THE ULTIMATE TRANSITION TO ADULTHOOD WORKSHOP

Jo Ann Simons, CEO     Northeast Arc
For Jonathan
For a fair selection everybody has to take the same exam! Please climb that tree.
Transition Planning

Begins at age 14/9th or earlier
student involvement required
## Demands of Adulthood

<table>
<thead>
<tr>
<th>Personal Finances</th>
<th>Housing</th>
<th>Professional Relationships</th>
<th>Friends</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health</strong></td>
<td>Jobs</td>
<td>Transportation</td>
<td>Community Involvement</td>
</tr>
<tr>
<td>Wellness</td>
<td>Family</td>
<td>Leisure</td>
<td><strong>Legal Issues</strong></td>
</tr>
<tr>
<td>Mental Health</td>
<td>Intimate Relationships</td>
<td>Household Organization</td>
<td><strong>Eligibility</strong></td>
</tr>
</tbody>
</table>
WE’RE HAVING A PARTY
OR GETTING STARTED

Person Centered Planning
Circle of Support
Group Action Planning
Individual Support Plan
Future Planning
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?
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?
Recreation/Leisure - Can he/she:

☐ use free time for pleasure
  ☐ choose reasonable activities?

☐ pick a hobby?

☐ perform required activities?

☐ use community resources?
YOUR STORIES
SURF DOG HELPS DISABLED BOY CATCH WAVE OF HOPE
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?
Frozen dinners are healthier than you think
Comparing costs and calories

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

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
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
Public Speaking
CONGRATULATIONS!

YOU’RE GRADUATING FROM HIGH SCHOOL!
WHAT ARE YOU DOING NEXT YEAR?
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
- 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
<table>
<thead>
<tr>
<th>California State University</th>
<th>Western Carolina University</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taft College</td>
<td>Kent State University</td>
</tr>
<tr>
<td>Southeastern University</td>
<td>College of Charleston</td>
</tr>
<tr>
<td>Elmhurst College</td>
<td>Clemson University</td>
</tr>
<tr>
<td>Heartland Community College</td>
<td>University of South Carolina</td>
</tr>
<tr>
<td>The College of New Jersey</td>
<td>Columbia, South Carolina</td>
</tr>
<tr>
<td>New York Institute of Technology</td>
<td>Coastal Carolina University</td>
</tr>
<tr>
<td></td>
<td>George Mason University</td>
</tr>
</tbody>
</table>
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)
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

Northeast Arc
Lifelong support for people with disabilities
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
HOME SWEET HOME

Quiet ~~~~~~~~~~~~~~~~~~~~ Noisy
Neat ~~~~~~~~~~~~~~~~~~~~ Cluttered
Rural ~~~~~~~~~~~~~~~~~~~~ Urban
One Level ~~~~~~~~~~~~~~~~~~ Multi-Level
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
Family is Most Important
Siblings - A Lifetime Relationship

Northeast Arc
Lifelong support for people with disabilities
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

Northeast Arc
Lifelong support for people with disabilities
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
## FINANCIAL CONSIDERATIONS

How much money is available from each source each month?

<table>
<thead>
<tr>
<th>SOURCE</th>
<th>$/MONTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wages</td>
<td></td>
</tr>
<tr>
<td>SSI/SSDI (USA)</td>
<td></td>
</tr>
<tr>
<td>Public Aid</td>
<td></td>
</tr>
<tr>
<td>Pension</td>
<td></td>
</tr>
<tr>
<td>Family</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
</tr>
</tbody>
</table>

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