



THE UNIVERSITY OF
MAINE

Center for Community Inclusion
and Disability Studies

University Center for Excellence in Developmental Disabilities

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After High School, What Comes Next?

The University of Maine Center for Community Inclusion and Disability Studies and the University of New Hampshire Institute on Disability are collaborating on a project to assist Maine and New Hampshire high school students with Autism Spectrum Disorders and their families with planning for the transition to adult life.

The project is called **Family-Centered Transition Planning**. Students who are 16 to 21 years of age, are enrolled in a public high school, and who have been diagnosed with an Autism Spectrum Disorder are eligible to participate. High schools must indicate a willingness to work with the project to incorporate elements of student plans into their Individualized Education Plans.



Project participants receive the following:

1. Training based on a planning process called SPECS - Specific Planning Encourages Creative Solutions;
2. Individual planning meetings, usually 4 - 6, to plan post-high school goals; and
3. Ongoing assistance from planning facilitators in implementing student plans over a 6 - 8 month period.

A collaboration with the University of New Hampshire Institute on Disability (UCED). Funded by the U.S. Department of Education, Office of Special Education and Rehabilitative Services, National Institute on Disability and Rehabilitation Research (NIDRR) Project Number H133G110158.

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