

PATHWAYS TO ADULTHOOD

... providing participants with tools and information needed to help plan a good life for youth after graduation.



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TxP2P... improving the lives of children and adults with disabilities, chronic and mental health conditions and other health care needs.

GOALS FOR TODAY

Provide a brief overview of transition planning & transition services.

Review the first 5 of 10 tips for creating a meaningful life.

Provide resources that point you in a direction to learn more.



- 1) **Start NOW!**
- 2) **Examine Your Beliefs**
- 3) **Create A Vision**
- 4) **Explore ALL Aspects of Life**
- 5) **Research Possibilities**



*In Memory of
Rosemary Alexander*

Her life was a blessing,
her memory a treasure,
her kindness and guidance
missed beyond measure.

Welcome to Pathways To Adulthood

- Please mute your phones.
- The PowerPoint will be on the Texas Parent to Parent website: www.tx.p2p.org.
- Words highlighted and most images are hyperlinked to a resource.
- We would love to see your faces, please turn your cameras on! :0)
- Please type all questions in the chat box.
- We will try to answer all questions at the end of each session.
- If questions aren't answered, email Cynda Green at: Cynda.green@txp2p.org.

Sponsors



This work is supported by the Texas Council for Developmental Disabilities through a grant from the U.S. Administration for Community Living (ACL), Department of Health and Human Services (HHS), Washington, D.C. 20201, with a 100% federal funding award totaling \$5,907,507. Council efforts are those of the grantee and do not necessarily represent the official views of nor are endorsed by ACL, HHS, or the U.S. government.

What words
come to mind
when you hear
the word
transition?

- denial
- discouragement – lack of confidence
- fear of the unknown
- feeling overwhelmed or burned-out
- lack of resources and/or options
- limited exposure of possibilities
- time to think about transition later
- willingness to let go

What does it take to move forward?

“The best way to get started is to take the first step with dream empowered optimism.”

- Debasish Mridha

- change in family dynamics
- new opportunities
- youth request
- school request
- crisis – that’s why you’re here, to plan thoughtfully not in crisis mode





Transition
Planning
&
Transition
Services

Transition Services

are a coordinated set of activities that help a student transition from public school to adulthood.

Area of Coordination examples

Video - Transition Services: Strategies and Activities



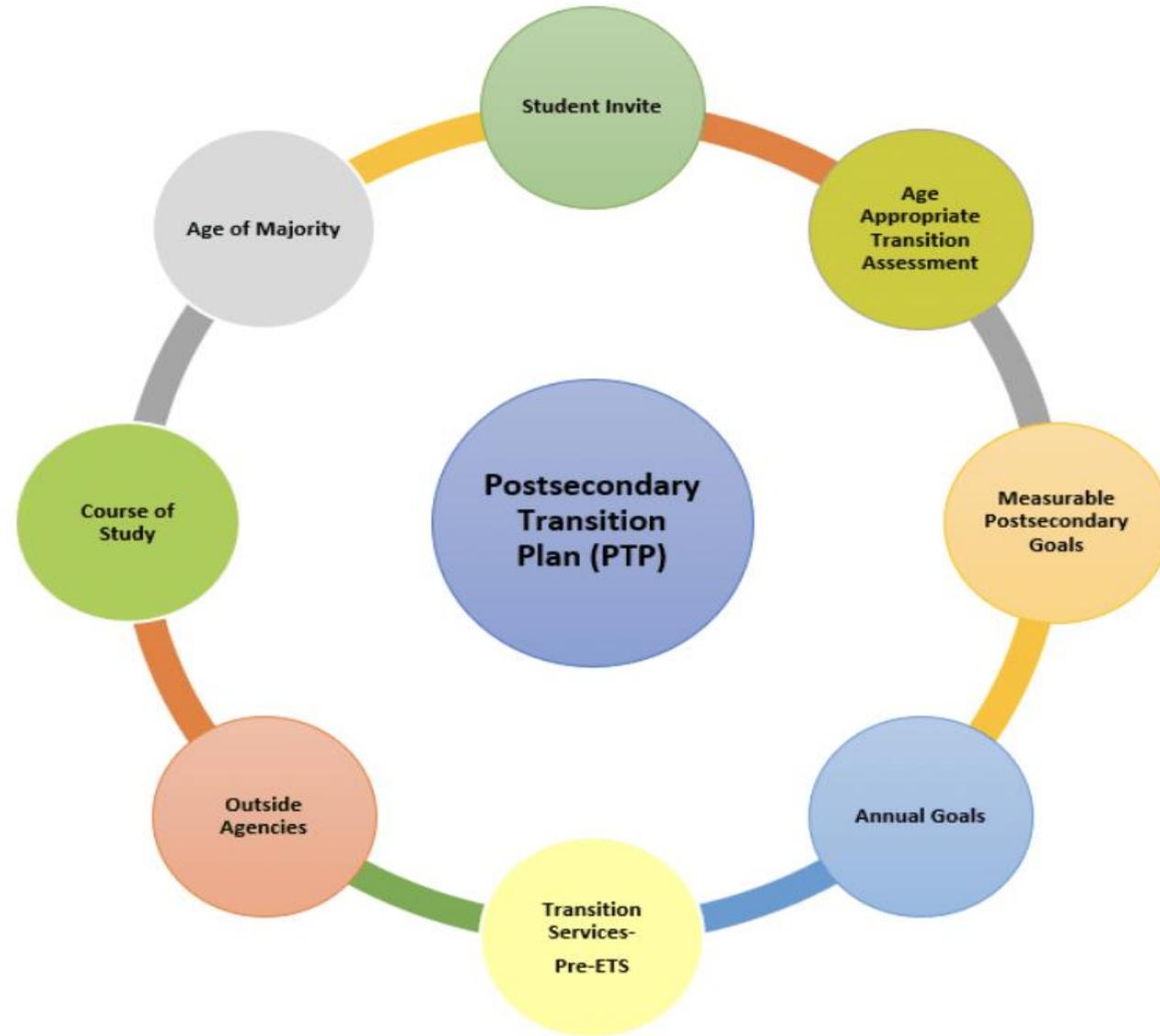
Who develops
the transition
plan?

