

FASD UNITED FAMILY NAVIGATOR

fasdunited.org/family-navigator

Call 800-666-6327



FASD United

Family Navigator

Transition to Adulthood

One of the most crucial stages of development for those with FASD is the transition from adolescence to adulthood. This period, filled with significant changes and decisions, can be overwhelming for both individuals with FASD and caregivers.

Transition services for individuals with FASD are multifaceted, aimed at ensuring a smooth shift to adulthood. These services include educational and vocational training, life skills, social and emotional support, healthcare planning, caregiver resources, community integration, and tailored plans with ongoing adjustments.

Education and Employment	<p>Special Education Services: Tailored education plans, often involving IEPs or 504 plans. It is important to have clearly defined measurable goals in the IEP including transition goals.</p> <p>Vocational Training: Focused on developing job skills that match the individual's abilities and interests.</p> <p>Job Placement and Support: Assistance in finding suitable employment and support in the workplace.</p>
Independent Living Skills	<p>Daily Living Skills: Training in areas like personal hygiene, cooking, and budgeting.</p> <p>Decision-Making Skills: Guidance in making informed choices and understanding consequences.</p>
Healthcare Transition	<p>Medical Management: Ongoing healthcare to address FASD-related health issues.</p> <p>Transitioning to Adult Healthcare Providers: Ensuring continuity of care as the individual moves from pediatric to adult healthcare services.</p>
Emotional and Behavioral Support	<p>Counseling and Therapy: Addressing mental health issues, emotional regulation, and behavioral challenges.</p> <p>Support Groups: Peer support can be beneficial for both individuals with FASD and their families.</p>



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Transition to Adulthood Resources

Resources

Transition Services In School

<https://www.parentcenterhub.org/iep-transition/>

Applying For Social Security

benefits<https://www.ssa.gov/benefits/disability/>

Pre-Employment Transition Services (Pre-Ets)

<https://www.in.gov/fssa/ddrs/files/Pre-ETS-Basics.pdf>

The Arc

<https://thearc.org>

Easterseals

<https://www.easterseals.com>

Center For Independent Living

<https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>



For additional information see *The Notes From the Navigator Transition to Adulthood Newsletter*

Need Resources And Support ?

PHONE

A Family Navigator can be reached from 9am-10pm ET, Monday through Friday
Call 800-666-6327

EMAIL

Fill out the form available at,
fasdunited.org/family-navigator