



## Parent & Student Checklist: Planning for Life After High School

### Decision-Making (Supported Decision-Making - SDM)

Do you (the student) want to make your own decisions as an adult, with guidance when needed?

Who are the trusted people you feel comfortable turning to for advice (family, friends, teachers, counselors)?

In what areas do you want help understanding options?

- Education (college, training)
- Employment (job offers, work schedules)
- Money management (banking, budgeting, benefits)
- Housing (leases, roommates, independent living)
- Healthcare (doctors, insurance)

How will you and your supporters talk through decisions (meetings, phone calls, checklists)?

Would a Supported Decision-Making agreement help make these roles clear?

### Coordinated Supports (Integrated Resource Team - IRT)

Do you have more than one agency or program supporting you (VR, workforce center, Medicaid, school, college disability services)?

Are you getting different or sometimes confusing messages from these agencies?

Would it help to have everyone meet together so plans and services are aligned?

Who should be part of your IRT (VR counselor, job coach, financial counselor, benefits specialist, healthcare provider, etc.)?

How will you make sure your voice and goals stay at the center of the planning?

### Moving Forward

Do we need SDM, IRT, or both?

What's the next step to start the process?

When will we check back in as a family/team to adjust the plan?



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