

Transitioning Children with FASDs into Adulthood

Resource Toolkit for Californians

For people with FASDs, transitioning to adulthood can be challenging – but it doesn't have to be. California families living with FASDs can use the supports and resources in this toolkit to help transition children with FASDs into adulthood. This toolkit includes links to programs, services, and online resources.



Use this table to quickly identify resources that address your specific needs.

	Social and Emotional Support	Information Support	Disability Services	Care Coordination	Education and Employment Support	Medical Care Services
Programs and Services						
American Academy of Pediatrics - California Chapter		X				
The Arc California		X	X		X	
Best Buddies California	X	X	X		X	
California Dept. of Developmental Services – Waiver Program	X	X	X		X	
Center for Independent Living		X	X		X	X
FASD Collaborative	X	X			X	
FASD United	X	X	X	X	X	
State of California – Department of Rehabilitation		X	X		X	
Medicaid Waiver Programs	X	X	X	X		X
The Tanagram Way	X					
Wraparound Services		X	X		X	
Online Resources						
FASD Information		X	X		X	
IEP Transition		X			X	



Programs and Services

[American Academy of Pediatrics – California Chapter](#)

Provides resources for parents and clinicians

[The Arc California](#)

22 local chapters providing a wide range of human services and other supports to people with intellectual and developmental disabilities (I/DD) and their families: advocacy, residential, educational, vocational, employment, and family supports

- ★ Check out [Arc Indiana's videos and webinars](#) about transitioning to adulthood, guardianship and alternatives, applying for Social Security benefits, employment, and community living
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[Best Buddies California](#)

Offers one-to-one friendship into adulthood, integrated employment, inclusive living, family support, and leadership development programs for individuals with and without I/DD

[California Department of Developmental Services – Waiver Program for Individuals with Developmental Disabilities](#)

Designs and coordinates services for Californians with developmental disabilities: counseling, lifelong individualized planning and service coordination, assistance with finding and using community resources, genetic counseling, out-of-home care planning, placement, and monitoring, and training and educational opportunities

[Center for Independent Living](#)

Supports people with disabilities: peer support, independent living skills training, information and referral, advocacy, and transition from institutions and secondary education

[The FASD Collaborative](#)

- Focuses on supporting the creation of fully inclusive communities addressing the needs of all individuals who are neurodiverse including the FASD community
- Provides virtual and in-person support groups, online webinars, and special interest groups

FASD United

- Serves as the national organization on FASD, supporting people with FASDs and promoting healthy pregnancies
 - [Family Navigator Program](#) provides individuals living with FASDs, their family members, caregivers, supporters and professionals with expert, confidential referrals to resources and services, one-on-one peer support, and information on FASD
 - Find your nearest [FASD United Affiliate Network](#) for additional FASD resources
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State of California – Department of Rehabilitation

Pre-Employment Transition Services

Offering services and accommodations to students, youth, and young adults to help them be successful, get help paying for school, and make a plan. Explore the world of work with job exploration, postsecondary counseling, skills for work, self-advocacy, and work experiences

Vocational Services

Assists individuals with disabilities to build viable careers and live independently in their community. Program provides career guidance and counseling, job search and interview skills training, independent living skills, on the job training, employment preparation, assistive technology, and other services.

Medicaid Waiver Programs

California currently has four waivers that are open to children, including a newer waiver for developmental disabilities: Home and Community Based Alternatives Waiver, HCBS Waiver for Californians with Developmental Disabilities, Self-Determination Program for Individuals with Developmental Disabilities, Medi-Cal Waiver Program

The Tanagram Way

Offers virtual social groups and activities: bingo, book club, music club, afternoon social group, caregiver corner group, pre-recorded art lessons

Special Olympics in California

Provides sports and social connections for families with FASDs and other I/DD

[Northern California](#)

[Southern California](#)

Wraparound Services

Develops a service plan with specific strategies for meeting the needs identified by the family. The service plan is individualized, with strategies that reflect the child and family's culture and preferences. California Wraparound is intended to allow children to live and grow up in a safe, stable, permanent family environment.



Online Resources

FASD Information

- [A California FASD Resource Directory](#) from FASD United
- [About Fetal Alcohol Syndrome](#) from Job Accommodation Network
- [Supporting Employment in Individuals with FASD: A Guide for Employment Professionals](#) from the Canada FASD Research Network
- [Supporting Success for Adults with FASD](#) from Community Living British Columbia
- [Towards Healthy Outcomes: A Framework for Integrated Community Intervention](#) from the Canada FASD Research Network
- [Understanding Fetal Alcohol Spectrum Disorder: Information for Parents and Careers](#) from NHS Ayrshire and Arran
- [What Parents and Caregivers Need to Know about Fetal Alcohol Spectrum Disorder](#) from Healthy Child Manitoba

IEP Transition

- [Indiana Secondary Transition Resource Center](#) from Indiana University Bloomington
- [Individualized Transition Plans-Writing Plans that are Effective and Compliant](#) video from Gwen Palafox, PhD
- [What is IEP Transition Planning?](#) from Understood.com
- [What is the Transition Planning Process for Students with Disabilities?](#) from The Iris Center



a program to enhance the health & development of infants & children
Fetal Alcohol Spectrum Disorders Program
A program of the American Academy of Pediatrics in cooperation with the Centers for Disease Control & Prevention

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



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