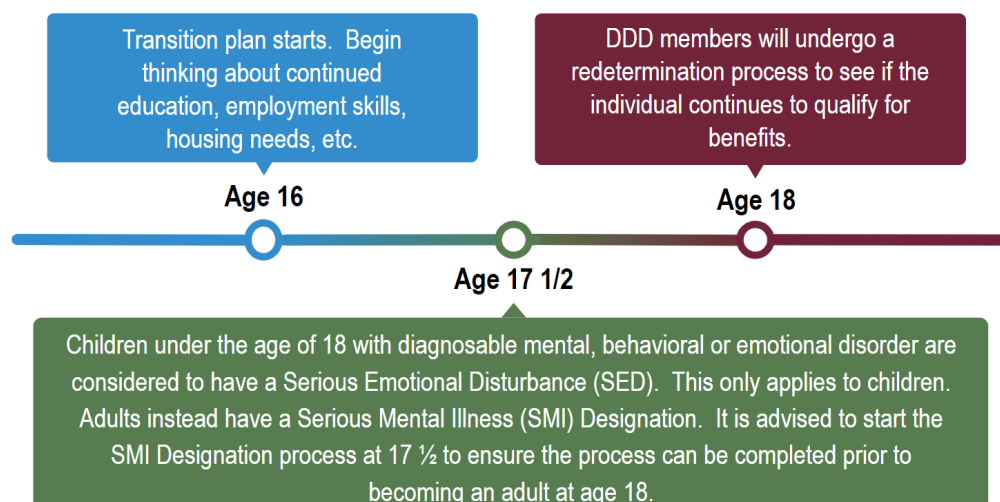


Tip Sheet: Youth with Intellectual/Developmental Disabilities (I/DD) Transitioning to Adulthood

The transition from the children's health care system to the adult health care system can be difficult. It is important to have support, direction and information so you are prepared for adulthood. Proper support, direction, and information can help to best prepare youth for the responsibilities in adulthood upon turning 18 years old.



What should youth and their caregivers focus on?

The most important thing to remember is that the focus should be on self-advocacy skills. The youth may be stepping into adulthood as his/her own guardian. If that is the case, the youth will need to learn how to speak on their behalf, ask questions, follow up on tasks, etc. Teaching these skills early will lead to a successful transition to adulthood.

It is important for the youth to be the driver of their recovery. The guardian can help the youth create a list of questions to ask, and even help the youth ask those questions and follow up on getting answers. This can help teach self-advocacy.

What if the individual needs help making decisions?

Once turning 18, the youth is now his/her own decision maker in most cases. Adulthood usually means independence and the ability to make choices. However, this may not be the case for every individual. It's important to ask questions such as:

- "Can the youth make decisions for him/herself?"
- "Is there still a need for a legal guardian past age 18?"

It may be necessary to file a petition with the court for adult guardianship. More information can be found online at <https://www.azcourts.gov/probate/Probate-Forms/Petition-for-Appointment-of->

At what age should certain things happen?

There are several important milestones that youth with intellectual/developmental disabilities (I/DD) involved with the Department of Economic Security's (DES) Division of Developmental Disabilities (DDD) should be aware of. See the chart above for those key milestones.

More information can be found online at <https://des.az.gov/services/disabilities/developmental-disabilities>

AMPM 320-P <https://www.azahcccs.gov/shared/Downloads/MedicalPolicyManual/300/320P.pdf>