

Transition Activities/Strategies Suggestion List

Instruction

- Student and parent training (IEP and transition process)
- Self assessment
- Self-management and organization
- Career portfolio development
- Teach students to participate in their own IEP meeting
 - Social skills
 - Communication skills
 - Introduce members
 - Leadership skills
 - Use power point to show strengths, preferences and interests
- Financial management
- Career awareness/career exploration
- Transportation
- College prep
- Daily living skills
- Self advocacy
- Literacy
- Functional academics
- Employability skills
- Use of technology, equipment or tools
- Social and/or communication skills
- Personal and family relationships
- Job acquisition and retention skills
- Crisis management
- Decision making
- The difference between Americans with Disabilities ACT and the IDEA
 - Students attending college are no longer covered under the IDEA. They need to understand their rights under the ADA
- Advocate for themselves
 - Students who have relied on parents and school personnel to ensure their educational needs were met are shocked to find out they are responsible for communicating their needs and requesting accommodations. In most cases, it is the student who must inform the Office of Disability Services of his/her disability, provide documentation, request the accommodation, and inform the instructor of the accommodation.
- Understand that schools have different policies/procedure for requesting accommodations.
 - Colleges and universities have slightly differing policies on how to request accommodations and make sure they are provided.

Related Services

Transportation

- To the job site, mobility training, learning how to use a bus or bicycle, call a friend, teach safety for job shadowing and career exploration

Language Services

- To teach work vocabulary and age appropriate expressive language for work experience program

Audiology services

- To teach environmental management strategies to facilitate good communication with employer and co-worker

Psychological services

- To deal with work related problems: i.e.: teasing by co-workers.

Physical Therapy

- To provide specific exercises to improve ability to manipulate tools or improve head control for

Related Services (Continued)

Parent training and counseling

- To understand the transition process or the benefits of community experiences or about SSI work incentives

Social work services

- To set up meetings with community agencies, explain the IEP Process, explain agency roles in providing or paying for transition services

Orientation and mobility services

- To teach students with visual impairments to negotiate around community environments

Occupational Therapy

- To help student set up living site and manage self care, adapt the employment setting

Recreation

- Therapeutic recreation – water exercises

Transition assessment and or/Assessment services

- To conduct evaluations to document disability for adult service agencies/and or college or university. (Not required to assess for adult services)

Community Experiences

- Employment in the community
- Job shadowing in the community
- Career Exploration in the community
- Career Awareness in the community
- Apply to VR or DMRS or other adult services
- Learn about Ticket to Work
- Visit campus and disability services office of Institutes of Higher Education (IHE's)
- Learn about SSI work incentives
- Practice job interview and application/resume skills
- Meet with supported employment agencies
- Participate in transition assessments to identify strengths, interests, preferences and job aptitudes
- Register to vote and learn about the election process
- Register for selective service
- Get a driver's license
- Learn to access transportation
- Contact adult agencies
- Visit One Stop Career Center
- Apply for housing assistance (HUD or FHA or Independent Living Council)
- Bank account, credit. Contracts, management
- Learn about rights under ADA and Section 504
- Visit adult providers
- Learn about eating in restaurants
- Explore guardianship and conservatorship issues
- Practice self advocacy

Recreation - Activities to identify local recreation options

- Visit/contact three recreation options
- Determine cost, rules and hours of recreation options of interest
- Evaluate recreation/leisure options of interest
- Participate in a specific recreation activity
- Explore school activities and sports
- Join health club, YMCA, other recreation activities

Community Experiences (Continued)

Transportation - Activities to review and determine best mode of transportation

- Obtain a drivers license
- Find co-worker with whom to ride
- Compare cost/purchase insurance
- Complete drivers education training
- Call local transit
- Purchase a car
- Adapt a car
- Ride a bicycle/learn route to work/safety issues

Personal/Family Relationships - Activities to determine personal /family support agencies and services

- Identify counseling and support needs
- Contact and interview potential professionals/groups to determine suitability to individual needs
- Participate in mentor program

Medical - Activities to become aware of/obtain medical support and assistance

- Identify helping professionals in the medical field
- Contact/locate medical assistance agencies in that area of interest
- Apply for Medicaid/appropriate medical resources in the community
- Determine appropriate medical questions to ask professionals
- Call medical professionals to compare health services
- Design a file with all pertinent medical information
- Visit/research local community health services

Financial - Activities to determine possible financial resource available

- Call identified financial resources to determine eligibility requirements
- Apply for SSI
- Make applications through college financial aid office for scholarships
- Discuss work incentive programs/options with local social security administration office

Employment and Post School Adult Living Activities

Career Options – Activities to explore a variety of career options with career fields

- Use Tennessee TCIDS website for career exploration
- Job shadow three businesses of interest
- Participate in two volunteer work experiences
- Interview worker in career area of interest
- Tour supported employment programs
- Enroll in Careers class and participate in related work experiences
- Attend "Careers Days" seminar

Vocation Options

- Career exploration using TN TCIDS website
- Shadow VOTECH program for two days
- Contact rehabilitation services to determine eligibility
- Tour a VOTEC School
- Identify two vocational programs; tour and arrange an interview with instructor
- Identify a vocational program which would meet personal vocation needs
- Take vocation aptitude test
- Participate in high school vocational program of choice

Home Living – Activities to increase awareness of community living options

- Determine personal needs/limitations in a living situation
- Visit two apartments for rent
- Look through ads and choose three possible living options
- Explore dorm possibilities on campus of choice
- Determine criteria for subsidized housing
- Visit a group home

Employment and Post School Adult Living Activities (Continued)

Daily Living – Activities to increase daily living skills

- Take home economics class
- Review a lease
- Cook dinner one time per week
- Shadow maintenance person to learn basic home maintenance skill
- Develop a personal budget
- Open a checking/saving account
- List strengths /weaknesses and achievements
- List hobbies and how they may relate to a realistic occupation

Daily Living Objectives (If appropriate)

- Organize and maintain personal and household possessions
- Bathe and Groom self regularly
- Select, purchase, wash, iron and maintain wardrobe
- Plan, purchase, and cook meals
- Read and follow label directions
- Operate household appliances
- Complete household chores and clean apartment/house
- Develop and maintain a household budget
- Pay bills in a timely manner
- Arrange for garbage/Trash collection and utility services
- Know who to contact in case of an emergency
- Practice self advocacy and choice making

Post Secondary Education

College Programs – Activities to select and apply for a college program

- Complete and submit financial aid packet
- Contact career-learning center to determine options
- Work with counselor/instructor to determine credits
- Contact/visit college of choice
- Contact guidance counselor to
- Determine credits
- Review three post secondary catalogs
- Take ACT exam
 - Apply for accommodations on the ACT
 - Apply for HOPE and Wilder-Naifeh scholarships

Assessments

- Take the KUDER, EXPLORE, PLAN
- Review vocational aptitude score with instructor counselor
- Complete an interest inventory
- Self assess vocational abilities and interests after completing work samples
- Shadow a vocational program/business and access necessary skills

*****Remember*****

There is considerable overlap in services and activities. It is best to determine what services the student needs and then select the area that most closely matches the service.