

Transition & Resource

Guide

Helping you succeed
as you move on to the
next stage of your life



Expanding opportunities and enhancing the quality of life for people with disabilities and their families through individualized services.

7701 E. 21st St., Indianapolis, IN 46219
317.375.2700 ■ mynoblelife.org



Table of Contents

Your High School Checklist.....	1 - 2
Key Questions/Things to Consider.....	2
Record Keeping.....	3
Government Resources, Social and Human Resources.....	4 - 8
Health Care Services.....	9 - 10
Mental Health Services.....	10
Legal Services.....	11
Transportation Resources.....	11
Community Rehabilitation Provider Agencies.....	12
Recreation Resources.....	13
Adult Education.....	13
Post-Secondary Educational Resources.....	14

Your High School Checklist

Freshman/Sophomore Year

- Identify team members for Individualized Education Plan (IEP) case conference.
- Ask Person Centered Planning questions to create your IEP around your vision of the future.
- Determine a graduation status—Diploma or Certificate of Completion—and develop a plan to obtain this goal (Begin asking 8th grade and after).
- Create a course of study based on the above goal (academic or vocational).
- Attend your IEP case conference to develop a transition plan to help you decide what to do after graduation. Talk about transitional services available at the federal, state, and local levels.
 - Vocational Rehabilitation Services
 - Department of Workforce Development & WorkOne Centers
 - Social Security
 - Medicaid
 - Bureau of Developmental Disabilities Services
 - Adult Service Providers/Community Rehabilitation Programs
 - Mental Health Centers
 - Area Agencies on Aging
- Follow-up with BDDS on the status of your Medicaid Waiver Application. If you have not yet applied, do so immediately.
- Have parents sign a release of information to Vocational Rehabilitation.
- If you plan to go to school after graduation, begin to check into schools and take the PSAT if those schools require an admission test.

Junior Year

- Review course of study/graduation status to ensure you're on track and adjust as needed.
- Begin job training classes or vocational programs if course of study is vocational.
- Begin talking with your family, teachers, job coaches about jobs that interest you.
- If you plan to go to school after graduation, begin to check into schools and take the SAT if those schools require an admission test.
- If you plan to go to school after graduation, begin completing applications to the schools of interest and financial aid forms.
- Meet with a counselor from Vocational Rehabilitation (VR) and begin the application process.
- Follow-up with BDDS on the status of your Medicaid Waiver Application. If you have not yet applied, do so immediately.



Senior Year *(18-21 year-old students)*

- Review course of study/graduation status to ensure you're still on track and adjust as needed.
- Maintain job training classes or vocational programs.
- Develop a resume and/or portfolio to show your work experiences and work skills.
- Write your employment plan with your VR counselor and choose a service provider to begin job development.
- Follow-up on school and financial aid applications. (FAFSA)
- Take part in graduation.
- Follow up with BDDS on the status of your Medicaid Waiver Application. If you have not yet applied, do so immediately.

18th Birthday

- Within 30 days of your 18th birthday, males must register with the Selective Service.
- Apply with Social Security Administration to see if eligible for benefits.
- Apply for Medicaid to see if eligible.
- If student is currently receiving Social Security and Medicaid, they must reapply as an adult with both agencies to maintain services.
- Register to vote.
- Parents should get information on legal guardianship and/or power of attorney if needed.

Key Questions/ Things to Consider

- Where can I get the vocational training?
- Do I want to go to college or other post-secondary education/training?
- What questions should I ask agencies and service providers?
- What services does the agency offer?
- Is there a waiting list for the services?
- What are the eligibility requirements for services?
- How long can I receive services?
- What documents do I need to apply?



Record Keeping

Legal Records

- Social Security card
- Birth Certificate
- Guardianship Orders/Power of Attorney
- State Identification card, or Driver's License

Financial Records

- Bank Accounts, insurance policies, information regarding any other resources
- Pay slips, tax returns, information regarding student income
- Parent income tax return statements
- Information about parent's income/resources
- Current Social Security award letter

Medical Records

- Medical/Clinical information
- Names and addresses of current doctor(s)
- List of current medications
- Names and addresses of social service agencies providing supports
- Health insurance policy numbers/cards
- Name/phone number of emergency contact persons



Educational Records

- Report cards/transcripts
- Copies of IEP's for each school year
- Copies of evaluations such as speech, psychological, physical, and occupational therapies
- Copies of all release forms including community based and work training permission forms
- Resume listing addresses, phone numbers, work experiences, job responsibilities, dates worked, accomplishments and references

