

# Prepare for your Future

## A Planning Guide for Youth Ages 18-21



**Hello and welcome** from the California Children's Services (CCS) program! CCS helps you get the health care you need to lead a healthy life. We can also help you prepare for your future. We do this by joining your circle of support, which may include your family members, doctors, teachers and staff from other programs.

CCS focuses on helping you with your health care needs and ensuring you continue to have health insurance. However, when you turn 21 you will age out of CCS and Health Plan of San Mateo (HPSM) will provide your healthcare insurance. Getting ready for this change is called transition planning. That means preparing for your future as an adult – and that's what this guide is for. It includes easy-to-use checklists and helpful resources to keep you on track. As you approach your 21st birthday, we can partner with you and others to help you reach your goals related to school, work and other areas of life.

Transition planning helps you make informed choices and create a step-by-step path to success. But it's also an exciting adventure because it's about creating the life you want. Starting now will put you on the fast track to living your dreams!

As you plan your transition to adulthood, remember – you are not on your own! We know that you face unique challenges. That’s why CCS offers unique resources – starting with personalized one-on-one support. The CCS staff has years of experience helping thousands of young people succeed at school, work and life. Whether you are making choices about your future or just feeling stressed out, we are always ready and happy to help you!

***Please reach out to us anytime!***

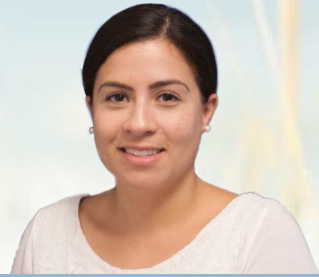


**Mitch Eckstein, LCSW**

CCS Social Worker

📞 650-616-2509

✉️ meckstein@smcgov.org



**Marsha Guevara, MSW**

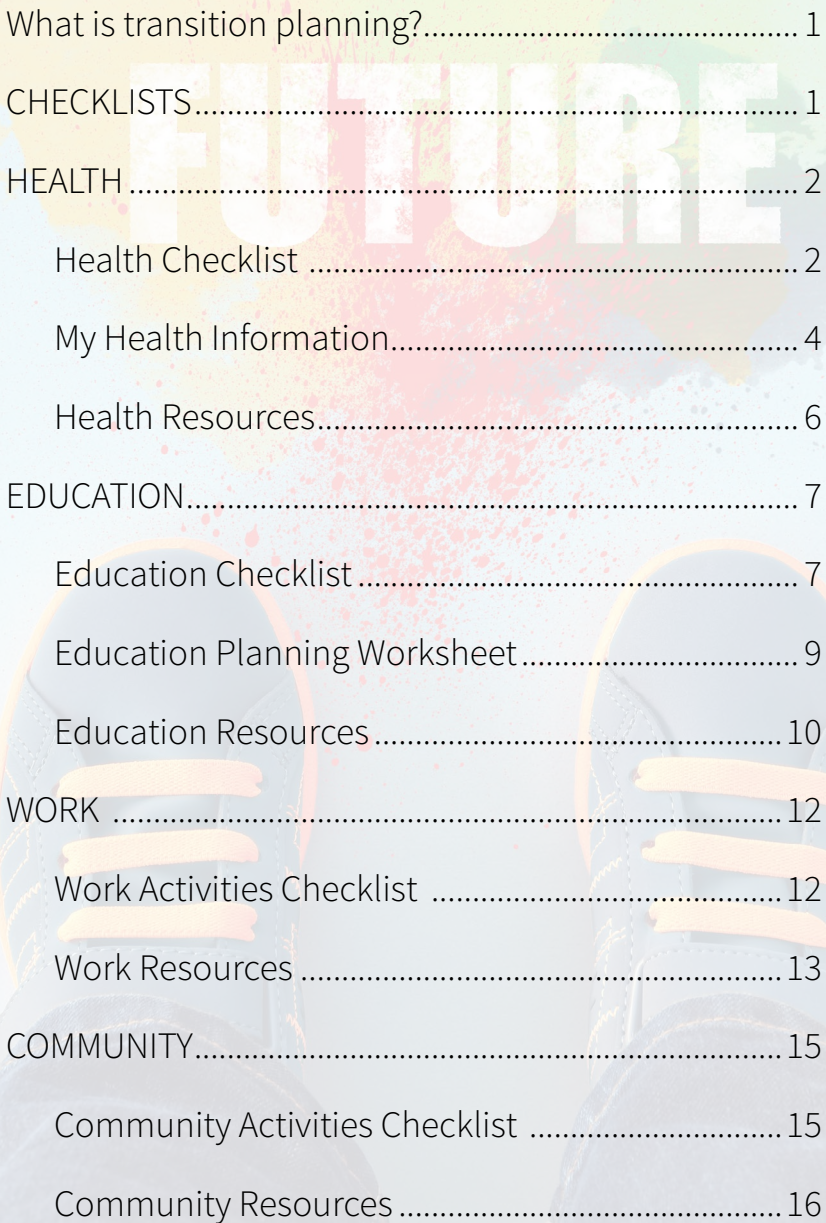
CCS Social Worker

📞 650-616-2503

✉️ MGuevara2@smcgov.org

To learn more about CCS, visit [www.smchealth.org/ccs](http://www.smchealth.org/ccs)