Student
Parents
School Staff – Team

Optional

College Representative
Friends
Independent Living Center Representative
LTSS Service Provider
LIDDA Service Coordinator
Texas Workforce Commission

What is
the transition
team's role?





Transition Services & Transition Planning

- start not later than when a student turns 14, *or earlier if needed*
 - encourage student participation in the development of their IEP
 - identify the student's vision for life beyond high school
 - complete age-appropriate transition assessments
 - develop measurable annual goals & post-secondary goals
 - focus on a student's SPIN
 - consider courses of study or a multi-year description of coursework, including CTE
- 
- 



define each transition activity in the IEP paperwork

- **WHAT** will happen (activity)
- **WHEN** it will occur (timeline)
- **WHO** is involved in each activity
- **WHO** is responsible (for providing and paying for the service)



determine a student's graduation plan

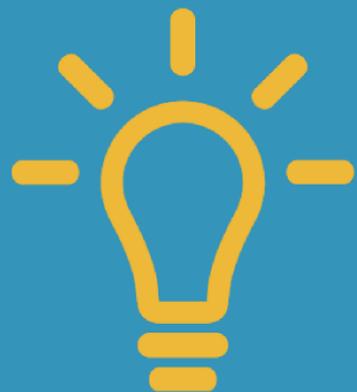
review of transfer of rights not later than 1 year before student's 18th birthday

reviews need for 18+ program

- must have received modifications in their academic program, met their graduation credit and state assessments requirements
- all 18+ programs differ greatly – learn about the program in your district

includes a Summary of Performance





Transition Resources

[Guideposts for Success](#)

Texas Parent to Parent:

[Pathways To Adulthood Training and Assistance](#)

[Transition Center of Central Texas](#)

[Texas Transition Student-Centered Transitions Network](#)

[Transition and Employment services Designee](#)

[Transition Services: Helping Educators, Parents and Students Understand](#)

[Transition Services: Strategies and Activities](#)



- 1) Start NOW!
- 2) Examine Your Beliefs
- 3) Create A Vision
- 4) Explore ALL Aspects of Life
- 5) Research Possibilities
- 6) Consider Supports Needed For Success
- 7) Learn About Publicly Funded Programs
- 8) Keep An Open Mind & Let Go
- 9) Understand Eligibility Requirements & Your Rights
- 10) Create a Meaningful Day



1. Start Early

The purpose of IDEA is to prepare students for further education, employment and independent living.

What do we know about the future...

- it is coming and will be here before you know it
- it is for you and your child to create
- it happens as result of what you do TODAY!
- without a vision for the future, you are unable to develop or carry out a course of action to get “there”

What Do We Know About Disability?

...disability is a **natural part of the human experience** that does not diminish the right of individuals with developmental disabilities to

- a. live independently;
- b. enjoy self-determination;
- c. make choices;
- d. contribute to society;
- e. pursue meaningful careers; and enjoy full inclusion and integration in the economic, political, social, cultural, and educational mainstream of United States society

- [The DD Assistance and Bill of Rights Act](#)



2. Examine Your Beliefs

What Do You Believe?

Strongly Disagree



Strongly Agree



I believe my child can...

- communicate
- learn
- contribute to society
- live a self-determined life
- live independently
- work
- actively participate in the community



When you believe that a person has the ability to make progress toward goals it significantly changes how you plan and support the person to reach them.