Government Resources, Social & Human Services

Connect2Help

Dial 2-1-1 to obtain information and referral for health and human services, community-based service providers, and government agencies. Available 24 hours a day, 7 days a week. Information and referral available regarding Food, Housing, Health Care, Employment, Support Groups, Parenting, Counseling, Education, Clothing, Shelter, Volunteering, Legal Aid, and much more.
www.connect2help.org

Indiana Family and Social Services Administration (FSSA)

317-233-4454
www.in.gov/fssa

Division of Disability and Rehabilitative Services (DDRS)

317-232-1433
877-241-8144 tollfree
<http://www.in.gov/fssa/ddrs>

Bureau of Developmental Disabilities Services—District 5

Handles applications for waivers for the counties of Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby.
1-877-218-3530 tollfree
317-845-1646
www.in.gov/fssa/ddrs/2639.htm

Vocational Rehabilitation Services (VR)

1-877-847-9894 tollfree
<http://www.in.gov/fssa/ddrs/2636.htm>

Area Agencies on Aging

Provides case management, information, and referrals to various services for persons who are aging or have a developmental disability.
1-800-986-3505 tollfree
<http://www.in.gov/fssa/da/3478.htm>

Division of Family Resources (DFR)

Handles applications and processing of Medicaid, Hoosier Healthwise, Food Stamps, TANF, HIP.
Local office hours: 8:00 am – 4:30 pm. 800-403-0864 phone/fax
<http://www.in.gov/fssa/dfr/3147.htm>

Marion County North

2620 Kessler Blvd. East Dr., Ste.100

Indianapolis, IN 46220

Zipcodes: 46216, 46220, 46226, 46235, 46236, 46240, 46250, 46256, 46260, 46268, 46278

Marion County Central

3266 N. Meridian St., Suite 400

Indianapolis, IN 46208

Zipcodes: 46202, 46204, 46205, 46208, 46222, 46228

Marion County East

1213 N. Arlington Ave.

Indianapolis, IN 46219

Zipcodes: 46201, 46218, 46219, 46229, 46239, 46259

Marion County West

5610 Crawfordsville Road, Ste. 500

Indianapolis, IN 46224

Zipcodes: 46113, 46214, 46221, 46224, 46231, 46241, 46234, 46254

Marion County South

3906 Madison Avenue

Indianapolis, IN 46227

Zipcodes: 46107, 46203, 46217, 46225, 46227, 46237

Hamilton County

1105 S. 10th Street

Noblesville, IN 46060

Social Security Administration (SSA)

1-800-772-1213 tollfree

www.ssa.gov

SSA West

4271 Lafayette Rd, Indianapolis, IN 46254

SSA East

5515 N. Post Rd, Indianapolis, IN 46216

SSA Central

575 N. Pennsylvania, Indianapolis, IN 46204



Indiana Family Helpline

This telephone hotline, operated by the state Department of Health, responds to all categories of calls for assistance.

800-433-0746 tollfree www.in.gov/programs/mch/ifh/htm

Families First (formerly Family Service of Central Indiana)

Provides counseling and help with chemical dependency, family and domestic violence, family preservation, parent education, money management, caregiving.

317-634-6341 <http://familiesfirstindiana.org>

Community Action of Greater Indianapolis

Services offered include energy assistance, family development and education, health/nutrition, and housing.

317-396-1800 www.cagi-in.org

Indianapolis Housing Agency (IHA)

Provides assistance in finding affordable housing, subsidized housing.

317-232-7777 www.indyhousing.org

La Plaza, Inc.

Provides social and human services for Hispanic and Latino individuals and families. Services offered include case management, mental health services, pediatric clinic, WIC, immunizations, Dental Smile Mobile, energy assistance, job counseling and placement, legal services, translations and interpretations, and food pantry.

317-890-3292 www.laplaza-ind.org

St. Vincent de Paul Food Pantry

Provides weekly emergency food assistance. Must bring photo ID and proof of residence. Must meet income requirements.

3001 E. 30th St., Indianapolis, IN 46218

317-921-1401 (to set an appointment)

www.svdpindy.org

The Arc of Indiana

Provides information and referrals regarding services for individuals with developmental and intellectual disabilities.

