

Transition Age Youth: Transition to Adulthood Checklist

The process of transitioning to adulthood looks different for each person. The term Transition Age Youth (TAY) generally refers to the age group of 16-24 but can begin prior to or extend beyond that age range. Support and planning are important as adolescents and young adults assume the responsibilities of becoming an adult, which may include decisions about their mental and physical health. This checklist is intended to help with the planning process as youth approach their 18th birthday and beyond. Adolescents and young adults can be encouraged to complete some of these items on their own, as developmentally appropriate, but may need support with other items.

| Areas of Focus | Needs | Supports | Completed |
|--|-------|----------|--------------------------|
| <p>Living Arrangements</p> <p>Consider:</p> <ul style="list-style-type: none"> • Live at Home • Rent • Roommates • Financial Needs/Deposits • Moving Costs • Reference and/or Co-signer • Other Housing Programs • On Campus Living | | | <input type="checkbox"/> |
| <p>Finances/Money Management</p> <ul style="list-style-type: none"> • Budgeting • Sources of Income • Bank Account • Savings • Credit Check | | | <input type="checkbox"/> |
| <p>Education and/or Job Planning</p> <p>Consider:</p> <ul style="list-style-type: none"> • High School/GED • Vocational/Trade • College • Financial Aid • Full Time or Part Time work • Resume Building • Interview Skills | | | <input type="checkbox"/> |
| <p>Healthcare</p> <p>Consider:</p> <ul style="list-style-type: none"> • Primary Care Doctor • Dentist • Mental Health • Medical Insurance • Serious Mental Illness Determination • Disabilities • Support Groups | | | <input type="checkbox"/> |

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| <p>Legal</p> <p>Consider:</p> <ul style="list-style-type: none"> • Legal Documents (e.g., Picture ID, SSN, Birth Certificate, etc.) • Medical Insurance • Custody • Supplemental Security Income • Pending Charges • Expungement • Probation • Coordination with System Partners (e.g., DCS, DDD, etc.) • Filing Taxes | | | <input type="checkbox"/> |
| <p>Living Skills</p> <p>Consider:</p> <ul style="list-style-type: none"> • Daily Living Skills (Grocery Shopping, Cooking & Personal Hygiene) • Social/Relationship Skills • Managing Healthcare Needs • Transportation (Personal Vehicle/Driver's License, Driving School, Public Transportation, Rideshare) | | | <input type="checkbox"/> |
| <p>Responsibilities for Self/Community</p> <p>Consider:</p> <ul style="list-style-type: none"> • Registering to Vote • Volunteer • Recreational/Leisure Activities • Support Groups | | | <input type="checkbox"/> |
| <p>Supports</p> <p>Consider:</p> <ul style="list-style-type: none"> • Family • Friends • Spiritual Support/Church • Peer Services • Transition Age Youth Services | | | <input type="checkbox"/> |