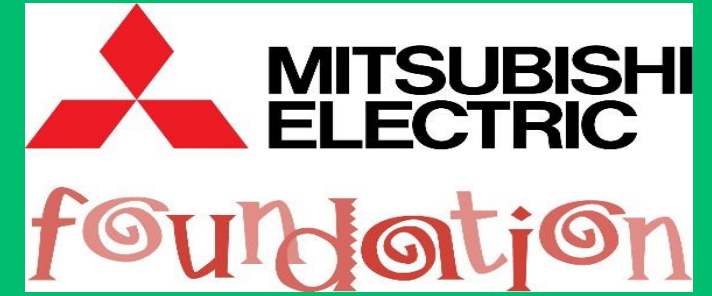


PACER's
National Parent Center on
Transition and Employment



Transition to Independent Living for Self-Advocates

This training is adapted with permission from PACER's Mapping Dreams: Transition to Adulthood



Kentucky Special Parent Involvement Network, Inc. (KY-SPIN) is:



- Family Driven
- Non-Profit 501(c)3





We do NOT:
Act as Attorneys

We DO:

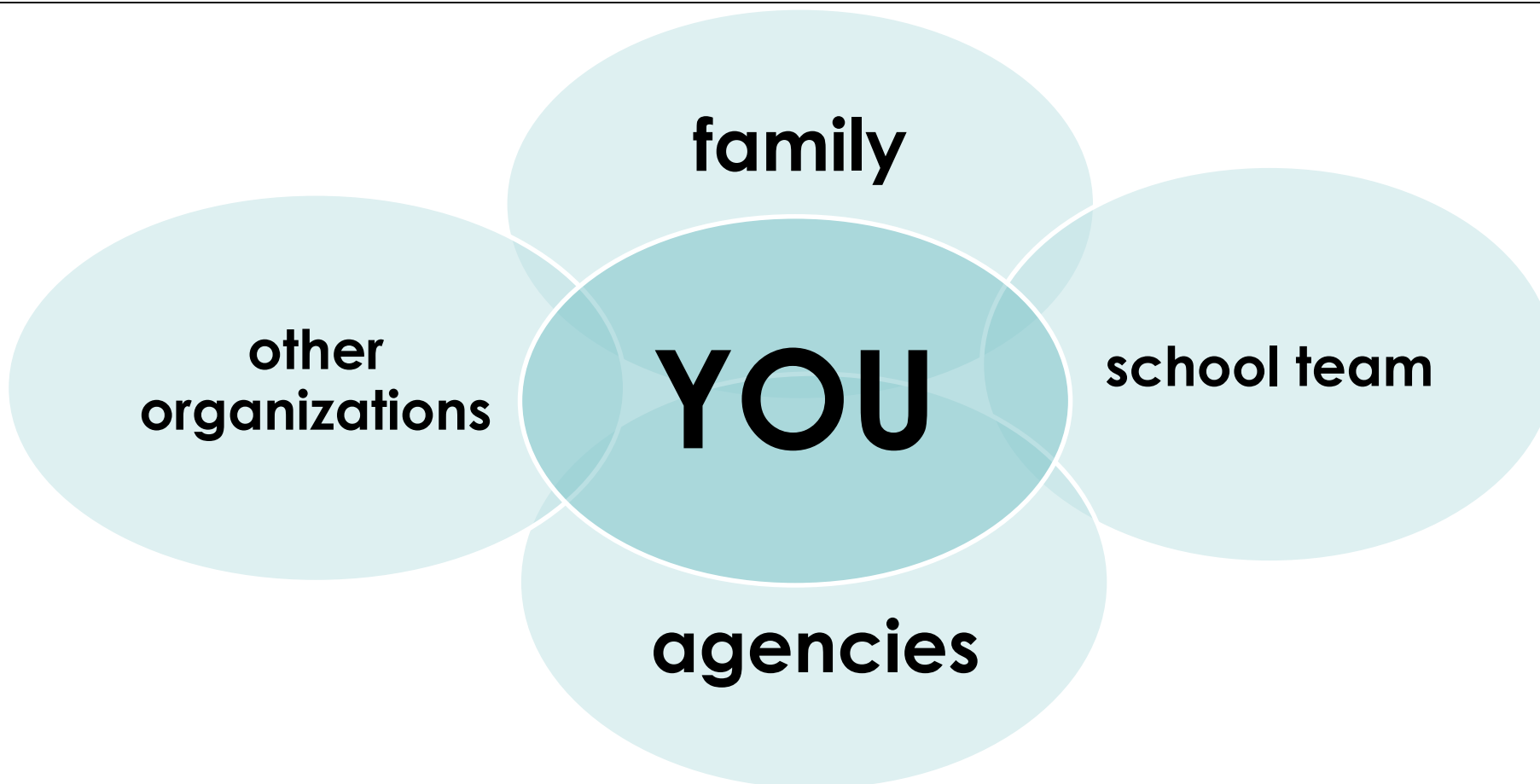
- ♥ Empower Families to Effectively Advocate for their Children
- ♥ Provide support to help families access needed information & resources
- ♥ Lend a listening ear

