

Guardianship

Explore levels and cost of guardianship that are available for your family
Guardianship Associates of Utah
801-533-0203
Office of Public Guardian
801-538-8255

Utah Center for Assistive Technology

Facilitates the application of assistive technologies for persons with disabilities
<http://www.usor.utah.gov/ucat/>
801-887-9500 Toll Free 888-866-5550

State Office of Rehabilitation

Assists individuals with disabilities to prepare for and obtain employment
www.usor.utah.gov
Voice/T.T.Y. 801-538-7530
Toll Free 800-473-7530

Independent Living Centers in Utah

Provides services and activities which enhance independent living skills
<http://www.uilc.org/links.php>
Voice/T.D.D. 801-466-5565
Toll Free 800-355-2195

Arc of Utah

Information for empowering people with disabilities
www.arcutah.org
801-364-5060 Toll Free 800-371-5060

Disability Law Center

An agency to advance the equality,

opportunities and respect of people with disabilities in Utah
<http://www.disabilitylawcenter.org/>
800-662-9080 T.T.Y. 800-550-4182

Access Utah Network

Equipment for sale and disability resource links
<http://accessut.org>
801-533-4636 Toll Free 800-333-8824

Public Transportation

<http://www.rideuta.com/accessibility/UTA/default.aspx>
801-743-3882 T.D.D. 801-287-4657
Toll Free 888-743-3882

Driver's License

A guide for obtaining a license when your teen has a disability
http://www.medhomeportal.org/file.cfm?file_id=836&

Information and Referral

Information about resources and community services
<http://www.informationandreferral.org/>
211 801-978-3333
Toll Free 800-472-4716

Selective Service Registration

Registration for the Military Draft
<http://www.sss.gov/FSwho.htm>
847-688-6888 TTY: 847-688-2567



Transition Information for Parents and Medical Providers of Youth and Young Adults with Special Health Care Needs

"Transition is a process, not an event."
--from the National Center for Youth with Disabilities

As a parent or medical provider for a youth or young adult with special health care needs, you may be caught up in day-to-day details.

This brochure is a reminder that your teen is growing up and it is time to start thinking about key decisions you will need to help them make in the next several years.

We hope the information and related resources provided help you and your young adult plan for the future.



Our future exists in the hopes of our children . . .

Encouraging Independence

- Evaluate your teen's knowledge of his/her health care needs. Fill in any gaps in understanding.
- Continue to teach self-help skills for independence and additional skills related to specific health care needs.
- Teach your teen to talk with medical providers about age-appropriate information such as physical and emotional development and sexuality.
- Help your young adult write an up-to-date record of their medical history with his/her medical provider. Include conditions, operations, medications and treatments (with dates, doctors and recommendations).
- Teach your teen to make medical appointments and be responsible for refilling prescriptions and ordering supplies.
- For transfer of medical care, research adult health care providers or Community Health Clinics.
- Begin exploring health care financing and coverage options for your young adult.
- If your young adult has not received SSI due to parental income or assets, contact SSI prior to your young adult turning 18 to see if he/she will become eligible.
- If appropriate, apply for guardianship so that it is in place before your young adult turns 18.
- If your teen has a 504 Plan or Individualized Education Plan (IEP) at school, attend meetings with your teen. Encourage your teen to actively participate. Keep a copy of the plan that is developed to assure that it is followed.
- Help your teen explore volunteer and work activities. Encourage him/her to think about possible career interests and investigate resources or support needed for meaningful employment or education.
- Support your teen in identifying and attending support groups and participating in recreation, social and leisure activities.
- At age 18, males must register for the Selective Service.

Resources and Contacts

Children with Special Health Care Needs (CSHCN) Bureau

<http://health.utah.gov/cshcn>

801-584-8284 Toll Free 800-829-8200

Lynn Pease 801-584-8518

Walt Torres (en Español) 801-584-8516

Utah MedHome Portal (Website)

Sample health care plans, timelines, checklists and resources for children with special health care needs

<http://www.medhomeportal.org>

Supplemental Security Income for Children (SSI)

www.ssa.gov

801-524-4115 T.T.Y. 800-325-0778

Toll Free 800-772-1213

Medicaid/CHIP

<http://health.utah.gov/medicaid/>

801-538-6155 Toll Free 800-662-9651

Division of Services for People with Disabilities (DSPD)

<http://www.dspd.utah.gov/>

801-538-4200 T.T.Y. 801-538-4192

Toll Free 800-837-6811

Utah Parent Center

www.utahparentcenter.org

801-272-1051 Toll Free 800-468-1160

Español 801-272-1067