

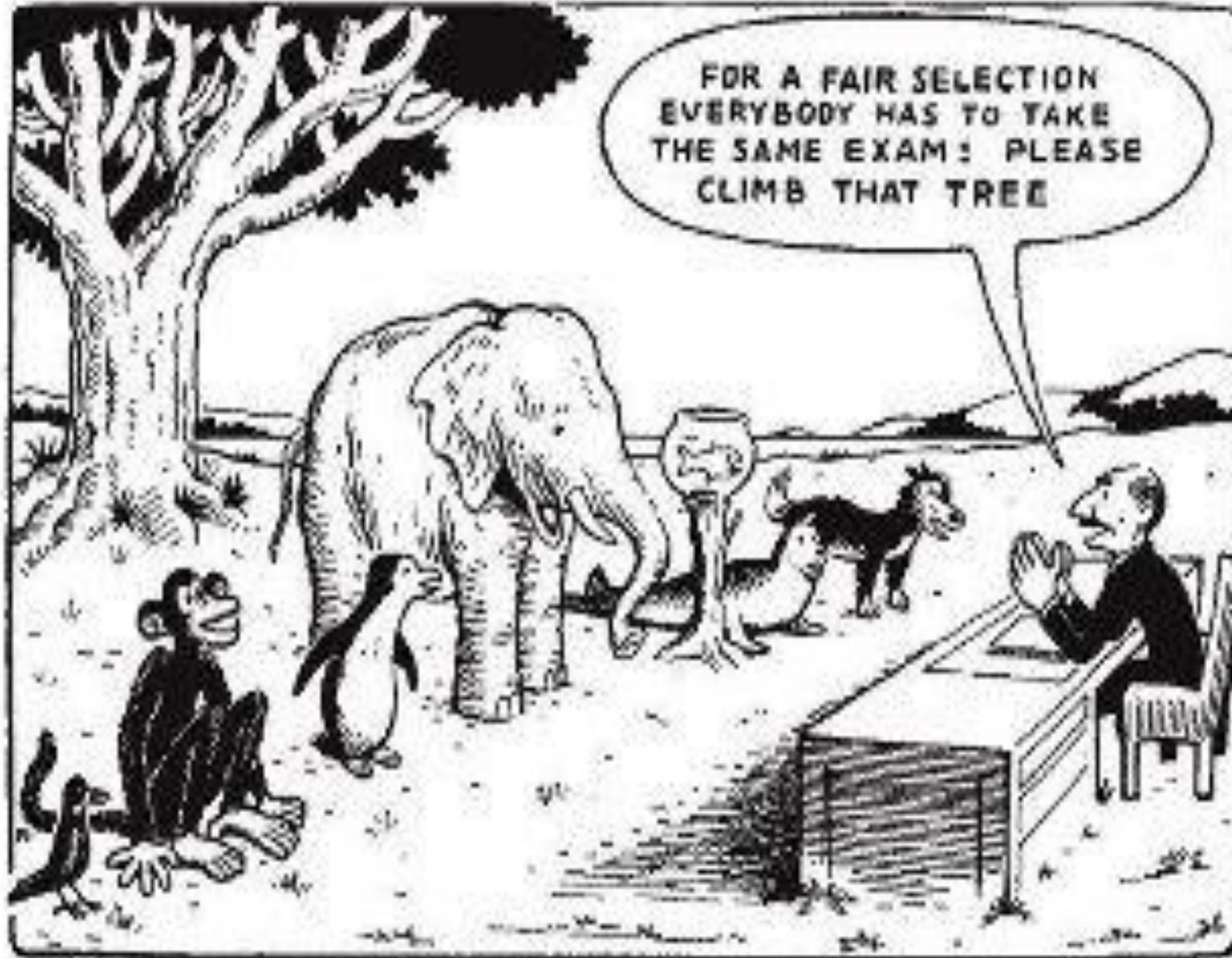
THE ULTIMATE TRANSITION TO ADULTHOOD WORKSHOP

Jo Ann Simons, CEO

Northeast Arc

For Jonathan





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Life. Lifelong support for people with disabilities