- ✓ Minnesota's Parent Training and Information Center
- ✓ Home to PACER's **National Parent Center on Transition and Employment**
- ✓ History of developing national parent training curricula through federal grants

Ask the Expert – Tips for Independent Living



Who Does the Planning and Why?



Outside Agencies Can Help!

- Check into supports or services available from community-based organizations and public agencies such as:
 - Developmental Disabilities Case Management and Support Services
 - Centers for Independent Living (CIL's)
 - Adaptive Recreation and Leisure Programs
 - Special Olympics Unified Champion Schools
 - Disability-specific organizations

The Power of Parent Involvement and High Expectations

Family involvement is a greater predictor of successful outcomes for youth than income or social status.

Here is a great website for all things transition

<http://www.transitionta.org/>



What your Parents Can Do to Help You

- Hold and communicate high expectations
- Understand and take an active role in IEP process
- Support your participation in the IEP process
- Make sure academic skills, self-advocacy skills, and accommodations are addressed
- Understand that the school can't and won't “do it all”

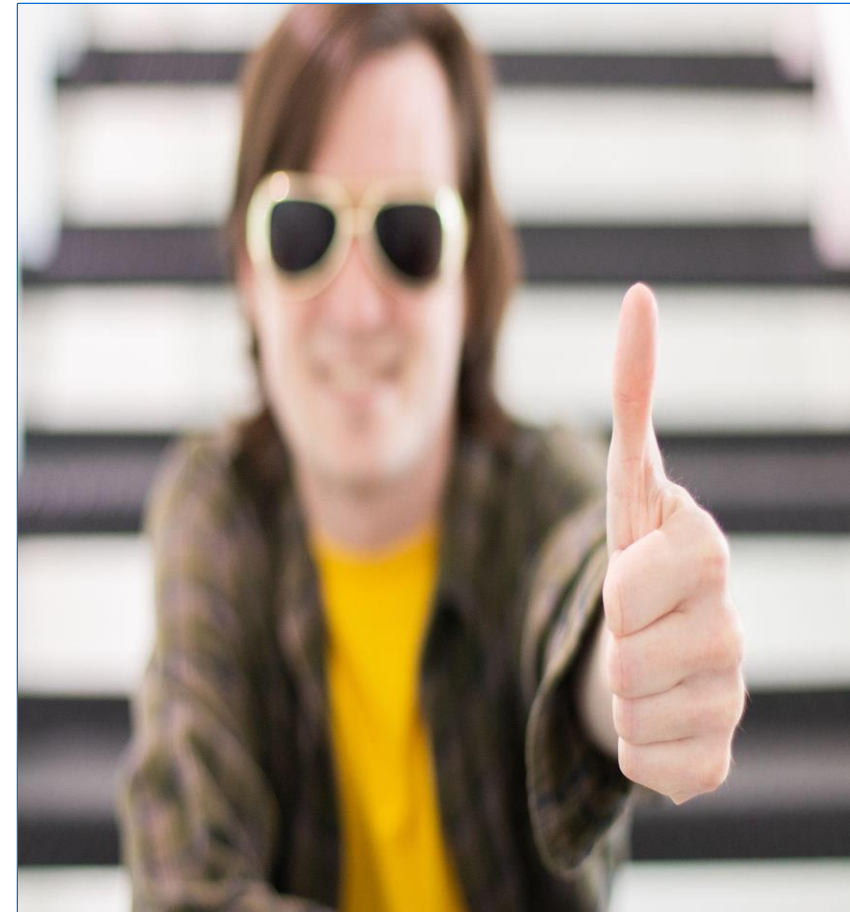
You are the Key to Your Success

- You know your “history”
- You know what you need best
- You’re a member of Your IEP team
- Maintain high expectations
- Make informed choices
- Learn new roles

