



# Office of the Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families

## Transitions Checklist

The transition from childhood to adulthood is complex. There are many issues that require a family's attention.

Here is a helpful checklist of some of the issues.  
Please contact us if you have questions about any of them.

### ✓ **Adult Services & Supports**

- NJ Division of Developmental Disabilities
- NJ Division of Disability Services
- County Disability Offices
- Centers for Independent Living

### ✓ **Education**

- Pre-Employment
- Higher Education

### ✓ **Employment**

- NJ Division of Vocational Rehabilitation Services
- NJ Commission for the Blind and Visually Impaired

### ✓ **Federal/State Support Programs**

- Social Security / Supplemental Security Income
- Medicaid
- Medicare

### ✓ **Healthcare**

- Primary Care Physician
- Dentist
- Psychiatrist / Psychologist

### ✓ **Housing**

- Private
- State-Licensed

### ✓ **Legal Status**

- Supportive Decision-Making
- Power of Attorney
- Guardianship

### ✓ **Transportation**

- Driver's License / State Identification
- New Jersey Transit / Access Link
- Travel Instruction / Training

[Disability.Ombudsman@treas.nj.gov](mailto:Disability.Ombudsman@treas.nj.gov)

[www.disabilityombudsman.nj.gov](http://www.disabilityombudsman.nj.gov)

609-984-7764