

TRANSITION PLANNING PROVIDES THE ANSWER

What do you want after you finish High School?

- * Get more training? Go to college?
- * Live in a place of your own? Get a real job?
- * Make new friends?
- * Find fun things to do?

How Do you get what you want?

Transition Planning can help! Nothing happens overnight! So start planning early.

- * Think about your dreams for the future.
- * Share your dreams with family and friends.
- * Go to work with your parents and other adults to learn about their jobs.
- * Volunteer or get a summer job doing something you might like doing for a living.

Who HELPS YOU?

Transition Planning is done by a team of people who want to help you plan your future. That might be:

- * Your family;
- * Friends;
- * Teacher and others from school;
- * Someone you work for or might work for later;
- * Other people in the community you want to help you; or
- * State and local agencies that provide support for people with disabilities

What is Transition Planning?

Transition Planning serves as a road map to help you achieve your personal goals. It focuses on four important areas of your adult life:

- * employment and education;
- * living arrangement;
- * community recreation; and
- * instructional skills that help you succeed

Why is there a Need for Transition Planning?

Together you, family, friends, and teachers help

- * You begin to take control of your life.
- * You set timelines and take responsibility for your progress
- * You identify specific skills and training you will need for your career
- * You gain job skills while you're still in school.
- * You learn about your community

How do you get ready for your Transition Planning?

- * Start planning as early as Junior High
- * Ask you family, friends, teachers, the counselor or principal to help answer your questions.
- * Attend meetings that concern you and deal with your future.
- * Review the Simple Transition Plan on the right and ask questions about things that you do not understand.
- * Answer the Question on this brochure and have them with you at your ARD meeting.
- * If you want more information about Transition Plans, ask again!

REMINDER FOR PARTICIPATING AT ARD MEETINGS

- * It's your future! Don't be afraid to speak up and tell others what it is you want for your present and future.
- * Ask questions whenever you don't understand something.
- * Tell others what it is you might need.
- * Share any concerns that you might have about your future.
- * Listen respectfully for what others have to say.

SAMPLE TRANSITION PLAN :

Personal GOAL	What does it take?	What/Who can help?	WHEN?
Working at Music Store	Interest in Music Daily Transportation Handling Money	Parents, Counselor City Bus, Friends Math Class	New School Year Next summer
Apartment with friends	Having a friend Good location Enough money for rent Roommate	School Bus lines, shopping Savings plan, job Talk with friends	New School Year Next summer After I Graduate
Having New Friends	Feeling Safe and secure Going new places Trying new things	Trip to mall School programs Volunteer activities	New School Year Next summer
My Own Checking Account	Filling out forms Saving Money	Parents Summer Jobs	New School Year Next summer

Questions to think about before your ARD Meeting

What kinds of jobs would you like?

Would you like to work on your own or with others?

Are there training services that would help you after high school, such as community college or adult education?

How will you get to and from work? Do you need help taking the bus?

Where do you live?

How do you want to live? With other people? On your own?

How much money will you need to live on? (rent, food, fun)

What about insurance, benefits, taxes? Have you applied for SSI/ SSDI?

What kind of things will you do for fun at home? In the neighborhood/community?

Where do your friends live?

Will there be chances for you to have fun with people at work, home, with family and friends?

What kind of help do you need? Do you need help with cooking and cleaning?

Do you need help doing the laundry? Do you use assistive devices?

Do you need special medicines? Can you take your medicine by your self?

Do you need an advocate or counselor or support group? Do you need regular doctor check-ups?

HOW TO GET READY FOR TRANSITION PLANNING

TRANSITION

For Student with Disabilities

TEXAS COLLABORATIVE TRANSITION PROJECT
is funded by the federal government to help young
adults with disabilities become productive citizens.

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Education/ Employment

Living Arrangements

Community Recreation

Instructional Skills