

# Transition Plan Resources

*As you facilitate transition planning for your students, you may want to look through this list of possible items which may be either translated into IEP goals or other services that the team may want to include on the student's transition Action Plan:*

## **Living Goals:**

### ***Housing and Transportation -***

- Develop independent living skills (cooking, laundry, money management, hygiene, etc.)
- Apply safety skills in the living environment
- Explore a variety of adult living options
- Develop a personal budget
- Review a lease/rental agreement
- Cook dinner one night a week/one night a month with parental support
- Learn subsidized housing criteria
- Enroll in general education classes that address independent living skills (budgeting, home maintenance, homemaking, child care, etc.)
- Enroll in special education classes that address independent living skills
- Open/manage a checking account
- Explore living options (supported apartment, group homes, etc.)
- Obtain housing information from adult services
- Contact adult agencies for intake into residential facilities
- Gain knowledge about consumer rights and responsibilities
- Explore accessibility issues
- Manage personal finances and home maintenance
- Visit community living options
- Obtain a driving capability assessment from \_\_\_\_\_
- Enroll in a driver's training course
- Obtain a parent driver's education program packet
- Obtain a driver's permit
- Modify vehicle or explore options for modified transportation
- Obtain information about public transportation
- Access public transportation
- Complete application for specialized transportation
- Provide contributions toward family transportation
- Provide information regarding home address and directions to home
- Read a map
- Create a network of family/friends to provide transportation
- Access city bus training
- Read a bus/train/plane schedule
- Arrange for a taxi
- Determine transportation options in the community

### ***Age of Majority –***

- Register with the selective service
- Register to vote on 18<sup>th</sup> birthday
- Open a checking/savings account
- Obtain a Texas Identification Card (If driver's license not available)
- Discuss guardianship issues
- Discuss durable power of attorney issues

### ***Daily Living –***

- Enroll in special education classes that address independent living skills
- Visit community agencies that provide daily living skills training to adults
- Develop a contact list of agencies that provide residential supports in this county
- Meet with and interview adults with disabilities and their families who are receiving residential supports
- Explore support from MHMR and other agencies
- Visit/tour a variety of adult housing options with supports
- Develop a network of informal supports (i.e. friends, neighbors, etc.)
- Explore possible technology and adaptive assistance
- Develop emergency procedures for use at home
- Take courses in foods, family life, child development, and life management
- Understand directions for taking medications
- Select a primary care physician and dentist
- Schedule and keep medical appointments
- File taxes
- Take childcare classes
- Take a cooking class
- Sign up for utilities (i.e., gas, water, electric, telephone, cable, etc.)
- Learn to operate a washer and dryer
- Enroll in Lamaze and prenatal care classes
- Visit a local car dealer to determine whether to buy or lease a car
- Prepare an initial housing budget (e.g., down payment, furniture, bath towels, cleansers, utilities, etc.)
- Cost compare for household items (e.g., appliances, linens, etc.)
- Meet with a doctor to discuss birth control/family planning options
- Manage daily time schedule
- Learn about and visit potential places in the community to shop for food, clothes, etc.
- Manage money and pay bills
- Meet with a family financial planner
- Listen to the weather forecast to plan daily/weekly outings
- Develop a personal fitness routine
- Obtain a bank ATM card
- Visit a bank to discuss a car or school loan
- Maintain a home or residence interior and exterior
- Purchase food and prepare meals
- Purchase clothing and learn how to care for clothes
- Learn about the physical and personal care of children

- Learn about consumer protection, mail fraud, etc.
- Participate in sorting mail with family
- Learn about and access postal services
- Observe a courtroom or jury duty process
- Identify and visit community mental health agencies
- Identify potential post-school providers of related services and funding sources
- Identify potential post-school providers of recreation therapy or occupational therapy and potential funding sources
- Visit potential post-school providers of physical therapy
- Learn to use a guide-dog effectively
- Apply for a mentor through a local, non-profit agency for counseling of substance abuse and delinquency
- Engage in conversations using an augmentative communication device
- Receive orientation and mobility training on the job site
- Learn about potential post-school providers of speech therapy
- Apply for Supplemental Social Security Income (SSI)
- Identify possible sources of support for coping with difficult life situations
- Complete an assistive technology evaluation
- Obtain new equipment (i.e., wheelchair, seating, braces, Assistive Technology)

