



# Gearing Up For Your Transitions

## Moving With a Child with a Disability

### Checklist

**Use this list to check off each task that you need to complete. Just cross out any tasks that don't apply to your family.**

- Get a notebook to keep track of everything you've done or will need to do.
- Give your child's current school your new address.
- Find out if all school records are up to date.
- Request copies of all information in your child's files; be sure all evaluations, assessments, reports, IEPs, therapist's reports, and any related documents are there.
- Request updates on any school records that need it (IEPs, triennials, vocational assessment, transition plans, etc.)
- Duplicate all school records. Your school may provide this service or you can frequently find duplicating machines in the public library.
- Inform your child's teacher(s), therapist(s), employer(s), counselor(s) and other professionals working with your child that you will be moving. Ask them to write letters about their experiences with your child and any recommendations or observations that they have.
- Call your child's doctor(s) and, if necessary, make appointments.
- Call your child's dentist and, if necessary, make an appointment.
- Request copies of all medical records, including those of any specialist(s) your child is seeing. Duplicate these.
- Call the Social Security toll free line, 1-800-772-1213, to find out about SSI benefits in your new state.
- Fill all prescriptions, so that you have at least one month's supply.
- Contact the Department of Special Education in the new state and/or local school district. Request information about policies, procedures and eligibility requirements, and request an appointment for the week of arrival in the new location.

\_\_\_\_ Contact the new school, if possible, and arrange for eligibility and placement meetings soon after you arrive.

\_\_\_\_ Contact local parent and/or disability groups in the new location.

\_\_\_\_ Get a large sturdy folder which closes securely in which to transport your child's records.

\_\_\_\_ Put all records in a safe place so they won't be packed or lost (you could put them in the car right now or put them in your hand luggage).

\_\_\_\_ Relax, moving can be very hectic. Take time for yourself.