Transition Planning

**Begins at age 14/9th or earlier
student involvement required**

Demands of Adulthood

Personal Finances	Housing	Professional Relationships	Friends
Health	Jobs	Transportation	Community Involvement
Wellness	Family	Leisure	Legal Issues
Mental Health	Intimate Relationships	Household Organization	Eligibility

WE'RE HAVING A PARTY OR GETTING STARTED

Person Centered Planning

Circle of Support

Group Action Planning

Individual Support Plan

Future Planning

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SOME NEW THINGS

- **Testing Under NCLB**
- **IDEA Regulations and Transition**
- **Postsecondary Goals**
- **Appropriate Transition Goals**

Transition Checklist

Getting the Most out of High School

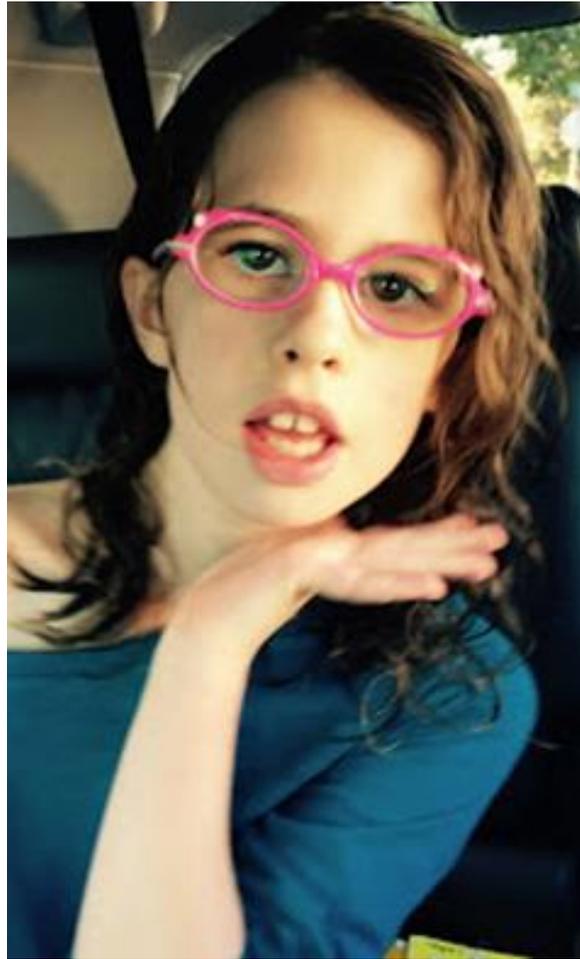
Domestic Skill - Can he/she:

- prepare a breakfast, lunch, supper, snack, or pack a lunch?
- clean their own room?
- do laundry: use washer, dryer, and iron?
- budget their time?



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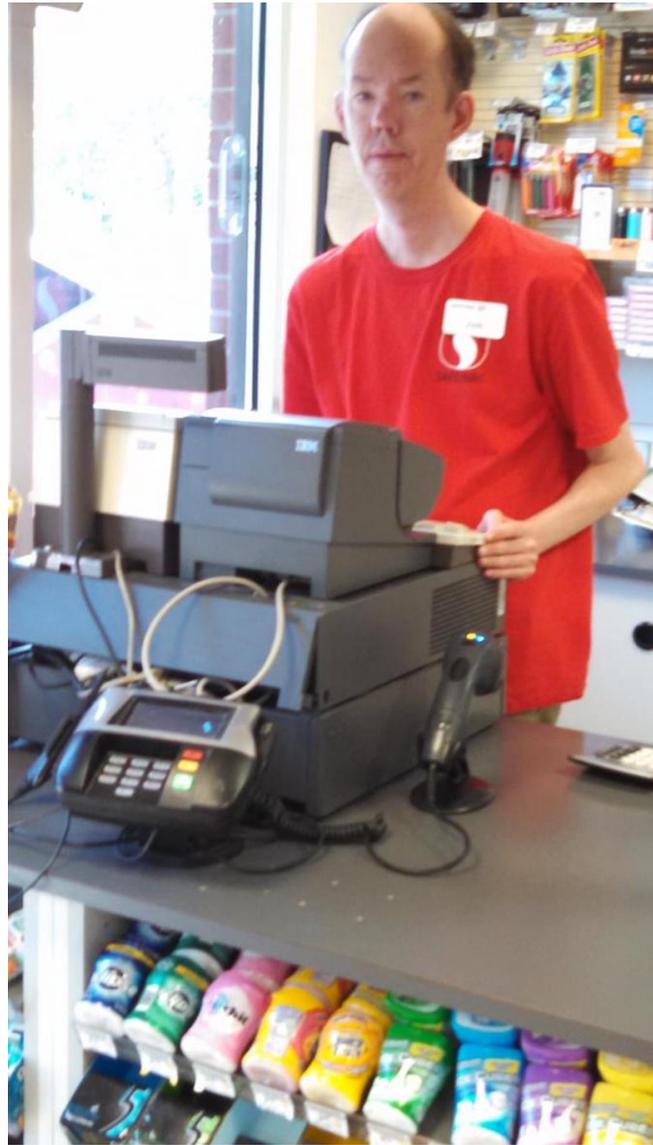


