

# HOT TOPICS

## MAKING TRANSITIONS STICK - PART 1

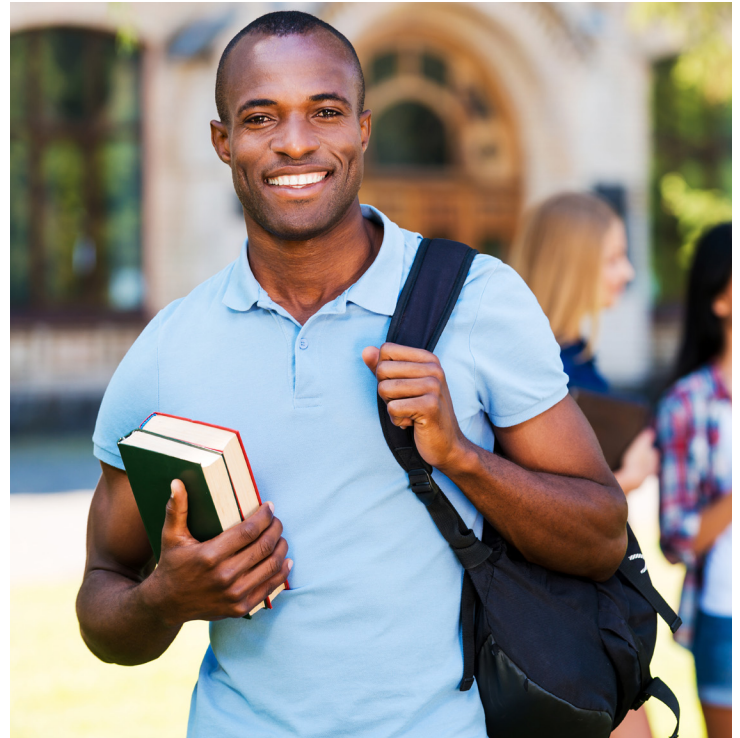
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**Big changes, adventures and opportunities are ahead for your young adult with a disability!** There will be change, new experiences, new challenges and most importantly new rewards!! Transitioning to adulthood for young adults with disabilities incorporates four areas of life... **live, learn, work and play.**

School provided(s) foundational skills but we need to be prepared for when the bus stops coming and **we become the main support to the young adult.** We need to be ready and prepared to help them make decisions and choices that will **put them on the path to adulthood.**

**Key elements of transition** are to identify the young adult's strengths and needs in all areas of life:

- Have conversations around what their future goals are and what they need do to achieve those goals
- Provide opportunities for them to develop the skills they will need to be productive members of their community
- Provide activities that will encourage and grow their self-determination and their self-advocacy



### **Adult activities that help young adults**

continue to develop their skills could be:

- Continued education (college)
- Vocational training (trades)
- Employment (supported/competitive)
- Adult services (programs)
- Independent living
- Participating in the community

Some or all of these activities will help lead to the achievement of their goals and will **help develop independence and self-sufficiency that promotes confidence in your young adult.**

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## Tip for your Transition Toolbox

Understanding the **difference between school services ( a world of entitlements) and adult services ( a world of eligibility)** is very important.

While in school students receiving special education are given a lot of entitlements, programs, services and supports the school **HAS** to provide to help the student successfully complete their education.

Our **adult services systems are based on eligibility through documentation and meeting criteria to receive services.** The young adult and their family are the initiators and must complete the applications and follow-up.

Become familiar with the Adult Services Systems such as:

- Office for People with Developmental Disabilities (OPWDD)
- Office of Mental Health (OMH)
- Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR)
- New York State Commission for the Blind (NYSCB)
- Independent Living Centers (ILC)
- College Accessibility Offices
- Department of Labor One-Stop Centers

These **systems can provide guidance, support and services** which help the young adult with disabilities **develop the skills and opportunities that are needed to achieve their goals.**

**Check back next month for Part 2!**

For more tip sheets and resources available please visit [www.parentnetworkwny.org](http://www.parentnetworkwny.org)