### **Work Goals:**

- Explore a variety of career options
- Refine career goals
- Match interests to possible career options
- Job shadow three businesses matching interests
- Participate in a volunteer program
- Interview a worker in a career field of interest
- Participate in a Career Fair with support
- Learn social security number or carry a written copy of it
- Obtain a part-time job, student procured (after hours)
- Take on household responsibilities
- Participate in COIN career assessment with the counselor
- Develop/update a resume
- Take general education, vocational/career technology classes
- Participate in Community-based Vocational Instruction class
- Participate in Supported Vocational Experience class (competitive employment with the support of a job coach)
- Get a summer job
- Use related services to help achieve employment goals
- Obtain information regarding adult service agencies
- Initiate adult service agency contact
- Participate in speech therapy
- See the counselor for career exploration ideas
- Practice interviewing skills with feedback from teacher
- Contact and apply to three businesses
- Participate in vocational experience class
- Contact and apply to three businesses
- Participate in Vocational Experience class

- Visit the Texas Workforce commission to find and apply for a local position related to interest
- Meet with school counselor to affirm career interests and align graduation plan to need

## **Learning Goals:**

- Explore post-secondary educational options that match career goals
- Identify training requirements for non-degree programs
- Improve self-determination and self-advocacy skills
- Determine field of study, interest or possible major
- Identify/match college with interest or field of study
- Investigate college admission requirements
- Ask about learning support programs and services available at college (Office of Students with Disabilities)
- Take general education classes with instructional modifications
- Take general education classes with content mastery support
- Take special education classes
- Investigate admission requirements for possible part-time enrollment at: technical, community college, junior college
- Enroll in \_\_\_\_\_ classes at a technical, community or junior college
- Enroll in SAT prep class
- Pass exit level TAKS
- Research college scholarship opportunities
- Register for and take SAT/ACT/THEA with modifications
- Visit a college/university/technical/occupational training program
- Explore financial aid opportunities
- Obtain assistance with college/university/technical school application and enrollment
- Obtain, complete and submit application for tuition assistance
- Access information or enroll in: apprenticeship programs, internship programs, military recruitment, technical and vocational schools, continuing and adult education, adult service agencies or on-the job training opportunities
- Initiate adult service agency support
- Access auditory impairment services
- Access services to VI teacher
- Participate in speech therapy
- Use of assistive technology
- Enrollment in CTE program (with support)
- Learn about Section 504 of the Rehabilitation Act and the ADA
- Explore career awareness
- Enroll in adult living courses
- Enroll in parenting class
- Learn about time management
- Practice negotiation skills
- Complete a learning styles inventory to identify preferences and strengths modes
- Prepare to take GED
- Explore having a mentor

- Take a CPR/First Aid Course

### **FUN/FRIENDS:**

- Investigate local community recreation/leisure options based on preferences
- Explore extra-curricular activities that match personal interest
- Become familiar with transportation options in community
- Independently plan recreation and leisure activities
- Participate in school clubs and activities
- Obtain information regarding community/area recreation options
- Participate in Person-Centered-Planning
- Participate in Special Olympics
- Obtain social/recreation and leisure information from adult service agencies
- Use a daily planner/calendar/address book
- Initiate adult service agency contact
- Access community recreation center (YMCA or City Park Services)
- Investigate volunteer programs in the community
- Investigate opportunity for socialization training in the community
- Identify and learn about community health services
- Learn about groups and organizations in the community that match preferences and interests
- Participate in age-appropriate social activities
- Join a community team or organization
- Learn a new recreation skill
- Enroll in and take classes through the local county extension program
- Learn about the community through the school district's 18+ services