

Transitioning Children with FASDs into Adulthood

Resource Toolkit for Texans

For people with FASDs, transitioning to adulthood can be challenging – but it doesn't have to be. Texas 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 - Texas Chapter		X				
The Arc Texas		X	X		X	
Best Buddies Texas	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	X	X				
Special Olympics Texas	X					
The Tanagram Way	X					
Texas Health and Human Services Commission	X	X	X		X	X
Texas Workforce Commission		X	X		X	
Online Resources						
FASD Information		X	X		X	
IEP Transition		X			X	



Programs and Services

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

Provides resources for parents and clinicians

[The Arc Texas](#)

- 23 local chapters across Texas
- 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 Texas](#)

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 Texas

[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

Texas has six waivers that can serve children: Medically Dependent Children Program Waiver, Deaf Blind with Multiple Disabilities, Community Living Assistance & Support Services Waiver, Home Living Program Waiver, Home and Community-Based Services Program Waiver, Youth Empowerment Services

Parent to Parent Texas

- 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 Texas

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

Texas Health and Human Services Commission

Long-term Care Providers

Provides information about facility-based, waiver, and community-based programs

Wraparound Providers

Provides strengths-based services that build on and utilize family and community support to prevent out-of-home placement and promote lifelong independence and self-defined success

Texas Workforce Commission

Pre-employment Transition Services

Offers services to prepare young adults for life after high school: job and college counseling, work-based learning experiences, workplace skills training and support, and self-advocacy

Vocational Services

Helps people with disabilities get ready for, find, or keep a job



Online Resources

FASD Information

- [A Texas 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



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