

# Transition & Resource Guide

*Helping You Succeed As You Transition  
To The Next Stage Of Your Life*



# Noble

Dream it. Live it.™

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# 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 Around The Time Of 8<sup>th</sup> 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 You Want To Do After Graduation. Ask About Transitional Services Available, Including:
  - 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.
- ✓ Participate In Transition Services And Activities That Are Available Through Your School.

## Junior Year

- ✓ Review Course Of Study/Graduation Status To Ensure You Are On Track And Adjust As Needed.
- ✓ Begin Job Training Classes Or Vocational Programs If Your Course Of Study Is Vocational.
- ✓ Talk 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 Admissions Test.
- ✓ If You Plan To Go To School After Graduation, Begin Completing Applications To The Schools That Interest You And Any Financial Aid Forms.
- ✓ Meet With A Counselor From Vocational Rehabilitation (VR) And Begin The Application Process.
- ✓ Participate In Transition Services And Activities That Are Available Through Your School.
- ✓ Follow Up With BDDS On The Status Of Your Medicaid Waiver Application. If You Have Not Yet Applied, Do So Immediately.



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

- ✓ Review Course Of Study/Graduation Status To Ensure You're Still On Track & 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.
- ✓ Participate In Any Transition Services And Activities Available Through Your School.

## 18<sup>th</sup> Birthday

- ✓ Within 30 Days Of Your 18<sup>th</sup> Birthday, Males Must Register With The Selective Service.
- ✓ Apply With Social Security Administration To See If You Are Eligible For Benefits.
- ✓ Apply For Medicaid To See If You Are Eligible.
- ✓ If You Are Currently Receiving Social Security And Medicaid, You 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.
- ✓ Participate In Any Transition Services And Activities Available Through Your School.

# Questions to Consider

## Things You May Want to Think About

- ✓ Where Can I Get 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 I Want?
- ✓ 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 And Phone Number Of Emergency Contact Persons.



## Educational Records

- Report Cards/Transcripts.
- Copies Of IEPs 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 and 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.

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[www.connect2help.org](http://www.connect2help.org)

## Indiana Family and Social Services Administration (FSSA)

317-233-4454

[www.in.gov/fssa](http://www.in.gov/fssa)

## Division of Disability and Rehabilitative Services (DDRS)

877-241-8144

[www.in.gov/fssa/2328.htm](http://www.in.gov/fssa/2328.htm)

## Bureau of Developmental Disabilities Services—District 5

Handles applications for Medicaid Waivers for people who live in Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby counties.

877-218-3530

317-205-0101

[www.in.gov/fssa/ddrs/2639.htm](http://www.in.gov/fssa/ddrs/2639.htm)

## Vocational Rehabilitation Services (VR)

877-847-9894

[www.in.gov/fssa/ddrs/2636.htm](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.

800-489-9550

317-254-5465

[www.cicoa.org](http://www.cicoa.org)

## Division of Family Resources (DFR)

Handles applications and processing of Medicaid, Hoosier Healthwise, Food Stamps, TANF and HIP.

Office hours: 8:00 am – 4:30 pm.

800-403-0864 phone/fax

[www.in.gov/fssa/dfr/3147.htm](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

3826 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)

800-772-1213

[www.ssa.gov](http://www.ssa.gov)

[www.ssa.gov/ssi/](http://www.ssa.gov/ssi/)

### 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.

855-435-7188

[www.in.gov/isdh/20179/htm](http://www.in.gov/isdh/20179/htm)

## Families First

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

317-634-6341

[www.familiesfirstindiana.org](http://www.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](http://www.cagi-in.org)

## Indianapolis Housing Agency (IHA)

Provides assistance in finding affordable housing and subsidized housing.

317-261-7200

[www.indyhousing.org](http://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](http://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. 30<sup>th</sup> St., Indianapolis, IN 46218

317-921-1401 (*to set an appointment*)

[www.svdindy.org](http://www.svdindy.org)

## The Arc of Indiana

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

800-382-9100

317-977-2375

[www.arcind.org](http://www.arcind.org)



## **The 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.

800-382-9100

[www.thearcctrust.org](http://www.thearcctrust.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.

800-332-4433

[www.insource.org](http://www.insource.org)

## **accessABILITY Center for Independent Living**

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

866-794-7245

[www.abilityindiana.org](http://www.abilityindiana.org)

## **Adult Protective Services**

Hotline to report suspected abuse.

800-992-6978

[www.in.gov/fssa/da/3479.htm](http://www.in.gov/fssa/da/3479.htm)

## **Indiana Department of Education: Division of Exceptional Learners**

877-851-4106

317-232-0570

[www.doe.in.gov](http://www.doe.in.gov)

## **Indiana Protection and Advocacy Services (IPAS)**

Offers services to protect and promote the rights of individuals with disabilities through empowerment and advocacy.