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## **What is transition planning?**

A road map to your future that:

- Helps you plan for life as an adult
- Helps you shift from child to adult health care services
- Helps you learn the life skills needed to live independently
- Is created by you, your family and other trusted people
- Focuses on your interests and plans for the future

## **Transition planning can help you with goals (things you want to get done)**

- Health care (doctor's visits, medications, medical equipment, supplies and so on)
- Post-high school education
- Career or vocational training
- Finding a job
- Taking part in in community activities
- Living as an adult
- Other support services (based on your needs)

## **CHECKLISTS**

Throughout this brochure you will find checklists of things you can do now that you are an adult. Check off items as you get them done.

# HEALTH

Whatever path you decide to take next – whether you go to college, get a job or do something else – staying as healthy as you can will be key to your success. As someone dealing with special health issues, you know how important it is to be actively involved in your own health care. That includes knowing what resources are available to you, communicating with your doctors and following a treatment plan. The resources below will help you do that.

## Health Checklist

- Talk to your parents/guardians about your health care
- Be your own health advocate by learning how to:
  - Schedule doctor's visits
  - Keep track of your meds and find out how to order refills (for example, where to pick them up or how to have them delivered to your home)
  - Follow your doctor's health care recommendations
  - Get all the health care equipment you need through CSS before you turn 21
- Talk with your doctor about your health care issues, such as:
  - What do I need to know about my diagnosis or health care?
  - Now that I'm an adult, how long will I be able to see you?
  - In what ways can you help me:
    - Find and switch to an adult health care provider?
    - Move my health records to my adult health care provider?
    - Continue my health care if I go away to college?

- ❑ Call CCS if you are having problems with health coverage or receive a letter from Medi-Cal about eligibility or termination of coverage
  - If you are no longer covered by your parents' health insurance, you may need to apply for Medi-Cal on your own
- ❑ Complete and return to CCS an Authorization for Use or Disclosure of Protected Health Information (PHI) form
- ❑ Call CCS for help managing your health care
  - For example, if you need help finding out if you can keep seeing your doctor, getting the medications you need or scheduling health care visits
- ❑ Talk to your doctor or someone you trust about your sexual health (e.g., if you have any questions about birth control, STDs, sexual identity or related issues)
- ❑ Call CCS for counseling services if you feel sad or stressed about anything or are having relationship problems with family, friends or anyone else

PHI is medical information such as medical reports or records

Now that you are 18, we cannot share your PHI with others (such as your parents/guardians, other family members or friends) without your permission

You can give us permission by filling out an Authorization to Use or Disclosure of Protected Health Information form

## My Health Information

My Diagnosis: \_\_\_\_\_

Insurance Provider: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Insurance ID Number: \_\_\_\_\_

Primary Care  
Physician's Name (PCP): \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Medical Record  
Number (MRN): \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Specialty Care Clinic: \_\_\_\_\_

Physician: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Medical Record  
Number (MRN): \_\_\_\_\_






### Behavioral Health and Recovery Services (BHRS)

Offers counseling and substance abuse treatment.

 [www.smchealth.org/bhrs](http://www.smchealth.org/bhrs)


 **1-800-686-0101**

TTY: **800-943-2833**

### California Children's Services (CCS)

Offers services for young adults with certain diseases or health problems and helps them get the health care and services they need.


 [www.smchealth.org/ccs](http://www.smchealth.org/ccs)

 **650-616-2500**

### Health Coverage Unit

Offers health coverage enrollment assistance.

 [www.smchealth.org/smchealthcoverage](http://www.smchealth.org/smchealthcoverage)

 **650-616-2002**

### Health Plan of San Mateo (HPSM)

Helps HPSM members find doctors and get information about health care insurance. Also offers a 24-hour Nurse Advice Line. *You must be an HPSM member to get services.*

 [www.hpsm.org](http://www.hpsm.org)


 **650-616-0050**

TTY: **1-800-735-2929**

### Medi-Cal

Offers free or low-cost health coverage.

 [www.medi-cal.ca.gov/default.asp](http://www.medi-cal.ca.gov/default.asp)

 **1-800-223-8383**

# EDUCATION

As a young adult, you have many educational paths to choose from – so many that they can feel like a maze. Whatever stage you’re at in this process, you can use the checklist, worksheet and resources below to stay on track.

