

Welcome

Youth transition, also called transition planning, is a process for teens with health care needs or disabilities. It helps you plan for your future and shift from getting youth services to adult services. Transition planning can start as early as age 14.

During transition planning, you share what is important to you. You learn what options are available to you as an adult. You also decide what support will be most helpful. Many changes in services happen by age 18.

Six months before you turn 18, you may start working with your local ADRC (aging and disability resource center) or Tribal ADRC (aging and disability resource specialist).

Visit or contact your local
ADRC or Tribal partner
agency today



Contact us:



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FindMyADRC.org

Preparing for Life as an Adult: Transition Planning for Youth



WISCONSIN DEPARTMENT
of HEALTH SERVICES
P-00413C (04/2026)



WISCONSIN DEPARTMENT
of HEALTH SERVICES

The Transition Planning for Youth guide book

The transition from youth to adult services can be a big change. Your ADRC or Tribal ADRS is here to help make it easier for you and your family. This guide is a place to start.



Download your own Preparing for Life as an Adult: Transition Planning for Youth (P-00413a) guide book, available in various languages.

dhs.wisconsin.gov/library/collection/p-00413a

Accommodations and materials in alternate formats are available upon request. Please call to arrange for interpreters or captionists.

Guide topics walk you through:

- Getting ready for transition to adult services.
- Understanding the youth in transition timeline.
- Connecting with ADRC, Tribal ADRS, and disability benefit specialists.
- Learning who are transition partners.
- Preparing to make legal decisions.
- Planning for health care transition.
- Accessing Social Security benefits.
- Accessing public benefits.
- Obtaining jobs and employment.
- Securing housing.
- Advocating for resources.
- Considering adult long-term care programs.

Learn more about the transition process

- **Transition Planning for Youth**
dhs.wisconsin.gov/clts/transition.htm
- **Transition Action Guide**
dwd.wisconsin.gov/dvr/policy-guidance/toolkits-guides-manuals/transition-action-guide/
- **WiTransition App**
witig.org/self-advocacy-tools/witransition-app/

If you have questions, contact your local ADRC or Tribal partner agency.