

Transition to Adulthood: Housing and Independent Living

General Information

Most teens want to be more independent as they grow up. At age 14, you might be thinking about where you will live and what you can do for yourself when you are an adult. You may need extra time and support to learn and practice the skills you will need to live away from home.

How can the IEP help?

If you have an Individualized Education Plan (IEP), public schools are required to include and carry out a transition plan at age 14. This plan includes activities to help get ready for life after high school. It is important that you take part in the IEP process.

If part of your transition plan is to live away from home, IEP goals and activities should help you:

- Express yourself. This is called self advocacy.
- Explain your needs. This is called accommodations.
- Take care of your health.
- Learn skills you will need to live on your own as an adult. This may include learning how to:
 - Prepare meals.
 - Use money (budget).
 - Wash and dry your clothes (laundry).
 - Keep yourself clean and neat (hygiene and grooming).
- Find independent living options where you want to live.

What are common living options?

If you have a disability, the options for living in the community can vary. This will depend on where you live. Common living options in most counties include:

- **Supportive Living.** You choose where you want to live. For example, you may want to live in a house, an apartment, or a group home. You also choose what supports you need from outside agencies.
- **Adult Family Homes.** One or two adults with disabilities live in a home with a family that helps them.
- **Community-based residential facilities (CBRF's).** These group homes provide 24 hour supervision.

How will I pay for this?

- Adult Long Term Care covers some needs. These are items such as transportation, caregivers, and some things not covered by Medicaid.
- Rent and food costs are not covered. You are responsible for those costs. SSI and Housing Vouchers through the Housing Authority may also help.

More information on housing and independent living

- Aging and Disability Resource Centers (ADRC): <http://www.dhs.wisconsin.gov/adrc/> .
- Social Security Administration: <http://www.socialsecurity.gov/applyfordisability>
- Independent Living Centers:
<http://www.dhs.wisconsin.gov/disabilities/Physical/ILCS.HTM> or contact your county ADRC for the name of your local center.
- HUD: What is HUD's public housing program:
<http://www.hud.gov/renting/phprog.cfm>.
- HUD: WI public housing contacts by county:
<http://www.hud.gov/offices/pih/pha/contacts/states/wi.cfm>.
- HUD: WI public housing counseling:
www.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?weblistAction=search&searchstate=WI.
- HUD: Young adults with disabilities who get SSI may be eligible for low-income housing assistance. This web site explains housing choice vouchers:
http://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/programs/hcv/about/fact_sheet

If you do not have a computer or internet access, you can use a computer in The Daniel M. Soref Family Resource Center at Children's Hospital. Your local public library might have computers as well.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.