

WELCOME TO PART I OF OUR PATHWAYS TO ADULTHOOD ZOOM SERIES

- Please mute your phones
- The PowerPoint will be available on our website, www.txp2p.org
- We would love to see your faces! Please turn your cameras on! :0)
- Type all questions in the chat box
- I will try to answer all questions at the end
- If I don't get to your question, please email me at Cynda.green@txp2p.org.

Pathways to Adulthood

Texas Parent to Parent Transition Team

Cynda Green Adriana Valadez

Dora Saavedra Rosemary Alexander

cynda.green@txp2p.org 737-484-9045

October 6, 2020
1:30-3:00 pm

Part 1:
GETTING STARTED
ON TRANSITION

October 8, 2020
1:30-3:00 pm

Part 2:
ALL ABOUT LONG
TERM SERVICES
AND SUPPORTS

October 13, 2020
1:30-3:00 pm

Part 3:
SCHOOL AND CAREER
EXPLORATION

October 15, 2020
1:30-3:00 pm

Part 4:
LEGAL PLANNING
FOR AGE 18 AND BEYOND

Pathways to Adulthood:

4-part Zoom workshop

Need help getting started on planning for your youth's adulthood? Need new ideas and information about transition?

Tune in for our **Pathways workshop**



Presented by
TEXAS PARENT TO PARENT



Part 1:
**GETTING STARTED
ON TRANSITION**

October 6, 2020
1:30-3:00 pm



- **Emotional challenges** of transition planning
- **Planning tools**
- Promoting **self-determination** and **independence**
- **Building networks** of support
- How **TxP2P** can help

Goal for the Pathways Zoom series:
To give participants the tools needed to
plan for a good life for our youth after
graduation

Getting started on transition

1. Emotional roadblocks to transition
2. Planning for the future
3. Independence and Choice
4. Personal Networks of Support

1. Emotional roadblocks

What emotions come up about transition?

Typical feelings are:

- denial
- fear
- discouragement
- being overwhelmed, burned out
- lacking options or resources for the future

What does it take to move forward?

A change in family structure

A request from your school

Your youth's changing wants and needs

A new opportunity

A crisis—that's why you're here, to plan thoughtfully, not in crisis mode!

Find emotional support

Connect with other parents

Read *A Good Life*, available at planinstitute.ca/learning-centre/publications/

Talk to your school staff

Access Texas Parent to Parent

PTA website txp2p.org, click on Pathways to Adulthood, or call 866-896-6001

Navigatelifetexas.org, click on Transition to Adulthood

Keep your eye on the real goals

What kind of person do you want your youth to be as an adult? And what kind of person does your youth want to be?

What can you do to encourage him or her to grow into that person?

Letting go = small steps to give your child opportunities to try something new, take a little risk, make decisions for himself

2. Planning for the future

Why plan?

- Preparing for a student's future takes years
- Planning reduces anxiety and builds hope for families
- A vision for the future helps with current decisions

Start now! Never too early, never too late!

Planning...

- Is a group process, a shared process
- Focuses on the individual
- Clarifies what the individual wants, needs for the present and the future
- Helps him set goals
- Creates social connections
- Ends with a written set of goals and steps to carry them out

Essential Questions

Sit down with your youth and 5-10 people who know him or her well and ask:

1. What do you like/dislike?
2. What are you good at? Talents? Strengths?
3. In what areas do you need support?

Now name some goals based on 1-3.

Brainstorm ideas for carrying out a goal.

Where you might get assistance

- Information and links at txp2p.org, PTA
- Navigatelifetexas.org □ person-centered planning
- Institute for Person-Centered Practices
- Person-Centered Planning, Texas Project FIRST
- Transition Inventory in binder (You'll receive a binder if you complete this series!)
- If no facilitators available in your area, do it yourself!

3. Independence and choice

How do we build our children's independence?

Change yourself first!

Give up control, hold back

Have faith in others and in your youth

Stop doing for your youth what he can do for himself

Allow some risks with safety net as needed

Talk less, listen more

Encourage choice making

Evaluate your youth's ways to make choice.

Does she need new or expanded ways to communicate choices?

Start with little things

Observe behavior, usually telling us a choice loud and clear!

