pre-existing condition.) The phone number is toll-free: 1-855:TEX-CHAP (1.855.839.2427). The website is [www.texashealthoptions.com](http://www.texashealthoptions.com) and has fact sheets given in English and Spanish.

3. Information from **Talk About Curing Autism** website about some adults with disabilities being able to stay on parents' insurance PAST the age of 26 years old: <https://tacanow.org/family-resources/dependent-disabled-adults-continuation-of-private-health-care-coverage/>

**4. Florida Health and Transition Services'** guidance and tips for identifying, securing, and maintaining health care coverage that meets the needs of young adults, including those with chronic health conditions or disabilities with planned updates as more information about provisions in the Patient Protection and Affordable Care Act becomes available:  
<http://www.floridahats.org/> when at website, go to Toolbox, then Health Insurance & Financing

## 5. HRSA Updates about the Affordable Care Act

As you know, the [Affordable Care Act](#), the health care law passed in 2010, creates unprecedented opportunities for millions of Americans to access health insurance coverage. A healthier country is one in which more Americans are able to access the care they need to prevent the onset of disease and manage disease when it is present. The Affordable Care Act creates new state-based marketplaces to offer millions of Americans new access to affordable health insurance coverage. In addition, the law helps make prevention affordable and accessible for all Americans by requiring health plans to cover certain recommended preventive services without cost sharing. Outreach efforts are needed to ensure that families and communities understand these new developments and to provide eligible individuals the assistance they need to secure and retain coverage as smoothly as possible during the transition and beyond.

We encourage you to assist your beneficiaries in obtaining information about these changes and enrolling in available sources of insurance through the Health Insurance Marketplace, such as subsidized private insurance, Medicaid, and CHIP. Please share information with your beneficiaries about these options and assist them, to the extent it is an appropriate activity under your grant, in enrolling in available insurance plans so that they will have available to them all possible resources for supporting their health needs. Thanks for helping us spread the word about the Marketplace – we can't do it without you!

**Social Media:** Stay connected through social media and post links to the [healthreform.gov](http://healthreform.gov) website, Facebook, and twitter accounts on your organization's website:

Joining the discussion on [Facebook](#)

- Following Healthcare.gov on [Twitter](#)
  
- **Sign up to get updates:** Encourage your staff and beneficiaries to [sign up https://www.healthcare.gov/subscribe/](https://www.healthcare.gov/subscribe/) for Marketplace email and text message updates geared towards consumers.
  
- **Spread the word:** Help share information with your community and beneficiaries:
  - You can find additional education materials including presentations, factsheets, brochures, and more <http://www.healthcare.gov/news/brochures/index.html>

- **Learn More:** Learn more about the Marketplaces, HHS' outreach efforts, and populations eligible for coverage:
- Check out new information for consumers at <https://www.healthcare.gov/get-coverage/>

6. Resource on extending health insurance over age 26, <https://www.theabdteam.com/blog/post-age-26-coverage-for-disabled-children-2/>

7. Medicaid Managed Care Contract Language to Expand the Availability of Pediatric to Adult Transitional Care written by Margaret McManus/MHS, Annie Schmidt/MPH, and Patience White/MD, MA

<https://static1.squarespace.com/static/5871c0e9db29d687bc4726f2/t/5f5b962e1a34715fbefd747a/1599837743616/Medicaid+Managed+Care+Contract+Language+to+Expand+the+Availability+of+Pediatric-to-Adult+Transitional+Care.pdf>

## **SECTION 7 - RECREATION**

### **1. Power Soccer**

<http://www.powersoccerusa.net/>

<http://www.youtube.com/watch?v=Apx1gnDep48>

### **2. The River Performing and Visual Arts Center**

<http://www.tuts.com/river>

### **3. Morgan's Wonderland**

<http://www.morganswonderland.com/>

### **4. Club 21 and other Adult Social Activities at The Down Syndrome Association of Houston**

<https://dsah.org/programs/>

### **5. Discover Fitness Foundation**

Go to <http://www.discoverfitnessfoundation.org/>

& click "Program Overview" to learn about programs to help individuals, including those with special needs, get in shape by age 18 years old

### **6. Waves of Impact**

Go to <http://www.wavesofimpact.com/>

to learn about what this non-profit does to help individuals with

special needs ride waves at the beach

### 7. **Special Olympics**

Go to <http://www.specialolympics.org/>

to learn about athletic events and free health screens for adult athletes with special needs

### 8. **Special Needs Events @ Rodeo Houston:**

<https://www.rodeohouston.com/Visit-the-Rodeo/Special-Days-Events/Special-Needs-Events>