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Vocational Skills - Can he/she:

- get to/from work on time and punch/sign-in appropriately?**
- perform work satisfactorily?**
- work cooperatively with co-workers?**
- take/break/lunch appropriately?**
- wear suitable clothing?**
- use appropriate safety procedures?**
- follow directions?**
- accept supervision?**



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Recreation/Leisure - Can he/she:

- use free time for pleasure
 - choose reasonable activities?
- pick a hobby?
- perform required activities?
- use community resources?



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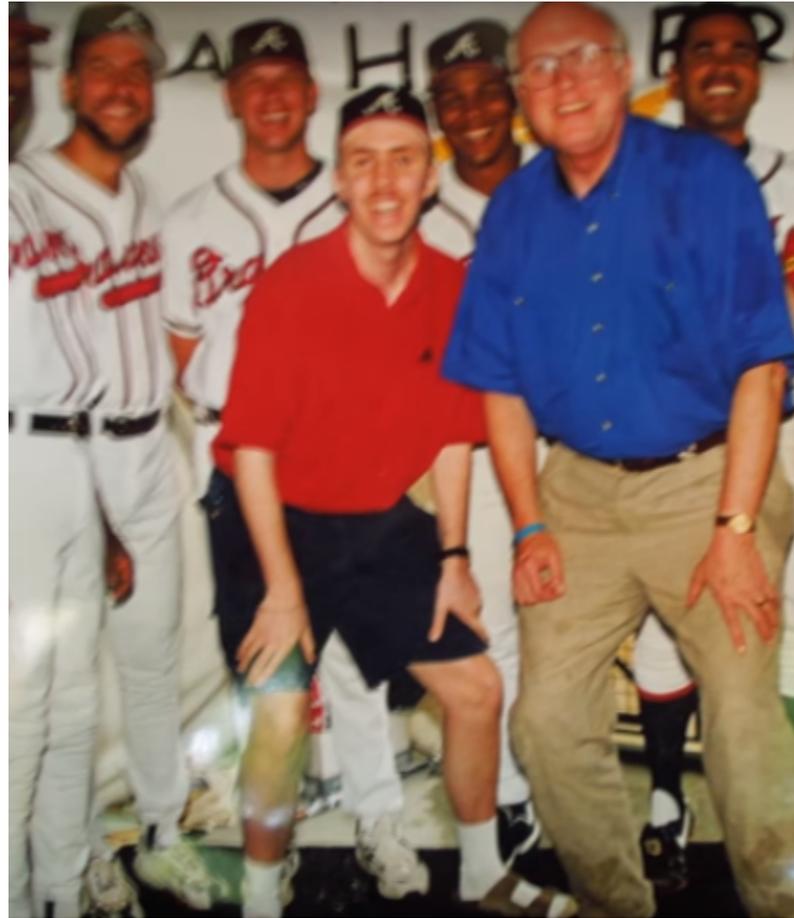
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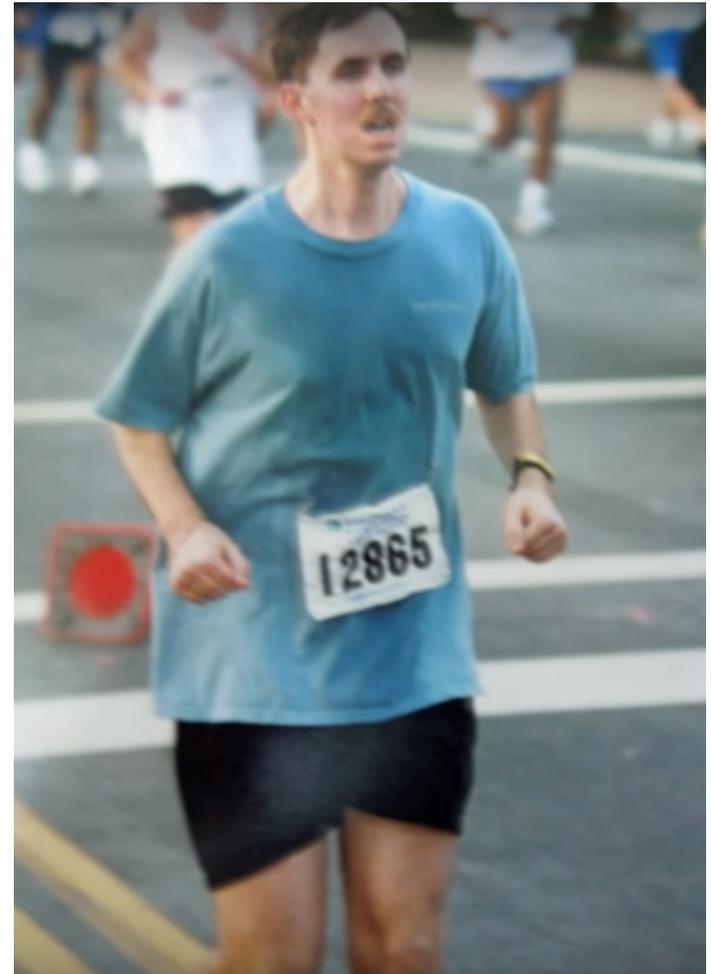
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Community Skills - Can he/she:

