

## Ten Tips to Prepare Your Child for Success in Adulthood

1. **Help your child develop good decision making skills.** Children can begin learning decision making skills when they are very young. Children learn from consequences as they make decisions. Learning good choices gives them self confidence, a major factor in independence.
2. **Teach your child about his/her disability or health condition.** Understanding how his/her disability or health condition affects him/her helps a child or young adult determine options. Focusing on what he/she can do, as well as how different strategies achieve a positive result teaches how to ask for accommodations at school or work.
3. **Recognize your child's personal strengths.** Children's self assurance grows upon realizing they possess admirable traits. Praise helps children demonstrate positive qualities, resulting in greater confidence, social acceptance and good work skills.
4. **Help your child cultivate community support early in life.** The more your child is involved in the community, the wider his/her support network will be. To build post high school supports for young adults with disabilities, community inclusion should be in common focus. Allow people in the community to meet and appreciate your child. They are the ones who may offer tips, resources or future employment.
5. **Learn about laws that provide for and protect adults with disabilities.** Laws affect employment, medical care, housing and other areas of concern for adults with disabilities. Understanding the law helps people with disabilities exercise their self advocacy skills and protect their rights.
6. **Encourage your child to participate in developing his/her IEP.** Children and young adults who participate in their ARD meetings learn to advocate for themselves. They learn about their disabilities or health conditions, better understand their accommodations, gain skills in negotiating and help to chart their own future.
7. **Prepare your child for the world of work.** When children are young, let them know that you have high expectations and that you believe they will work when they grow up. Children who are encouraged to volunteer for projects gain skills, confidence and contacts. The more education a person has, the more likely it is that he/she will obtain a job. Start preparing for post secondary education when your child is young.
8. **Learn about transition programs.** All states have parent training and information centers, centers for independent living, and many disability organizations that can support parents and their youth throughout the transition process. To find a parent center in your state or community, visit the Technical Assistance Alliance for Parent Centers at <http://www.pacer.org/alliance/> or call 888-248-0822 (toll free).
9. **Develop a vision for the future.** Young adults with disabilities and their families can benefit from a "person-centered planning" process that helps a young adult identify interest and set goals.
10. **Prepare yourself to let go.** Pushing young ones out of the family nest is one of the most difficult things parents can do for their children. It is especially hard for parents of a child with a disability. However, knowing that you have done your best to prepare your child for the adult world can be of comfort to any parent.

# What path will your child take after high school?



## Do you have questions about how your child will live, work, have friends and enjoy a good life?



# Transition Planning can HELP you with the answers!

Transition services are offered to help students and families establish a vision for the future concerning where students will live and work and how they will participate in the community.

Students, families, schools, and community agencies work as a team to listen and help create experiences to make these dreams become a reality. Transition planning is a time when the IEP team, including parents, is there to help the student make plans for his or her future.

Transition planning consists of ...curriculum, services and supports for students with disabilities to help them move successfully from school to adult life. Transition is a process that builds on itself each year. Goals evolve and change as the student gets older and gains new insight.



Transition planning must begin by The first IEP/ARD in effect when a student turns 14 years old – or it can begin before that. All students with disabilities receive transition planning as part of their IEP meetings. The student and IEP team create a vision for the future, and each year specific goals and services are identified to work toward that vision.

Transition assessment and planning should focus on issues specific to transition preferences, needs, strengths and interests including:

- Instruction
- Related Services
- Community Experiences
- Further Education/Training
- Employment

And if needed:

- Vocational Evaluation
- Daily Living Skills
- Connection with Community Agencies



**There is a world of opportunity out there... if you dream and prepare.**

Transition planning varies among students because each student has unique needs, strengths, interests and preferences. Students and families are vital to the transition planning process – you contribute the most important voices.

**As key members of the transition planning team, you and your child will help the team identify:**

- A vision for the Future
- Appropriate School Courses
- Employment Options and Experiences
- Extracurricular Activities
- Community Experiences
- Further Education/Training
- Community Agencies



**... All to help your child achieve the vision for the future. Remember, it's never too early to start helping your child prepare for a successful future.**