

## **Parent Resources/Training**

### [Pacer Center](#) – Champions for Children with Disabilities

- Parent and information training center-Provides information on resources, support and training for parents of children with disabilities

### [The National Youth Transitions Center](#)

- A collaborative organization of local and national agencies that support youth and young people with disabilities as they enter adulthood and the world of work. Members provide and share information related to the promotion of youth advocacy and inclusive employment opportunities

### [“I’m Determined” Project](#)

- Project provided through the Virginia Department of Education
- Provides tips and strategies for parents to teach their child self-determined behaviors. Topics include self-directed IEP, self-advocacy, goal setting

## **Advocacy Support**

### [The Parent’s Place of Maryland](#)

- Maryland’s Parent Training and Information Center provides resources and information about the special education process and parent rights
- Family-to-Family Health Information Center provides resources and information to access community, school, and family support services to help their child in school and at home

### [DC Quality Trust](#)

- Provides advocacy support services to individuals with developmental disabilities and their families

### [National Disabilities Rights Network](#)

- Provides free legal advice to assist individuals with disabilities and their family access inclusive educational programs, financial entitlements, healthcare, accessible housing and productive employment opportunities. Click on individual links for assistance in MD, VA, or DC
  - [Disability Rights Maryland](#) (formerly Maryland Disability Law Center)
  - [disAbility Law Center for Virginia](#)
  - [University Legal Services Protection and Advocacy Program for the District of Columbia](#)

## **Transition Planning**

### [Maryland Transitioning Youth](#)

- Provides links to information related to transition planning, college, employment healthcare, transportation and other additional resources

### [OSSE Secondary Transition](#)

- Similar to mdtransition.org, this site provides transition planning information for students who reside in the District of Columbia

### [Virginia Department of Education](#)

- Provides support, information and resources designed to improve the outcomes of students with disabilities in transition from middle / secondary education to postsecondary education and employment

### [Virginia Wizard](#)

- Assists Virginia students think about and plan for postsecondary education options

### [DCTransition](#)

- Designed to answer questions and help DC young adults plan for their future

### [Autism Speaks Transition Toolkit](#)

- Planning guide to assist students and families prepare to transition from school to adulthood. Information guides include self-advocacy, independent living skills, health, post-secondary education options, housing, and employment; also provides links to resources and transition timelines specific to each state

## **Local/Non-public School System Resources**

### [MCPS Transition Services](#)

### [DCPS Transition Services](#)

### [Fairfax Count Transition Services](#)

### [Maryland Association of Nonpublic Special Education Facilities](#)

## **Federal Programs**

### [Selective Service Registration](#)

### [Supplemental Security Income \(SSI\)](#)

### [The Able Act Fact Sheet](#)

## **Postsecondary Employment/Adult Services**

### [National Collaborative on Workforce and Disability/Youth](#)

- information about employment and youth with disabilities related to disability, education, employment, and workforce development

### **Vocational Rehabilitation**

#### [Maryland Division of Rehabilitation Services \(DORS\)](#)

#### [Virginia Department of Aging and Rehabilitative Services \(DARS\)](#)

#### [DC Rehabilitation Services Administration \(RSA\)](#)

### **Long Term Developmental Disability Support**

#### [Maryland Developmental Disability Administration](#)

#### [DC Developmental Disability Administration](#)

#### [Fairfax-Falls Church Community Services Board](#)

## **Postsecondary Education/Training**

### [Think College](#)

- Information on college programs for students with intellectual disabilities

### [Heath Resource Center at the National Youth Transitions Center](#)

- National clearinghouse on postsecondary education for individuals with disabilities-Click on their Resources tab leading to Secondary Transition to Postsecondary Website Portals to further Resources

## **Recreation programs**

### [Potomac Community Resources](#)

#### [Spirit Club](#)

#### [Best Buddies](#)

#### [Camp Atlantic](#)

#### [Camp Greentop](#)

#### [KEEN](#)

#### [Melwood](#)

### **Special Olympics**

#### [Maryland](#)

#### [DC](#)

#### [VA](#)

### **Local County Therapeutic Recreation programs**

#### [Fairfax County](#)

#### [Montgomery County](#)

#### [Prince George's County](#)

#### [DC](#)