

Transitioning Children with FASDs into Adulthood

Resource Toolkit for Indiana

For people with FASDs, transitioning to adulthood can be challenging – but it doesn't have to be. Indiana 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 - Indiana Chapter		X				
The Arc Indiana		X	X		X	
Best Buddies Indiana	X	X	X		X	
Center for Independent Living		X	X		X	X
FASD Collaborative	X	X			X	
FASD United	X	X	X	X	X	
Medicaid Waiver Programs	X	X	X	X		
Parent to Parent Indiana	X	X				
Special Olympics Indiana	X					
The Tanagram Way	X					
State of Indiana	X	X	X	X	X	X
Online Resources						
FASD Information		X	X		X	
IEP Transition		X			X	



Programs and Services

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

Provides resources for parents and clinicians

[The Arc Indiana](#)

- 44 local chapters serving 68 counties
- Provides 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

[Best Buddies Indiana](#)

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

[Center for Independent Living](#)

- Every state has a Center for Independent Living
 - Supports people with disabilities through peer support, independent living skills training, information and referral, individual and systems advocacy, and transition from institutions and secondary education
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[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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Medicaid Waiver Programs

Indiana has four waiver programs that serve children: Community Integration and Habilitation, Family Supports, Health and Wellness Waiver, Traumatic Brain Injury

Parent to Parent Indiana

- Provides one-to-one parent matches to help parents become experts in their child's disability, learn medical and therapeutic terms, and navigate services, therapies, insurance issues, and public systems
 - Connects parents and caregivers of children with I/DD with trained mentors who have experience raising children with I/DD
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Special Olympics Indiana

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

The Tanagram Way

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

State of Indiana

Pre-Employment Transition Services

Provides services to help students move from high school to employment or postsecondary training: job exploration and postsecondary opportunities counseling, work-based learning experiences, workplace readiness training, self-advocacy instruction

Vocational Services

Offers services for people with disabilities to obtain, maintain, or advance in employment: explore employment interests and skills, finding employment, assistive technology, assistance re-entering employment after a period of not working, trainings, and career advancement

Wraparound Services for Children with Medicaid

Identifies needs, services, and strategies that assist in achieving more positive outcomes in life

Wraparound Services for Children without Medicaid

Delivers community-based services to keep children in their own homes and communities



Online Resources

FASD Information

- [An Indiana 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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