- use public transportation?
- shop for groceries and clothing?
- make necessary appointments?
- use the phone?
- use bank accounts?
- be safe in traffic, among strangers?
- seek help if needed?
- handle money?





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***Frozen dinners are healthier
than you think***

Comparing costs and calories

Entree	Calories	Saturated fat (in grams)	Carbohydrates (in grams)	Sodium (in milligrams)	Cost
Lean Cuisine Chicken a l'Orange with broccoli and rice	268	less than 1	39	360	\$2.99
Stouffer's chicken pot pie	572	11	37	942	\$2.19
Domino's cheese pizza, two classic hand-tossed slices from 14-inch pie	512	6	76	1,071	\$2.63
Boston Market, 1/4 chicken with dark meat, no skin, and side of mashed potatoes with gravy, and sauteed spinach	640	14	42	1,830	\$4.99
McDonald's Chicken McGrill and small fries	650	6	72	910	\$3.99

The USDA recommends that someone who eats 2,000-calories a day consume an average of 22 grams of saturated fat and a maximum of 2,300 milligrams of sodium.

SOURCES: USDA, area stores and corporate websites



Using Debit/Credit Cards



Remembering PIN Numbers



Signature Required



Getting Groceries Home



Getting More Money



Checking the Mail



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Social/Personal Skills - Can he/she:

- supply appropriate personal identification?**
- greet people appropriately?**
- use contemporary style of dress, hair, and make-up?**
- use good grooming, hygiene skills?**
- “talk” with friends/co-workers?**
- be courteous?**
- be responsible?**
- be happy?**