What You Can Do Now: Develop Self-Advocacy Skills

You need to know:

- how your disability affects you
- what kind of help you need to succeed
- how to ask for accommodations
- your strengths and weaknesses
- your short-term and long-term goals



How You Can Go from “Here” to “There”

- Become aware of options
- Invite new people into your life
- Stay flexible
- Ask questions
- Advocate for needs to be met appropriately



Things to Know



Self-Advocacy

Housekeeping and home maintenance

Money management

Making a shopping list and shopping

Transportation options

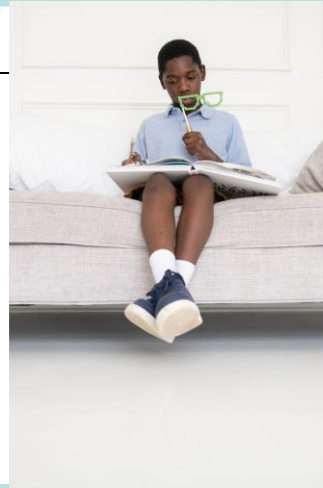
How and when to make appointments

Your medical history

Independent living

Community participation

Employment



College education

Recreation & leisure

What skills do I need?
What support will I need
Who can help?

Explore Options

Will you have the skills to live, learn, and work in the community?

- Independent living skills
- Community participation
- Recreation and leisure activities



Supported Decision Making

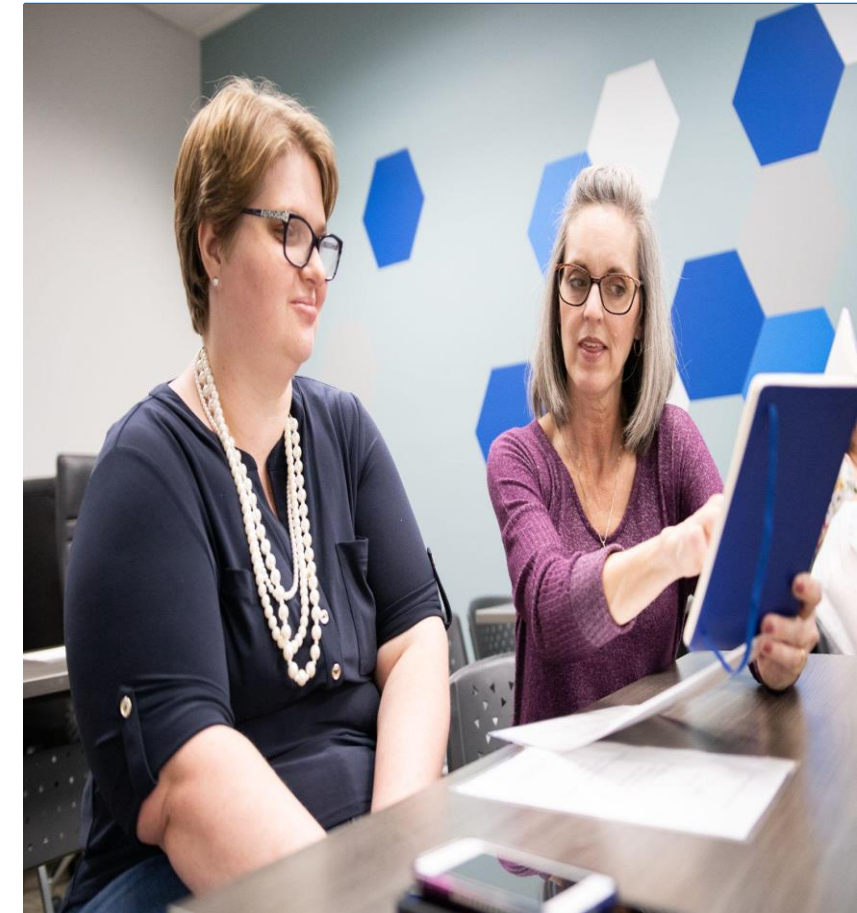
Using friends, family members, professionals, and community resources to help you understand different choices and options so you can make your own decisions.