800-622-4845

[www.in.gov/ipas](http://www.in.gov/ipas)

## **Indiana Institute on Disability and Community**

812-855-6508

[www.iidc.indiana.edu](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.

800-437-7924

[www.iidc.indiana.edu/cedir](http://www.iidc.indiana.edu/cedir)

## ASK: About Special Kids, Inc.

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

800-964-4746

[www.aboutspecialkids.org](http://www.aboutspecialkids.org)

## Indiana Department of Workforce Development

800-891-6499

[www.in.gov/dwd](http://www.in.gov/dwd)

## WorkOne Centers

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

[www.indianacareerready.com](http://www.indianacareerready.com)

### 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, educational trainings and conferences.

888-466-1314

317-466-2013

[www.eastersealstech.com](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.freeclinics.com/det/in\\_Dba\\_Citizens\\_Health\\_Center](http://www.freeclinics.com/det/in_Dba_Citizens_Health_Center)

## 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](http://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](http://www.indyhealthnet.org)

### Barrington Health & Dental Center

3401 E. Raymond St.

Indianapolis, IN 46203

317-957-2100

### People's Health Center

2340 E. 10th St.

Indianapolis, IN 46201

317-957-2200

### Martindale-Brightwood

2855 N. Keystone Ave, Ste 100

Indianapolis, IN 46218

317-957-2300

### Southeast Health Center

901 N. Shelby St.

Indianapolis, IN 46203

317-957-2400

### Southwest Health Center

2202 W. Morris St.

Indianapolis, IN 46221

317-957-2500



## 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  
317-926-1507  
[www.raphaelhc.org](http://www.raphaelhc.org)

## Eskenazi Health

Offers low-cost managed health care program for Marion County residents who meet income requirements. Visit any location (*see website for 12 locations*) and tell the staff you want to apply or visit the website.  
317-880-0000  
[www.eskenazihealth.edu/health-services](http://www.eskenazihealth.edu/health-services)

# Mental Health Services

## Adult and Child Mental Health

317-882-5122  
[www.adultandchild.org](http://www.adultandchild.org)

## Aspire

877-574-1254  
[www.aspireindiana.org](http://www.aspireindiana.org)

## Cummins Behavioral Health Systems

888-714-1927 ext. 1500 (*to schedule an appointment*)  
888-714-1927 ext. 1501 (*24-hour emergency hotline*)  
[www.cumminsbhs.org](http://www.cumminsbhs.org)



## Fairbanks Hospital

Outpatient and inpatient addition services for youth, adults and families. Services available on a sliding scale based on income.  
317-849-8222  
[www.fairbanksd.org](http://www.fairbanksd.org)

## Families First (*merged with Mental Health America of Greater Indianapolis*)

317-634-6341  
[www.familiesfirstindiana.org](http://www.familiesfirstindiana.org)

## Eskenazi Health Midtown Community Mental Health

317-880-0000  
317-880-8485 (*for mental health emergencies*)  
[www.eskenazihealth.edu/mental-health](http://www.eskenazihealth.edu/mental-health)

# Legal Services

## Indiana Legal Services

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

317-631-9410

[www.indianalegalservices.com](http://www.indianalegalservices.com)

## Indianapolis Legal Aid Society

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

317-635-9538

[www.indylas.org](http://www.indylas.org)

# Transportation Resources

## Marion County

### IndyGo City Bus

317-635-3344

[www.indygo.net](http://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](http://www.indygo.net)

### IndyGo Late Night Flex Taxi Voucher Program

Companies with employees who need transportation from 11 p.m. to 6 a.m. can purchase taxi vouchers 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](http://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

[www.janus-inc.org/transportation.php](http://www.janus-inc.org/transportation.php)

# Community Rehabilitation Provider Agencies

## Boone County Arc

765-482-6815  
317-873-9829  
[www.arcrehab.org](http://www.arcrehab.org)

## Bosma Industries

For individuals who are blind or visually impaired.  
317-684-0600  
[www.bosma.org](http://www.bosma.org)

## Easter Seals Crossroads

317-466-1000  
[www.eastersealscrossroads.org](http://www.eastersealscrossroads.org)

## Gateway Services

317-738-5500  
[www.gatewayarc.com](http://www.gatewayarc.com)

## Goodwill Industries

317-524-4313  
[www.goodwill.org/page/guest](http://www.goodwill.org/page/guest)

## Janus Developmental Services

317-773-8781  
[www.janus-inc.org](http://www.janus-inc.org)

## Meaningful Day Services

317-248-0016  
[www.meaningfuldays.com/](http://www.meaningfuldays.com/)