## Education Checklist

- ❑ Talk to your parent or guardian about your Individual Education Plan (IEP) and 504 plan
  - An IEP is a written document listing special education services provided to students with disabilities based on their needs
  - It is only for the time you are in high school (up to age 22 years old)
  - It may include:
    - 1) Tutoring support for students with learning disabilities
    - 2) Verbal, visual or technological aids
    - 3) Services for speech, occupational or physical therapy
  - A 504 plan is written for students that need extra help to succeed in school – some examples are:
    - 1) Adjusted class schedule or grading

### More information about:

- IEPs:  
[www.understood.org/en/school-learning/special-services/ieps/understanding-individualized-education-programs](http://www.understood.org/en/school-learning/special-services/ieps/understanding-individualized-education-programs)
- 504 plans:  
[www.understood.org/en/school-learning/special-services/504-plan/understanding-504-plans](http://www.understood.org/en/school-learning/special-services/504-plan/understanding-504-plans)

## Education Checklist, continued

- 2) Verbal, visual or technological aids
  - 3) Extra time on tests and/or assignments
- Set up a meeting with your college/university's disability resource center to ask about getting a 504 plan
  - Talk with your school counselor or someone you trust about your post-high school plans – some pathways and career choices are:
    - Two or four year college or university
    - Trade or certification program
    - Military
    - Work
    - Community activities
    - Gap year (time off to explore other interests)
  - Meet with your school counselor for help with college or university applications
  - Apply for financial aid and scholarships



# Education Planning Worksheet

## Colleges/University

College/University Name: \_\_\_\_\_

Website: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

College/University Name: \_\_\_\_\_

Website: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Scholarships/Grants of Interest

Scholarship/Grant Name: \_\_\_\_\_

Website: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Scholarship/Grant Name: \_\_\_\_\_

Website: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### College Board

Helps students get ready for the SAT exam with study groups, practice tests and information about local test dates and locations.

 [www.collegeboard.org](http://www.collegeboard.org)

### Disability Resource Center (DRC)

All colleges and universities have a disability resource center (DRC). Each school's DRC offers services throughout campus designed to help students who have disabilities. Ask your school counselor for more information.

### Free Application for Federal Student Aid (FAFSA)

Provides free federal assistance to help students pay for college or university.

 [www/fafsa.ed.gov](http://www/fafsa.ed.gov)



### Grants and Scholarships

Grants and scholarships are available to help pay for college. Here are some links to grant and scholarship opportunities:

- [www.bestcolleges.com/financial-aid/disabled-students](http://www.bestcolleges.com/financial-aid/disabled-students)
- [www.bigfuture.collegeboard.org/pay-for-college/grants-scholarships](http://www.bigfuture.collegeboard.org/pay-for-college/grants-scholarships)
- [www.disability.gov/scholarships-specifically-students-disabilities](http://www.disability.gov/scholarships-specifically-students-disabilities)
- [www.jumpstart-scholarship.net](http://www.jumpstart-scholarship.net)
- [www.maldef.org/leadership/scholarships](http://www.maldef.org/leadership/scholarships)
- [www.salliemae.com/plan-for-college/scholarships](http://www.salliemae.com/plan-for-college/scholarships)
- [www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/disability-scholarships](http://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/disability-scholarships)
- [www.schoolsoup.com/scholarship-directory/disability/physically-disabled](http://www.schoolsoup.com/scholarship-directory/disability/physically-disabled)
- [www.unigo.com/scholarships](http://www.unigo.com/scholarships)

## WORK

If you've never searched job boards, written a resume, filled out applications or prepared for an interview, these activities can be intimidating. The checklist and resources below will help you decide what you want to do and make a practical plan to get what you want.

### Work Activities Checklist

- Call the Department of Rehabilitation (DOR) two months before graduation:
  - To discuss your post-high school plans
  - To see if you are eligible for the Transitional Partnership Program (TTP)
  - For employment resources
- Ask your school counselor if your school offers a TPP for work services
  - You must be eligible for DOR services to enroll in TPP
- Get ready for a job search by writing a resume
- Use the resources below to:
  - Start exploring careers that interest you
  - Make a list of careers and jobs organized by your level of interest in them
  - Find out what entry-level jobs or internships you can get in the career areas you're most interested in and what kind of education is required for long-term success

**For information about DOR and TTP, see the Resources section**



### California CareerZone

This career exploration and planning system designed especially for students features a wealth of information on 900 occupations, including job openings. The self-assessment module allows users to narrow career options by interest. The site's 300 career videos show snapshots of many occupations.