1-800-382-9100 tollfree 317-977-2375 www.arcind.org



Arc Master Trust Funds

Master Trust I and II available through The Arc of Indiana. Trust I allows families to leave funds for loved ones with disabilities without endangering eligibility for government programs. Trust II allows persons with disabilities to fund their own trust.

1-800-382-9100 tollfree www.thearctrust.org

INSOURCE (Resource Center for Families with Special Needs)

The center provides parents, families, and service providers in Indiana with information and training to assure effective educational programs and services for children and young adults with disabilities.

1-800-332-4433 tollfree www.insource.org

accessABILITY Center for Independent Living

Nonprofit organization that helps individuals with disabilities achieve and maintain an independent lifestyle.

866-794-7245 <http://abilityindiana.org>

Adult Protective Services

1-800-992-6978 Hotline to report suspected abuse

www.in.gov/fssa/da/3479.htm

Indiana Department of Education: Division of Exceptional Learners

1-877-851-4106 tollfree

317-232-0570

www.doe.in.gov/exceptional

Indiana Protection and Advocacy Services (IPAS)

Services protect and promote the rights of individuals with disabilities through empowerment and advocacy.

1-800-622-4845 tollfree <http://www.in.gov/ipas>

Indiana Institute on Disability and Community

812-855-6508

<http://www.iidc.indiana.edu>

Center for Disability Information Referral

Affiliated with the Indiana Institute on Disability and Community, the center provides disability-related referral services statewide.

1-800-437-7924 tollfree

www.iidc.indiana.edu/cedir

ASK: About Special Kids, Inc.

Provides information, peer support to families of youth and young adults with special needs.

1-800-964-4746

www.aboutspecialkids.org

Indiana Department of Workforce Development

1-800-891-6499

www.in.gov/dwd

WorkOne Centers

WorkOne Centers provide a local resource for securing training, resume assistance, finding jobs, and other workforce needs.

www.in.gov/dwd/WorkOne

WorkOne East

2525 N. Shadeland Ave., Suite C-3

Indianapolis, IN 46219

317-358-4500

WorkOne West

805 Beachway Drive, Suite 110

Indianapolis, IN 46224

317-246-5400



Indiana Assistive Technology Center

Provides information and access to assistive technology at no charge to Hoosiers with disabilities. These statewide services are derived through the Indiana Assistive Technology Act (INDATA) state/federal grant and include: device demonstrations, device loans, recycled computers, reutilized assistive technology equipment, alternative financing resources and educational trainings and conferences.

888-466-1314 tollfree

317-466-2013

<http://www.eastersealstech.com>

Health Care Services

Citizen's Health Center

Provides outpatient medical care for low income individuals and families. Accepts Medicaid and private insurance. Sliding scale based on income also available.

1650 N. College Ave, Indianapolis, IN 46202

317-924-6351

www.hhcorp.org/adv_where.htm

Gennesaret Free Clinic

Provides free health care (medical and dental) to individuals who are homeless or have low incomes.

615 N. Alabama St., Suite B, Indianapolis, IN 46204

317-639-5645

www.gennesaret.org

HealthNet Community Health Centers

Provides medical care for low-income families. Sliding scale based on income. Call to set appointment. Must bring insurance card or proof of income.

www.indyhealthnet.org

HealthNet Community Health Center

3401 E. Raymond St., Indianapolis, IN 46203

317-781-4994

People's Health Center

2340 E. 10th St., Indianapolis, IN 46201

317-633-7364

Martindale-Brightwood

2855 N. Keystone Ave, Suite 100, Indianapolis, IN 46218

317-920-5760

Southeast Health Center

901 N. Shelby St., Indianapolis, IN 46203

317-488-2040

Southwest Health Center

2202 W. Morris St., Indianapolis, IN 46221

317-488-2020

Raphael Health Center

Provides comprehensive health care services for persons of all ages. Sliding scale based on income.

401 E. 34th St., Indianapolis, IN 46205

317-936-1507

www.raphaelhc.org



Wishard Health Advantage

Offers a low cost managed health care program for Marion County residents who meet low income requirements. To get started, go to any location (see website for 12 locations) and tell the staff you want to apply for the Wishard Health Advantage Program or visit website.