## **SECTION 8 - INSPIRATIONAL MATERIALS**

1. The film, “**Including Samuel**” can be found at the website below:

<http://www.includingsamuel.com/home.aspx>

2. **CREATIVE CARING: the Vita-Living story** by Renee Wallace

3. Herskowitz, Valerie. *Always Leave Them Laughing*. (2012). Publisher: Smashwords.

Fiction story about family facing transition of child with autism to adulthood

4. Pistorius, Martin. *Ghost Boy*. (2011). Simon & Schuster. - *Ghost Boy is the heart-wrenching story of one boy’s return to life through the power of love and faith. In these pages, readers see a parent’s resilience, the consequences of misdiagnosis, abuse at the hands of cruel caretakers, and the unthinkable duration of Martin’s mental alertness betrayed by his lifeless body.*

[https://soundcloud.com/harperaudio\\_us/ghost-boy-by-martin-pistorius](https://soundcloud.com/harperaudio_us/ghost-boy-by-martin-pistorius)

5. **The Story of Nick Vujicic**, born without arms or legs

<https://www.youtube.com/watch?v=gNnVdlvodTQ>

6. Friendship Circle Houston GALA 2018 Inspirational Video

[https://urldefense.proofpoint.com/v2/url?u=https-3A\\_www.youtube.com\\_watch-3Fv-3DxAwAIGzmjlg-26sns-3Dem&d=DwICAq&c=ZQs-KZ8oxEw0p81sqgiaRA&r=uKTZD7qvK4kj\\_XAUZmwWgn90FkaGVXqB9rp0In0BE1s&m=IsBoYfVAHEwsgSedyqXiH\\_LiYdpmCFkckdKPA2PpKto&s=3jCngGnfGN59sTpeDuWLYwyJQxgzumQcCq4PbHOlqec&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A_www.youtube.com_watch-3Fv-3DxAwAIGzmjlg-26sns-3Dem&d=DwICAq&c=ZQs-KZ8oxEw0p81sqgiaRA&r=uKTZD7qvK4kj_XAUZmwWgn90FkaGVXqB9rp0In0BE1s&m=IsBoYfVAHEwsgSedyqXiH_LiYdpmCFkckdKPA2PpKto&s=3jCngGnfGN59sTpeDuWLYwyJQxgzumQcCq4PbHOlqec&e=)

7. **The Uplifting Guidebook Project** provides steps and stories for adults with Down Syndrome and their caregivers. See <https://www.beyonddownsyndrome.net/>

8. **The Disorder Channel: Stories of Hope in the Face of the Longest Odds**

<https://channelstore.roku.com/details/58305adaac080acdfc952dbeef3c27d8/the-disorder-channel>

## **SECTION 9 - EDUCATIONAL MATERIALS**

1. **End of life issues:** <http://cordcuttersnews.com/netflix-just-released-new-trailer-extremis-short-documentary-looking-end-life/>
2. **Circumventing health care problems without insurance in Texas:** <http://www.newyorker.com/news/news-desk/poor-and-uninsured-in-texas>

## **SECTION 10 - MISCELLANEOUS**

1. **Resource Guide for Parents of Children with Disabilities** Houston and Surrounding Areas by Elaine Hime  
<https://www.projectdocchouston.org/family-resources>
2. **Microboard Collaboration** Information can be found at <https://www.specialneedsalliance.org/blog/microboards-and-guardianship/>
3. **TASH (The Assn. for the Severely Handicapped** which has a conference this year on Self-Determination) information regarding employment, community living, inclusive education, etc. can be found under pull down *advocacy & issues* at top of TASH homepage <http://tash.org/>
4. **University of Houston College of Education-Parent Education Project-Families CAN Transition Workshop**  
University of Houston-College of Education-Parent Education Project-Families CAN offers Virtual Transition Workshops on the 3<sup>rd</sup> Thursday of every month from 3:00 pm to 4:30 pm. The workshops focus on children and young adults with disabilities transitioning into adulthood (14 years and up). Speakers are brought in from

community agencies to educate and give parent tools on accessing adult services for their young adults.

These workshops use the platform on Zoom. For more information or to be added to the Transition Workshop email listserv please call 713-743-5491 or email [satownse@central.uh.edu](mailto:satownse@central.uh.edu). The Families CAN website lists many resources which can be accessed by clicking “Resources for Families & Children” on the left side of the homepage at

<https://www.uh.edu/education/pep/families-can/>

5. **Special Life Network**

Go to <http://speciallife.org/> to learn about this non-profit formed to help individuals with special needs integrate into their faith communities from childhood through geriatric years with special emphasis on training leaders of faith-based groups regarding such integration. (While this organization is in Houston and Christian-led, consultation requests from all faith communities and from all geographical areas are welcomed.)

