



Teens on IEPs: Making My “Transition” Services Work for Me

Tools for School - Tip Sheet 4

TRANSITIONS RTC

October 2011

What is an Individualized Education Program (IEP) and “Transition” Services?

An IEP is an individual education plan written in public school for children ages 3 to 21 that by law, describes the special education services and goals for a student with an identified disability. Special ed services involve different techniques that help the student in a way that typical instruction cannot. Transition services are plans within the IEP that address your specific needs in relation to life after high school.



*What Are My
School's
Responsibilities?*

- Determine eligibility for special ed services (If you think you should be getting these services and aren't, ask for help)*
- To conduct an annual review of my IEP to identify my strengths, interests and needs (You can request meeting more often to review goals)
- Summarize my academic and functional levels
- Deliver accommodations decided by my IEP team
- At age 16, discuss with me my plans for after high school including “transition” services
- My attendance at IEP meetings on “transition” services or goals

*What Should
My IEP
“Transition”
Services
Include?*

- Identification of your interests and ideas for work or school after high school
- Measurable goals related to education, training, jobs and independent living
- Services or skills needed to reach goals
- Referrals or activities to link me up to adult services to meet my goals; i.e., vocational programs, supported employment or education and adult mental health services
- Depending on your state, a transition planning form specifically focused on transition services (Check your state laws for more information)

*For more information please visit: <http://ed.gov/parents/needs/speced/iepguide/index.html#process> & <http://fcsn.org/parentguide/pguide1.html>

If you would like information on “accommodations for college students” please see our Transitions RTC tip sheet: <http://labs.umassmed.edu/transitionsRTC/Resources/publications/Accommodationstipsheet2.pdf>

What Are My Rights on an IEP?

- To ask as many questions as I would like during the IEP meeting
- To personally consent to my IEP; some states require age 14, others 16; check with your school (younger teens need parent/guardian signatures on an IEP)
- When I or my parent sign off or consent to the IEP, services and goals stated will begin
- To request/refuse certain services on my IEP or request goals to be added/changed
- To ask for a team meeting if I want to make changes after the IEP is signed
- To reject any/all of my IEP (The school contacts the Bureau of Special Education Appeals)
- To withdraw from my IEP with documentation in two ways: 1) If I demonstrate during a reevaluation, that the services are no longer needed, or 2) My parent elects to take me out of the special ed program
- Being informed of my rights and responsibilities upon reaching age 18, such as viewing my records

Who Can Attend My IEP Meeting?

- I must be invited to the IEP meeting starting at age 14; 16 by federal law (I have the right to attend my annual IEP meeting at any age, but some parents do not want their young children present)
- Special ed coordinator, teacher/s, parent/s or guardian, counselor, special ed advocate, friends, relatives, or community members (A Special Education Advocate is a representative that informs you of your educational rights and assists in negotiating and resolving disputes with the school district, also, there may be a cost involved in getting a Special Education Advocate) For information please visit: <http://www.ed-center.com/specialeducationadvocate>
- Other people or agencies that have special expertise or knowledge about me

Sources

U.S. Department of Education: <http://ed.gov/parents/needs/speced/iepguide/index.html#process>
eHow family: http://www.ehow.com/way_5530520_can-withdraw-child-iep-program.html
UnderstandingSpecialEducation.com: <http://www.understandingspecialeducation.com/IEP-meeting.html>
LD.Org National Center for Learning Disabilities:
<http://www.ncld.org/college-aamp-work/post-high-school-options/transitioning-to-college/preparing-for-college>
Federation for Children With Special Needs: <http://fcsn.org/peer/ess/accommodationsfs.html>
Federation for Children With Special Needs: http://fcsn.org/pti/topics/iep/tools/iep_faq.pdf
Youth Empowerment Alliance: <http://www.md-council.org/publications/PDF/YEAMarch08.pdf>
National Dissemination Center for Children with Disabilities: <http://nichcy.org/schoolage/iep/team>
State of Washington Office of Superintendent of Public Instruction: <http://www.k12.wa.us/SpecialEd/Families/Teens/default.aspx>
Iowa Department of Education: http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1589&Itemid=2369



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