 [www.cacareerzone.org](http://www.cacareerzone.org)

### Department of Rehabilitation (DOR)

A program that helps people who have disabilities plan career paths and find jobs.

 [www.dor.ca.gov](http://www.dor.ca.gov)


 **650-358-4180**

TTY: **844-729-2800** (this is the San Mateo office: you can ask them for the contact info for your local branch)

### JobTrain

Provides training programs for young people to help them learn vocational, computer, and goal-setting skills. They also have job placement assistance. Students receive full scholarship or other support to cover all costs.

 [www.jobtrainworks.org](http://www.jobtrainworks.org)

 **650-330-6428**

### NOVA Job Center

Helps job seekers succeed with a job resource center, career advisors, job search workshops, skills assessments, employment training, a job board and employer presentations.

 [www.novaworks.org](http://www.novaworks.org)

 **408-730-7232**

### San Mateo County Jobs for Youth (SMCJFY)

This program is designed to help youth ages 14 to 21 years old gain job skills – from applying for jobs and interviewing to effective workplace communication. They offer Job Preparation Workshops, while their website (and free app) helps young people find jobs, internships and scholarships.

 [www.hsa.smcgov.org/jobsforyouth](http://www.hsa.smcgov.org/jobsforyouth)

 **650-599-7215**

### Transitional Partnership Program (TPP)

TPP prepares high school students for work. It is offered by each school district and the Department of Rehabilitation (DOR). You must be eligible for DOR services to enroll in TPP. Ask your school counselor for more information.



## COMMUNITY

Part of becoming an adult is living in and being part of the community. That could include volunteering for a good cause or learning the skills you need to live on your own. San Mateo County is a diverse community that offers many learning opportunities and experiences for young people.

The resources below will help you explore them.



### Community Activities Checklist

- Apply for Supplemental Security Income (SSI) if you think you qualify
  - SSI is cash benefits for a disabled person with little or no income and designed to meet the basic needs for food, clothing and/or shelter
- Call the Center for Independence of Individuals with Disabilities (CID) about:
  - Opportunities for community activities
  - How they can help you learn the practical life skills you need to become more independent (anything from money management to meeting your transportation needs)
- Identify volunteer/internship opportunities that match your personal and/or career interests

For information about SSI, CID and finding volunteer opportunities, see the Resources section

### Center for Independence of Individuals with Disabilities (CID)

Offers programs to help people with disabilities. Services include independent living assistance, life skills learning, peer support, assistive technology and home modification services, as well as work incentive planning and assistance.

 [www.cidsanmateo.org](http://www.cidsanmateo.org)

 **650-645-1780**

TTY: **650-522-9313**

### Department of Motor Vehicles (DMV)

If you want to get a driver's license, here is information specifically for people with disabilities. Even if you don't plan to drive, getting an official non-driver identification card is essential whether you're applying for jobs or to schools.

 [www.dmv.com/ca/california/disabled-drivers](http://www.dmv.com/ca/california/disabled-drivers)

### Legal Aid Society of San Mateo County

Offers free legal civil services to low-income San Mateo County residents. Services range from help with healthcare, housing and income support to domestic violence and education issues.


 [www.legalaidsmc.org](http://www.legalaidsmc.org)

 **650-558-0915**

### Paratransit (Redi-Wheels or RediCoast)

Offers transportation for people with disabilities who have difficulty using public transportation.

 [www.samtrans.com/accessibility/paratransit.html](http://www.samtrans.com/accessibility/paratransit.html)


 **1-800-660-4287**

TTY: **650-508-6448**

### Regional Transit Connection (RTC)

Offers discounted fares to people with qualifying disabilities.

 [www.transit.511.org/RTC/RTDC.aspx](http://www.transit.511.org/RTC/RTDC.aspx)


 **1-800-660-4287**

TTY: **650-508-6448**

### Social Security Income (SSI)

Offers cash benefits if you are or become disabled. You can re-apply if there has been a change in your health or financial situation. (This could include turning 18, which is when your parents' income is no longer factored into your SSI application.) You can apply online, on the phone or in person.

 [www.ssa.gov](http://www.ssa.gov)

 **1-800-772-1213**

TTY: **1-800-325-0778**

### Volunteer Match

Connects volunteers with non-profit organizations in San Mateo County. Search by keyword and location to find opportunities that match your personal and career interests.

 [www.volunteermatch.org](http://www.volunteermatch.org)







## *San Mateo County California Children Services*

*We are just a phone call away!*

*Contact us anytime!*

🕒 Monday-Friday, 8:00 a.m. to 5:00 p.m.

☎️ **650-616-2500**

✉️ [CCSQuestions@smcgov.org](mailto:CCSQuestions@smcgov.org)

🌐 <http://smchealth.org/ccs>