317-931-4300

www.hhcorp.org/adv.htm

Primary Care Center location:

1002 Wishard Blvd., Indianapolis, IN 46202

317-692-2300

Mental Health Services

Adult and Child Mental Health

317-882-5122

www.adultandchild.org

Aspire

877-574-1254

<http://www.aspireindiana.org>

Cummins Behavioral Health Systems

317-247-8900

www.cumminsbhs.org

Fairbanks Hospital

Outpatient and inpatient addition services for youth, adults, families. Services available on a sliding scale based on income

317-849-3222

www.fairbankscd.org

Mental Health America of Greater Indianapolis

317-251-0005

www.mhaind.net

Midtown Community Mental Health Center

317-630-7791

<http://www.wishard.edu/midtown.html>



Legal Services

Indiana Legal Services

Provides free civil legal services to the low income and elderly.

317-631-9410

www.indianajustice.org

Indianapolis Legal Aid Society

Provides legal services to low income individuals in Family and Civil Law

317-635-9538

www.indylas.org

Transportation Resources

Marion County

IndyGo City Bus

317-635-3344

www.indygo.net

IndyGo Open Door

Door-to-door service for individuals with disabilities who cannot ride the city bus. Requires application and precertification of eligibility.

317-635-3344

www.indygo.net

IndyGo Late Night Flex Taxi Voucher Program

Companies with employees who need transportation in the late evenings and early mornings, from 11 p.m. to 6 a.m., can purchase taxi vouchers from us for \$5 each. However, employers must first go through a formal application/ordering process. Once eligible, employers can give and/or sell the taxi vouchers to their employees for work, interviews, trainings and/or child care transportation.

317-635-3344

www.indygo.net



Hamilton County

Hamilton County Express

An origin to destination service, available throughout Hamilton County and select drop-off sites in northern Marion County.

317-773-2688

<http://janus-inc.org/transportation.php>

Community Rehabilitation Provider Agencies

Boone County ARC

765-482-6815 317-873-9829
www.arc rehab.org

Bosma Industries

317-684-0600 www.bosma.org
(Blind and visually impaired)

Community Connections

317-240-1810
www.communityconnects.net/index.html

Easter Seals Crossroads

317-466-1000
www.eastersealscrossroads.org

Gateway Services

317-738-5500 <http://gatewayarc.com>

Goodwill Industries

317-524-4313 www.goodwill.org/page/guest

Janus Developmental Services

317-773-8781 www.janus-inc.org

Noble

317-375-2700 www.mynoblelife.org

Sycamore Services, Inc.

317-745-4715 www.sycamoreservices.com



Recreation Resources

INDY PARKS

Therapeutic/adaptive recreational activities, sports, social events.
317-329-2281 www.indy.gov/eGov/City/dpr/

YMCA of Greater Indianapolis

317-266-9622 www.indymca.org

Special Olympics

317-328-2000 www.soindiana.org

Monon Community Center—Carmel

Adaptive and inclusion programs in sports/recreation and other activities/classes
317-848-7275 www.carmelclayparks.com/index.asp?action=mononcntr

Agape Therapeutic Riding Center

24950 Mt. Pleasant Rd, Cicero, IN
317-773-7433 www.agaperiding.org

Adult Education

Indy Reads

Provides free tutoring for Marion County residents who are 18 and older who read at or below 6th grade level or who are learning English as a new language.
317-275-4040 www.indyreads.org

IPS Adult Education

Day and evening classes at 15 locations for basic education, GED prep and adult literacy education.
317-226-4536 <http://www.ips.k12.in.us>

J. Everett Light Career Center

Offers adult basic education classes, GED prep, literacy tutoring, and more.
317-259-5275 <http://www.jelcc.com>

Post-Secondary Educational Resources

Ball State University

Disabled Student Development
800-382-8540 (Ask for Disabled Student Development)
<http://cms.bsu.edu/About/AdministrativeOffices/DSD.aspx>

Butler University

Student Disability Services
317-940-9308 www.butler.edu/disability

Indiana University

Disability Services for Students
812-855-7578 www.indiana.edu/~iubdss



Indiana University Purdue University Indianapolis

Adaptive Educational Services
317-274-5555 <http://life.iupui.edu/aes/>

Ivy Tech (Main Campus)

Disability Support Services
317-921-4799 www.ivytech.edu/indianapolis/

Purdue University

Adaptive Programs
765-494-1247 www.purdue.edu/odos/drc/welcome.php

University of Indianapolis

BUILD program
317-788-3536 www.uindy.edu/ssd

Vincennes University

STEP Program
812-888-4214 www.vinu.edu