Surround your youth with people who will honor his or her choices and communications

Stages

Help your youth to bond with others beside yourself—other adults, peers, caregivers

Send your child to camp or for a weekend out of your home occasionally

Redefine your relationship as your youth matures, adult to adult!



Start thinking long term

Promote any interest your youth might have—interests open doors to groups, work, etc.

Start talking to your youth about work, responsibility, the future and goals

Go to the ARD table ready to talk about your vision/your youth's vision for the future

Prepare your youth to advocate for himself, for example, setting up appointments, answering questions, reporting on medical history, leading ARD meetings

Learn about self-determination

When students learn to exercise self determination, they will

- know what their options are
- take the initiative
- speak up for themselves
- exercise their independence
- make choices

Check out website: imdetermined.org

Balance between safety and independence

What's important TO your child?

What's important FOR your child?

Work for balance between the 2

navigatelifetexas.org person-centered thinking

Example: safety and independence

What's important FOR Will? (Safety)

- Take pills 3x/day for seizures
- Have support with car/stairs/fall risks
- Have someone tell him to eat slower, so he doesn't choke

What's important TO Will? (Independence)

- Be given choices
- Have lots of time for music and dancing
- Stay active, be included, participate

Still feeling overwhelmed?

Pick one thing to begin with

Look for allies--organizations? Other parents?
family members?

Prioritize--what seems most urgent?

Include your youth in all discussions and plans

Just do it!!

WHAT IS A PERSONAL NETWORK?

<https://www.txp2p.org/services/our-videos/personal-networks>

Want to learn more about building a Personal Network for your son/daughter, join us October 15, 2020 from 1:30-3:30pm.



Who can help?

Read *A Good Life*, by Al Etmanski, available at planinstitute.ca, scroll to bottom, Publications

Texas Network Connections (TxP2P program) helps families and individuals set up networks. txp2p.org/services/texas-network-connections

How-to at txp2p.org → Services → Texas Network Connections and scroll down to [How-to for creating networks of support](#)

4. Prioritize your next steps

Whatever the age of your child, now is the time to get started!

What steps do you think should come first?

What are the barriers to getting started?

What are you ready to commit to now?

See Transition Inventory in binder or at txp2p.org, Pathways to Adulthood home page

Where to begin

Use TxP2P transition timeline and inventory lists to get started

Start a file to collect information

Find names of useful people

Talk to friends and family

Get on waiver interest lists

Keep resources under \$2000

At age 18 rules are different – be ready for the changes

Come to us for transition help: Pathways to Adulthood

A program at Texas Parent to Parent

Txp2p.org, click on Pathways to Adulthood

Please contact us for help with all transition issues:

email cynda.green@txp2p.org

call 512-458-8600 or 866-896-9050

**Let's start now to build
opportunities for a good life,**

**For our children and
for all people with disabilities.**

Part 2:
**ALL ABOUT LONG-
TERM SERVICES
AND SUPPORTS**

October 8, 2020
1:30-3:00 pm



- ➔ **Financial assistance and services** available to Texas adults with disabilities – SSI, SSDI, Medicaid, Medicaid Waivers and how the system works
- ➔ **Using resources in long-term planning for a home**
- ➔ **How TxP2P can help**

Part 3:
**SCHOOL AND
CAREER
EXPLORATION**

October 13, 2020
1:30-3:00 pm



- ➔ **Using the school years** for best transition outcomes
- ➔ How to explore career options and what resources are available to help
- ➔ How **TxP2P** can help

Part 4:
**LEGAL PLANNING
FOR AGE 18 AND
BEYOND**

October 15, 2020
1:30-3:00 pm



- ➔ **Decision making at age 18: guidance and alternatives**
- ➔ **Estate planning and ABLE Accounts**
- ➔ **Health care transition**
- ➔ **Reconnecting with networks**
- ➔ **How TxP2P can help**

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- To receive notification on upcoming trainings and events, please register at: www.txp2p.org. This also helps us continue to receive funding to support Texas families!



Pathways to Adulthood Team

Cynda Green

Cynda.Green@txp2p.org

Adriana Valadez

Adriana.Valadez@txp2p.org

Dora Saavedra- Bilingual

Dora.Saavedra@txp2p.org

Rosemary Alexander

Rosemary.Alexander@txp2p.org

www.txp2p.org

737-484-9045 direct line