<https://www.mychoiceky.org/sample-page/>

Assemble Your Team

- Family
- Teachers
- Therapists
- Community supports
- Others



Transition to Independent Living: Explore Options

- Home living
 - Transportation
 - Medical care
 - Finance management
- Housing
 - PACER's Housing Project:
www.pacer.org/housing/



Transition in the IEP

Your IEP team (including YOU) identifies present levels of strengths, needs, interests



IEP: Measurable goals



Transition services



Annual goals

Courses of study

Other activities

Talk with Each Other

Handout: Talk to Your Youth About Independent Living: A Checklist for Parents

Mapping Dreams

Talk to Your Child about Independent Living

Where do I want to live, and what do I want in my community? (For example: Do I want to live near a bus stop or other transportation? Do I want to live near my work?)

What are my favorite recreation and leisure activities? List three or more of your favorite activities, such as participating in sports, gardening, or playing a musical instrument.

How do I connect with people in my community? List three activities you would like to do, such as visit the library, volunteer, or join a club.

30

Set a Destination and Map a Course

- Practice independent-living skills at home and in the community
- Determine skills or experiences best addressed at school

CtLC Planning Resources

[Supported Decision Making \(SDM\) Options](https://www.kyspin.com/wp-content/uploads/2020/10/CtLC-SDM_Options_2020.pdf) https://www.kyspin.com/wp-content/uploads/2020/10/CtLC-SDM_Options_2020.pdf

[Exploring SDM](http://www.kyspin.com/wp-content/uploads/2023/10/CtLC-ExploringDecisionMakingSupports_2020.pdf) http://www.kyspin.com/wp-content/uploads/2023/10/CtLC-ExploringDecisionMakingSupports_2020.pdf

[Exploring Life Possibilities](http://www.kyspin.com/wp-content/uploads/2023/10/CtLC-Exploring-Life-Possibilities_2020.pdf) http://www.kyspin.com/wp-content/uploads/2023/10/CtLC-Exploring-Life-Possibilities_2020.pdf

[EMPLOYMENT GUIDE](http://www.kyspin.com/wp-content/uploads/2023/10/EMPLOYMENT-GUIDE-FINAL.pdf) <http://www.kyspin.com/wp-content/uploads/2023/10/EMPLOYMENT-GUIDE-FINAL.pdf>

[Transition-to-Adulthood QuickGuide \(CtLC\)](https://www.kyspin.com/wp-content/uploads/2020/10/Transition-to-Adulthood_QuickGuide.pdf) https://www.kyspin.com/wp-content/uploads/2020/10/Transition-to-Adulthood_QuickGuide.pdf

[Portfolio Healthy Living](https://www.kyspin.com/wp-content/uploads/2020/10/CtLC-Portfolio_Healthy-Living_2020.pdf) https://www.kyspin.com/wp-content/uploads/2020/10/CtLC-Portfolio_Healthy-Living_2020.pdf

[Healthy Living](https://www.kyspin.com/wp-content/uploads/2020/10/CtLC-Portfolio_Healthy-Living_2020.pdf) https://www.kyspin.com/wp-content/uploads/2020/10/CtLC-Portfolio_Healthy-Living_2020.pdf

[LifeCourse Experiences and Questions Booklet](https://www.kyspin.com/wp-content/uploads/2020/11/CtLC-LifeCourse-Experiences-and-Questions-Booklet.pdf) <https://www.kyspin.com/wp-content/uploads/2020/11/CtLC-LifeCourse-Experiences-and-Questions-Booklet.pdf>

Planning Resources

[Talk to Your Youth About Independent Living](https://www.pacer.org/transition/resource-library/publications/NPC-35.pdf)

<https://www.pacer.org/transition/resource-library/publications/NPC-35.pdf>

[Prepare Your Child for Age of Majority and Transfer of Rights \(PACER\)](http://www.kyspin.com/wp-content/uploads/2023/10/Prepare-Your-Child-for-Age-of-Majority-and-Transfer-of-Rights.pdf)

<http://www.kyspin.com/wp-content/uploads/2023/10/Prepare-Your-Child-for-Age-of-Majority-and-Transfer-of-Rights.pdf>

[SDM Resource Guide \(My Choice KY\)](http://www.kyspin.com/wp-content/uploads/2023/10/SDM-resource-guide.pdf) <http://www.kyspin.com/wp-content/uploads/2023/10/SDM-resource-guide.pdf>

[Talk to Your Youth About Independent Living- A Checklist for Parents \(PACER\)](http://www.kyspin.com/wp-content/uploads/2023/10/Talk-to-Your-Youth-About-Independent-Living-A-Checklist-for-Parents.pdf)

<http://www.kyspin.com/wp-content/uploads/2023/10/Talk-to-Your-Youth-About-Independent-Living-A-Checklist-for-Parents.pdf>