Checking with a friend about the video

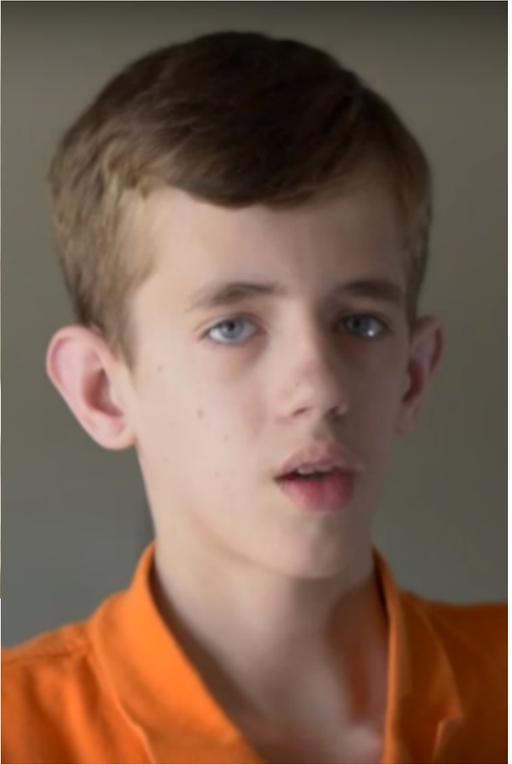




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Public Speaking



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CONGRATULATIONS!

**YOU'RE GRADUATING FROM HIGH
SCHOOL!**

WHAT ARE YOU DOING NEXT YEAR?



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Post Secondary Education



HAVE YOU THOUGHT OF..

- Four year colleges**
- Community Colleges**
- College-based programs**
- Community-based programs**
- 6-8 years of high school**
- Private Transition Programs**



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- ❑ **Post Secondary programs in the school district**
- ❑ **Concurrent (Dual) Enrollment-Tom Sannicandro**
- ❑ **Post Secondary and Transition Programs in Adult Service Agencies**
- ❑ **Post Secondary Programs in Special Education Schools**

Youth with Intellectual Disabilities who Participate in Postsecondary Education

- **26%** more likely to be employed
- **Earn a 73%** higher weekly income
- **(Migliore, Butterworth, & Hart 2008).**

SELECTION PROCESS

- ***Web search and review***
- ***Campus and program visits***
- ***Interviews***
- ***Application and Marketing***
- ***Wait***

CTP Programs Approved to Participate in the Federal Student Aid Programs

- **California State University**
- **Taft College**
- **Southeastern University**
- **Elmhurst College**
- **Heartland Community College**
- **The College of New Jersey**
- **New York Institute of Technology**
- **Western Carolina University**
- **Kent State University**
- **College of Charleston**
- **Clemson University**
- **University of South Carolina**
- **Columbia, South Carolina**
- **Coastal Carolina University**
- **George Mason University**

□ ***www.thinkcollege.net***



WHAT'S THE SCORE

- **Everyone is tested**
- **Eligibility for services**
- **Eligibility for financial assistance**

TESTS

- **Intelligence Tests**
- **SIS-Supports Intensity Scale**
- **ICAP-Inventory for Client and Agency Planning (MassCAP)**
- **Interviews**
- **Observations**

EMPLOYMENT

or

**Creating a Meaningful and
Purposeful Day**

- Competitive employment
- Supported employment
- Sheltered employment
- Temporary employment

Innovative Employment Solutions

- Employer Based Programs
 - Project SEARCH
 - Transitions to Work (Boston)

FOR FAMILIES

Transition Employment for Families

- **Begin thinking about work early -**
members, and helping out at home.
- **Adolescents with disabilities can work**
- **Identify the supports and services early on that your child will need - in order to be successful in the workplace**