## Noble

317-375-2700  
[www.mynoblelife.org](http://www.mynoblelife.org)



## **Outside the Box**

317-253-6658  
[www.otbonline.org/](http://www.otbonline.org/)

## **Sycamore Services, Inc.**

317-745-4715  
[www.sycamoreservices.com](http://www.sycamoreservices.com)

## **Tangram**

317-571-1042  
[www.thetangramway.org/](http://www.thetangramway.org/)

## **Active Day**

317-783-2155  
[www.activeday.com/](http://www.activeday.com/)

## **New Hope of Indiana**

317-338-9600  
[www.newhopeofindiana.org/](http://www.newhopeofindiana.org/)

# Adult Education

## **Indy Reads**

Free tutoring for Marion County residents who are at least 18 who read at or below 6<sup>th</sup> grade level or who are learning English as a new language.

317-275-4040  
[www.indyreads.org](http://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  
[www.ips.k12.in.us](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  
[www.jelcc.com](http://www.jelcc.com)

# Recreation Resources

## Indy Parks

Therapeutic, inclusive and adaptive recreational activities, sports and social events.

317-327-7275

[www.indy.gov/eGov/City/dpr/](http://www.indy.gov/eGov/City/dpr/)

## YMCA of Greater Indianapolis

317-266-9622

[www.indymca.org](http://www.indymca.org)

## Special Olympics

317-328-2000

[www.soindiana.org](http://www.soindiana.org)

## Monon Community Center

Adaptive and inclusive sports, recreation, activities and classes.

317-848-7275

[www.carmelclayparks.com/monon-community-center/](http://www.carmelclayparks.com/monon-community-center/)

## Hollis Adams Foundation

Social, recreational, and community-based events and activities.

317-489-0100

[www.hollisadams.org/](http://www.hollisadams.org/)

## Agape Therapeutic Riding Center

24950 Mt. Pleasant Rd, Cicero, IN

317-773-7433

[www.agaperiding.org](http://www.agaperiding.org)

## Morning Dove Therapeutic Riding

7444 W. 96<sup>th</sup> St., Zionsville, IN 46077

317-733-9393

[www.morningdovetrc.org/](http://www.morningdovetrc.org/)

## ArtMix

1505 N. Delaware St., Indianapolis, IN 46202

317-974-4123

[www.artmixindiana.org/](http://www.artmixindiana.org/)



# Post-Secondary Educational Resources

## Ball State University

Disability Services for Students  
800-382-8540 (*Ask for Disability Services for Students*)  
[www.bsu.edu/about/administrativeoffices/disability-services](http://www.bsu.edu/about/administrativeoffices/disability-services)

## Butler University

Student Disability Services  
317-940-9308  
[www.butler.edu/disability](http://www.butler.edu/disability)

## Indiana University

Disability Services for Students  
812-855-7578  
[www.indiana.edu/~iubdss](http://www.indiana.edu/~iubdss)

## IUPUI

Adaptive Educational Services  
317-274-5555  
[www.life.iupui.edu/aes/](http://www.life.iupui.edu/aes/)

## Ivy Tech (Main Campus)

Disability Support Services  
317-921-4799  
[www.ivytech.edu/indianapolis/](http://www.ivytech.edu/indianapolis/)

## Purdue University

Adaptive Programs  
765-494-1247  
[www.purdue.edu/odos/drc/welcome.php](http://www.purdue.edu/odos/drc/welcome.php)

## University of Indianapolis

BUILD program  
317-788-3536  
[www.uindy.edu/ssd](http://www.uindy.edu/ssd)

## Vincennes University

STEP Program  
812-888-4214  
[www.vinu.edu](http://www.vinu.edu)





# Noble

## Living the Fullest Life Possible

Since 1953, Noble has focused on one **mission**: to expand opportunities and enhance the quality of life for people with disabilities and their families. While our services have evolved with the changing needs of the children and adults we serve, our commitment to you has not. Today, we serve 2,800+ children and adults with disabilities like Down syndrome and autism throughout Central and Eastern Indiana each year.

## Meeting Your Individual Needs

Each day, our dedicated Noble Team Members provide a wide array of services like:

- First Steps Early Intervention Therapies
- Youth Day Camps
- Project SEARCH and School-to-Work Transition
- Employment Services
- Career Discovery Experience
- Music, Recreational & Behavior Therapies
- Community Living Residential Services
- Respite and Participant Assistance & Care
- Community Integration Day Services
- Community Exploration
- Center for Family Leadership Family Education
- Therapeutic Art and Entrepreneurial Art

Find Us  
@mynoblelife



7701 E. 21<sup>st</sup> St., Indianapolis, IN 46219 ■ 317.375.2700 ■ [mynoblelife.org](http://mynoblelife.org)