

KY-SPIN's Youth eNews 1/30/2026



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

Subscribe to KY-SPIN eNews



It's Your Transition

This training, **Transition to Independent Living for Self-Advocates**, presented by **KY-SPIN** and adapted from **PACER's Mapping Dreams: Transition to Adulthood**, is designed to empower young people with disabilities to plan for life after high school.



Building Skills for What Comes Next

The start of a new year is a great time to look ahead to life after high school. You don't have to have everything figured out right now. What matters most is starting to think about what you want your future to look like and knowing that you have time, support, and choices along the way.

This is a time to explore your strengths, learn new skills step by step, and discover the resources that are available to you. Each small skill you build helps grow confidence and independence. With practice,

Kentucky's Exceptional Youth Voices!!!

Question:

"I'm a teen with a disability and I'm starting to think about life after high school, but it feels overwhelming. I'm not sure where to start with things like jobs, independent living, or college, and I don't want to make the wrong choices. I want help figuring out what steps I should take now, what skills I should work on, and who I can ask for support so I can plan a future that fits me."

Answer:

It's great that you're thinking ahead—and you don't have to have everything figured out right now. A good place to start is by breaking transition planning into small steps. Think about what you like, what you're good at, and what you want to learn next. Start practicing real-life skills (like managing money, speaking up for yourself, or trying part-time work or volunteering), and talk with trusted adults about adding transition goals to your IEP. Focus on progress, not perfection—learning happens step by step.

There are also helpful resources made just for teens with disabilities. **KY-SPIN** offers youth-friendly transition guides, workshops, and self-advocacy tools, while **PACER's National Parent Center** on Transition and Employment has videos and planning resources to help you explore jobs, education, and independent living. You can also check out your state's Office of **Vocational Rehabilitation (OVR)** for job training and support. Remember: asking questions, trying new things, and using supports are strengths—and you deserve a future that works for you.



Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

Ready to take charge of your future?

KY-SPIN's Transition Trifold is a friendly, step-by-step guide that helps youth and young adults with disabilities think about what matters most—like where you want to live, how you'll support yourself, and what supports can help you get there. From setting goals and building your support team to finding community resources and updating your plan as you grow, this resource makes planning for independence easier and more empowering for individuals and families.

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 / Recreational activities
 - Community involvement
 - Financial independence
- 2 IDENTIFY YOUR SUPPORT TEAM**
 - Parents or caregivers
 - Teachers
 - Religious or community groups
 - Friends
 - Adult mentors
 - Community
- 3 RESEARCH YOUR COMMUNITY RESOURCES**
 - Center for Accessible Living
 - Vocational Rehabilitation
 - Health Care
 - Parks and Recreation
 - Public Transportation
 - Health Care
- 4 CREATE YOUR PLAN**
 - Identify a goal
 - Write down 3 things you will do to reach your goal
 - Write down what you need to reach your goal
- 5 UPDATE YOUR PLAN**
 - Review your plan every 6 months
 - Add new goals
 - Remove goals you completed or no longer need
 - Keep growing!

Resources

KY-SPIN
kyspin.com

Vocational Rehabilitation
koc.ky.gov

Center for Accessible Living
calky.org

Kynect Benefits
kynect.ky.gov

Social Security (SSI)
ssa.gov



Helpful Resources

As you work on transition planning, you might find these resources valuable as you begin taking charge of your future, building independence, and learning how to speak up for your needs at school, work, and in your community. Transition planning is about learning skills step by step and understanding what supports are available to help you succeed.

Your community has transition and adult-life supports, and **KY-SPIN** is here to help you discover, understand, and use them. With the right information and guidance, you can make choices that fit your goals and feel more confident as you plan for life after high school.



What do you want your life to look like after high school?

The Post-Secondary Goals for IEP guide helps YOU think about and plan for what comes next — like going to college, getting a job, getting around independently, and making friends. This tool gives real examples of goals you can add to your IEP so your school team can help you build the skills and steps you need to reach your future dreams. Start shaping your path to independence today!

Planning for Work After High School: Youth Talk with Nick

Watch Nick from KY-SPIN share real talk about finding and keeping a job! In this Youth Talks video, Nick opens up about his own experiences with employment as a young adult with a disability — from interview struggles to deciding when and how to talk about his disability with employers. He also shares tips on



Education, and you should not assume endorsement by the Federal Government.



Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.

KY-SPIN, Inc. | 10301-B Deering Road | Louisville, KY 40272 US

[Constant Contact Data Notice](#)



Try email marketing for free today!