Transition Employment for Families

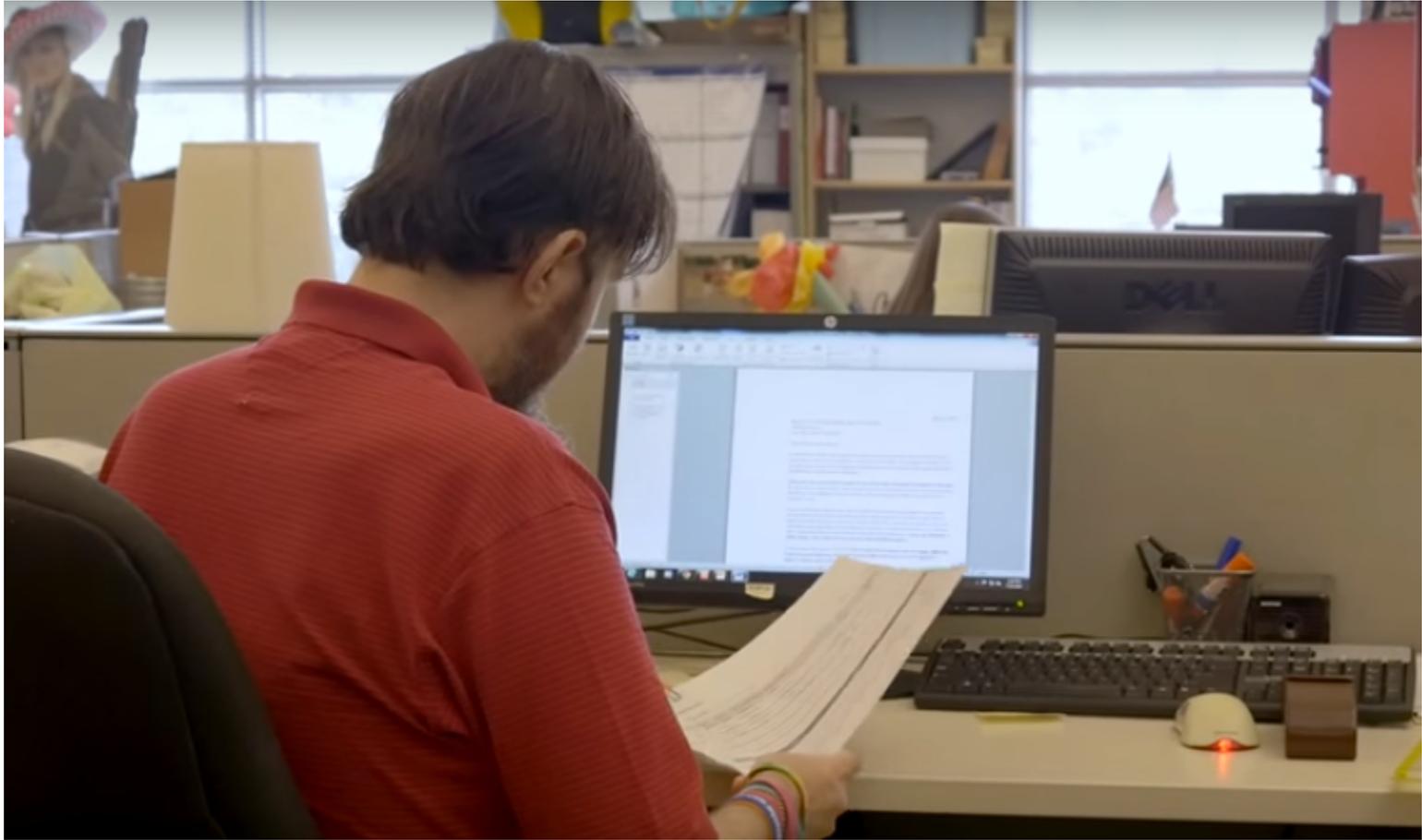
- ❑ **Discuss personal likes, strengths, abilities, and the future of your adolescent**
- ❑ **Encourage your child to be his/her own advocate**
- ❑ **Incorporate activities in the home, school, and community that build on strengths and develop new skills**

Transition Employment for Families

- ❑ Remember that transition must be based on your child's preferences and interests
- ❑ Employment services range from resume preparation, job placement assistance and employment counseling, to job coaching and travel training
- ❑ Notify appropriate adult service agencies when planning for transition

BENEFITS OF WORK

- **Financial Independence**
- **Increased Self-Confidence**
- **Personal Growth**
- **Skill Development**
- **Better Social Life**



Non-Traditional Careers

□ Author Connor Gifford

http://www.amazon.com/America-According-Connor-Gifford/dp/0981719503/ref=sr_1_1?ie=UTF8&qid=1260327480&sr=1-1-fkmr1

