

What are Transition Services?

*Information for Youth
14-22 years old*



Disability Rights
New Mexico

What are Transition Services?

Transition Services are **supports** and **resources** for youth with disabilities ages 14-22 years old. The purpose of Transition Services is to help you explore and plan for your employment after the high school years.

Transition Services are focused upon helping you reach your **employment goal, whatever that may be.**

Transition Services help you decide upon an employment goal, and then support you with a **plan** to reach that goal.

Who can give me Transition Services?

Transition Services may be provided by two different groups of people. First, Transition Services may be provided by a person at your school called a **Transition Specialist. This is called School-Based Transition Services.** The Transition Specialist will attend your IEP meetings, meet with you privately, help you plan your class schedule, and look for work opportunities in your community.

Secondly, Transition Services may be provided by the **New Mexico Division of Vocational Rehabilitation (NMDVR). This is called Community-Based Transition Services.** You will be assigned a Vocational Rehabilitation Counselor (VRC) at NMDVR who helps you plan for your future after the high school years. You meet with your VRC at his or her office and communicate by phone or email.

What are examples of Transition Services?

Transition services may include things like:

- A career interest inventory to help you decide upon a professional pathway.
- Helping you to develop an employment goal that includes concrete steps to achieve that goal.
- Assistive technology, such as a tablet, computer, mobility aids or communication devices to help you achieve your employment goal.
- Costs associated with vocational training or college, such as the

costs of tuition, books, transportation, etc.

- Costs required to start a new job, like paying for a uniform, a bus pass, or having a vehicle modified for your transportation needs.
- Benefits counseling, which may help you make informed decisions about your healthcare, Social Security Income, and how your new earnings may impact your other benefits.

How do I qualify for Transition Services?

If you have an Individualized Education Plan (IEP), you qualify for Transition Services from your school and from NMDVR.

If you are ages 14-22 and have a disability but no IEP, you may qualify for Transition Services from NMDVR.

If you receive Social Security Benefits (SSI) for your disability, you qualify for Transition Services from DVR.

You do not have to be attending school to receive Transition Services from NMDVR.

How do I to get started?

If you are in school and have an IEP, find your school Transition Specialist and set up an appointment to talk about services.

If your school does not have a Transition Specialist, call NMDVR at 800-224-7005 or visit www.dvr.state.nm.us. They will help you find your closest NMDVR office and explain how to apply for services.

What if other people think I can't work?

If you want to work, you can work. You have the right to choose your own job. Your choice may be based upon your interests, strengths, abilities, and desires. Your Transition Specialist and VRC are required to help you plan your employment pathway. They are here to help remove obstacles that keep you from being employed.

What are my rights as a Transition-aged youth?

You have the right to choose your employment goal.

You have the right to participate in planning how to achieve your employment goal.

You have the right to ask for goods and services that will assist you in reaching your employment goal.

If you are denied services, you have the right to contest this determination.

What if I need more help?

The **Client Assistance Program (CAP)** at Disability Rights New Mexico can help you advocate for your Transition Service needs. Contact us at:

Client Assistance Program (CAP)

at Disability Rights New Mexico
(DRNM)

Phone: (505) 256-3100

State-wide toll free:

1-800-432-4682

Email: info@drnm.org

Website: www.drnm.org