6. **Light and Salt Association’s Special Needs Caring Center**

<https://www.light-salt-eng.org/>

7. Information given by **Bazelon Center for Mental Health Law**

<http://www.bazelon.org/resource-library/disability-rights-organizations/>

8. **Disability Rights Education & Defense Fund** trainings and information (see homepage and pull downs at top of homepage) <http://www.dredf.org/>

9. **The Texas Medicaid & Healthcare Partnership (TMHP)**, a coalition of contractors headed by ACS, a Xerox company, carries out the Medicaid claims payment and Primary Care Case Management administrator duties for the state of Texas, under contract with the Texas Health and Human Services Commission. TMHP consists of:

- [Affiliated Computer Services](#) (ACS), a Xerox company, is responsible for meeting the contract terms with the state.
- [Accenture](#) provides technology infrastructure, application maintenance, program management, and data center operations.
- [Computer Associates](#) (CA) provides performance engineering and programming expertise.
- [Hewlett Packard](#) (HP) provides hardware and technical expertise.
- [MMC Group](#) provides technical and operations staff.

10. **MAINTAIN (Medicines Assistance for Those who Are in Need)** is designed to help recently unemployed Americans and their families who have lost their insurance and who are taking Pfizer medicines to continue treatment at no cost for up to one year.
11. <https://www.needymeds.org/about>  
(Many pharmaceutical companies have assistance programs and thus, providers and consumers should go to the website of the company making the drug they need to determine where to inquire about assistance for their specific drug.)
12. **Easter Seals** funds programs for adults with disabilities  
[http://www.easterseals.com/site/PageServer?pagename=ntl\\_wfd\\_main](http://www.easterseals.com/site/PageServer?pagename=ntl_wfd_main)  
  
[http://www.easterseals.com/site/PageServer?pagename=ntl\\_adult\\_and\\_senior\\_services](http://www.easterseals.com/site/PageServer?pagename=ntl_adult_and_senior_services)
13. **Transportation for Medicaid Clients in Texas:**  
<https://www.hhs.texas.gov/services/health/medicaid-chip/programs-services/medical-transportation-program>
14. **Houston public transportation** including metro lift information can be found at  
<http://www.ridemetro.org/>
15. For the latest **disability statistics** for researchers and planners, see  
<http://disabilitystatistics.org/>
16. **Care Connection Respite Care Program** issues vouchers that can be used to pay for someone to come into the home; adult daycare services; or certified individuals outside of the home to provide recipient care while the caregiver is away; covers Texas counties of Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Harris, Liberty, Matagorda, Montgomery, Walker, Waller, and Wharton.  
<https://www.careconnection.org/>
17. **Helping individuals with disabilities develop original costumes:**  
<http://cosability.tumblr.com/>
18. **Texas Network Connections (a program of Texas Parent to Parent)** hosts forums for people interested in learning more about networks. A personal network is a circle of volunteers who meet regularly to help the person at the center to live a

good life, now and into the future. More information is available at <https://www.txp2p.org/services/texas-network-connections> and at <https://www.txp2p.org/> and pull down “Services” at top of page then click “Texas Network Connections”

19. **The Center on Disability and Development at Texas A&M University** in collaboration with the Texas Center on Disability Studies at the University of Texas at Austin released the <https://redd.tamu.edu/recovery-toolkit/>
20. The Toolkit addresses long-term recovery needs for individuals with disabilities and/or access and functional needs, post-disaster. <https://redd.tamu.edu/recovery-toolkit/>
21. **Institute on Community Integration** - <https://ici.umn.edu/>
22. **From Stress to Strength Workshop for parents of children and adults with disabilities with the workshop modeled after The Vanderbilt University Positive Adult Development Curriculum.** For more information, contact Susan Fernbach (phone 832-822-4182; [sdfernba@texaschildrens.org](mailto:sdfernba@texaschildrens.org)). <https://www.texaschildrens.org/blog/2015/08/stress-strength-program-parents-children-disabilities>
23. **The Uplifting Guidebook Project** provides steps and stories for adults with Down Syndrome and their caregivers. [See https://www.beyonddownsyndrome.net/](https://www.beyonddownsyndrome.net/)
24. **The Self Determination Group in the Dallas-Fort Worth, TX area** <https://www.facebook.com/TheSelfDeterminationGroup/>
25. Celebrating at home is an educational and recreational endeavor by **The Celebration Company** <http://www.celebrationcompany.org/celebrating-at-home/>
26. **ReelAbilities** is a FREE Houston city-wide film and arts festival dedicated to presenting films, art exhibitions, performances and speakers that celebrate the lives, stories, and talents of people with disabilities, and enrich Houston's culture, diversity, and inclusion efforts. It is usually held every February. <https://www.reelabilitieshouston.org/>

27. **Rare Disease Film Fest** (created by the two dads who created The Disorder TV Channel)

[https://m.facebook.com/rarediseasefilmfestival/?\\_rdr](https://m.facebook.com/rarediseasefilmfestival/?_rdr)

28. **Genetic Disorders**

<https://www.genome.gov/For-Patients-and-Families/Genetic-Disorders>

<https://www.mountainstatesgenetics.org/>