Artist Cinnamon Edgar

<http://cinnamonsfloridakeysart.com/>

Eric and Megan's card business

<http://www.downrightspecial.com/>

Artist Dylan Kuehl

<http://www.oly-wa.us/dkarts/>

Glass Artist - KK

<http://kkglassart.com/index.html>

Artist Lupita

<http://www.lupitacano.com/>

Postcards by Tom Eisenger

VOLUNTEER WORK

National Service Opportunities

www.nationalservice.gov

- AmeriCorps
- SeniorCorps
- Learn and Serve America
- City Year

JOB CORPS

... a voluntary program for young people (16-24) who are motivated to learn the skills and work ethic they need to start and sustain their careers.

www.jobcorps.com

- Job shadowing
- Learn new skills

LEISURE BASED PROGRAM

-
- 1. Getting help from family and friends**
 - 2. Do your own research**
 - 3. Check out more than one agency**

IT FEELS LIKE HOME TO ME

Housing Options

- ***Supported Living***
- ***Community/Group Homes***
- ***Shared Living***
- ***Adult Foster Care***
- ***Intentional Communities***
- ***Family***

Pre-Marriage Housing

- **Dates only from 1960's**
- **No depression, housing shortage or world war**
- **# people in college and marriages increased**
- **sexual revolution**



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Signing Consent for Treatment





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I GET BY WITH A LITTLE HELP FROM MY FRIENDS

- **Roommate**
 - roommate registry
 - roommate support
 - sharing with a roommate
- living with another family
- “staff”
- personal care attendant

...it is chance and not perfection that rules the world.

-Judith Guest

Friends are important



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Family is Most Important



Siblings-A Lifetime Relationship



SUPPORTED LIVING IS ABOUT

- Individualization
- Everybody being ready
- Future planning
- Use of connections
- Flexible supports
- Combining natural supports and technology
- Focusing on what people can do
- Using language that is natural to the setting
- Ownership and control

By: Jay Klein - Institute on Disability, UNH

WHOSE HOUSE IS IT ANYWAY?

Public

Private

Housing Authority (USA)

Combination

We cannot direct the wind...but we can adjust the sails.

Home is where the heart is

Ownership
Rental
Cooperatives

**Do not follow where the path may lead
Go instead where there is no path and leave a
trail.**

COMMUNITY LIVING

- Personally owned or controlled apartment or house**
- Agency owned home or apartment**
- Shared living**
- Adult foster care**

DON'T STOP THINKING ABOUT TOMORROW

SUPPORTIVE LIVING

- disability neutral***
- not part of a continuum***

MONEY MAKES THE WORLD GO ROUND

Estate Planning

SSI/SSDI

State Benefits

Food Stamps

Section 8 - HUD

Section 811 - HUD

Medicaid/Medicare

PCA Program

**If you don't invest very much,
then defeat doesn't hurt very much and winning is not very exciting.**

-Dick Vermeil

NFL Coach

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FINANCIAL CONSIDERATIONS

How much money is available from each source each month?

<u>SOURCE</u>	<u>\$/MONTH</u>
Wages	_____
SSI/SSDI (USA)	_____
Public Aid	_____
Pension	_____
Family	_____
Other	_____
TOTAL	_____

From: A Structured Assessment of the Information Needed to Select a Residential Alternative and Support Services
Betsy Benson and Barbara McKinney

International Diagnostic Systems, Inc., 1989

The harder you work, the luckier you get. -Gary Player

Jon's List

10 Most Important Things

- 1. Confidence**
- 2. Team Work**
- 3. Mentally Ready**
- 4. Not Intimidated**
- 5. Physically Prepared**
- 6. Self-Defense**
- 7. Raise Your Voice**
- 8. Visualize**
- 9. Support of Friends**
- 10. Family**

New Roles for Families

- **Mentor**
- **Advocate**
- **Caregivers**
- **Case Managers**
- **Employers**
- **Quality Assurance**
- **Physician Educators**

IT'S JUST YOU BABE

Letting Go
Empty Nest Syndrome
Risking
Helicopter Parents
Sandwich Generation

Footprints for the Future

www.theemarc.org

resources

YOUR STORY

If opportunity doesn't knock,
build a door.

Growth is Optional

Plans will Change

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