Kentucky Specific Resources

Vocational Rehabilitation Services (Voc Rehab) - <https://kcc.ky.gov/Vocational-Rehabilitation/Pages/Kentucky-Office-of-Vocational-Rehabilitation.aspx>

Centers for Independent Living

<https://www.pacer.org/transition/learning-center/independent-community-living/centers-for-ind-living.asp>

Kentucky CIL: <https://silc.ky.gov/Pages/cil.aspx>

*Independence Place

*Center for Accessible Living

Kentucky Department of Education Transition Resources -

<https://education.ky.gov/specialed/excep/GuidanceResources/Pages/trnstn.aspx>

Kentucky HUD Housing (Housing and Urban Development) - <https://www.hud.gov/states/kentucky/renting>

Supported Decision-Making resource guide <https://www.mychoiceky.org/wp-content/uploads/2020/12/SDM-resource-guide.pdf>

KY-SPIN Independent Living Planning



Transition to Independent Living

TOP SKILLS NEEDED TO LIVE INDEPENDENTLY



CLEANING



HYGIENE



LAUNDRY



MONEY MANAGEMENT



GROCERY SHOPPING



COOKING



TRANSPORTATION

1-800-525-7746 spininc@kyspin.com www.kyspin.com

My Goals

Date _____

I want to live.....

I will support myself by..

I will get around by.....

I will participate in.....

5 Steps to prepare for your TRANSITION

- 1 DETERMINE YOUR GOALS**
 - Residence
 - Income
 - Transportation
 - Social / Friendship activities
 - Community involvement
 - Financial independence
- 2 IDENTIFY YOUR SUPPORT TEAM**
 - Parents or caregivers
 - Teachers
 - Doctors or therapists
 - Friends
 - Social workers
 - Counselors
- 3 DETERMINE YOUR COMMUNITY RESOURCES**
 - Center for Accessible Living
 - Vocational Rehabilitation
 - Public Library
 - Parks and Recreation
 - Clubs & Organizations
 - Health Care
- 4 CREATE YOUR PLAN**
 - Identify a goal
 - Write down 3 things you think will help you reach your goal
 - Write down who/what can help you reach that goal
- 5 UPDATE YOUR PLAN**
 - Review your goals every 6 months
 - Add new goals
 - Remove goals you completed or no longer need
 - Keep growing!

spininc@kyspin.com www.kyspin.com 800-525-7746

Resources

[KY-SPIN](http://kyspin.com)
kyspin.com

[Vocational Rehabilitation](http://kcc.ky.gov)
kcc.ky.gov

[Center for Accessible Living](http://calky.org)
calky.org

[Kynect Benefits](http://kynect.ky.gov)
kynect.ky.gov

[Social Security \(SSI\)](http://ssa.gov)
ssa.gov

[Download these and other Transition to Independent Living Resources](#)

My Support Team

My Community Resources

My Goals

Job/Income _____

Transportation _____

Recreation _____

Housing _____

My Strengths

My Hobbies

www.kyspin.com spininc@kyspin.com 800-525-7746

KY-SPIN Resources

Youth Webpage <https://www.kyspin.com/youth-and-adults/>

Transition Planning <https://www.kyspin.com/youth/transition/>

Grocery Shopping Resources

<https://www.kyspin.com/groceryshopping/>

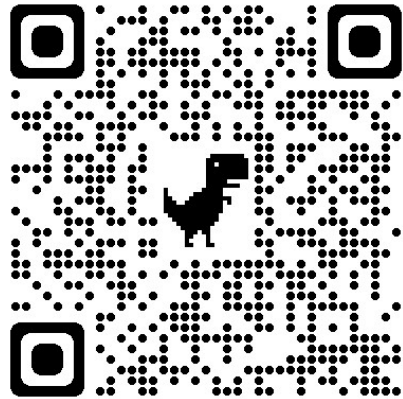
Time Management <https://www.kyspin.com/timemanagement/>

Managing Your Money <https://www.kyspin.com/managing-your-money/>



Contact Us – We're Here to Help!

Please complete our evaluation



<https://forms.gle/FJzxBWPmk1rCx9ui9>



(800) 525-7746
(502) 937-6894
spininc@kyspin.com
www.kyspin.com

Check out our
[Youth Webpage](https://www.kyspin.com/youth-and-adults/)

<https://www.kyspin.com/youth-and-adults/>