- Mark Victor Hansen

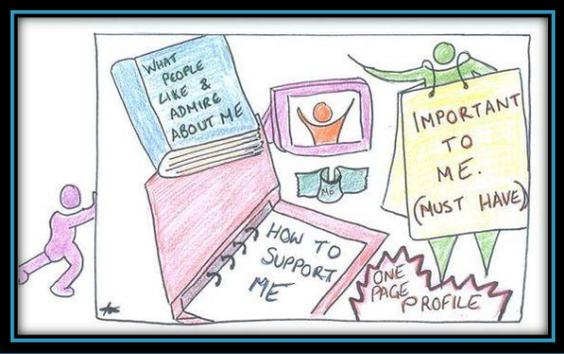


3. Create A Vision

By creating a vision,
you bring the future
into the present so you
can do something
about it now!

Your vision will...

- help create a meaningful life for your child
- focus on the person not the system
- identify your child's SPIN
- provide direction - goals
- be your why
- create a team - network of support



Person-centered planning can move you and the person you are planning with from the paralysis of fear to an action-oriented plan with hopes and dreams for the future.

Person-Centered Planning

Person-Centered Planning is a way of discovering how a person wants to live their life and what is required to make it possible.

It creates a balance between what is important *to* a person and important *for* a person.

Person-Centered Thinking

When **Person Centered Thinking** is fully embraced, we abandon the idea that a person must function at an arbitrary standard of 'normal' in order to make choices about their own life.

We begin to look beyond predictable ways of choice-making and being in control, and in doing so, begin to realize the achievable goal of providing all people with an authentic opportunity to create a self-directed life.

H/T – Norman Kunc



Important TO... happy, fulfilled,
content, satisfied and comforted

relationships – people to be with

things to do and places to go

rituals and routines

status and control

things to have

rhythm or pace of life

Important FOR... health, safety and
valued member of the community

Health:

- prevention
- treatment
- wellness

Safety:

- environment
 - physical / emotional well being
 - free from fear
- 

In this [video](#), the discovery of “important to” and “important for” and how to balance the two is demonstrated.





What we've learned about Person-Centered Planning

Benefits

group process

fosters dignity and respect

empowering

changes the conversation

creates social connectedness

community is considered a
viable option

builds on strengths, gifts,
talents, skills and contributions

guides personal planning
meetings

Person-Centered Approaches

[Charting the LIFECOURSE](#)

[DREAMWORKS](#)

[Essential Lifestyle Planning](#)

[Vision Building](#)

[MAPS](#)

[PATH](#)

[Personal Futures Planning](#)



In this [video](#), Michael Smull explains what is meant by person-centered approaches, thinking and planning.



4. Consider All Aspects Of Life

5. Research Possibilities

Where will my child...

- Learn
- Live – Call Home
- Work
- Spend Leisure Time

Who will my child have a relationship with?

What supports will be needed for success?



Where will my
child learn?

Pre-K-Graduation

Home School

Private School

Public School Pre-K-12 **pg.**

b-26 (continuum of
service delivery options)

**Least Restrictive
Environment**

Public School **18+**
program

Resources

Organizations

Partners Resource Network

SpedTex

Publications

Notice of Procedural Safeguards

**Special Education Rules and
Regulations**

Web-Based

Texas Project First

The Legal Framework

Understood



What we've
learned about
where
children learn?

“We must educate kids in learning environments which look like the ones we hope they will live in as adults, because as adults they are likely to live in environments that look like the ones they were educated.”

Charlene Comstock-Galagan,

[Why Inclusion Starts in Kindergarten... Or Doesn't](#)



Will my child
participate in
post-secondary
learning

Post-Secondary Education

Adult Education Classes

Certificate Programs

College/University

Community Classes

Specialized Classes-Courses

Vocational - Trade Schools

Change Is Coming!

no IDEA protections

504 accommodations
available – must be
requested

self-advocacy expected

student privacy protected
under **FERPA**

qualifying families can use
the **Parental Affidavit Form**
to view child's college
academic records



Post-Secondary Education Tips & Resources

Tips

- know and plan by 9th grade the credits and testing required for college eligibility
- the Continuing Education Office is often the most helpful resource on a college campus
- get to know the disability services office
- learn about PSE options and new initiatives

Resources & Funding

[DREAM](#)

[FASFA](#)

[HEATH Resource Center](#)

[Scholarships](#)

[TWC – VR Program](#)

[Think College](#)



[Rethinking College](#) is a short film that explores the movement to include students with an ID in higher education.



Where will
my child live,
call home?

**Parent Arranged
Housing**

Co-Housing

Cooperative Housing

Family Consortium

Family Home

Individualized Housing

**Privately Funded
Communities**

**State Funded Residential
Options**

Community ICF-IID

HCS Group Home

Host Home/Companion
Care

Large State Run ICF-IID –
**State Supported Living
Center**

SSLC Monitoring



Living My Own Life, a **film** on independent living and stories of triumph.



Resources To Create A Place To Call Home

[Adults Independent and Motivated](#)

[Community Homechoice Program](#)

[Community for Permanent Supported Housing](#)

[Section 811 Supportive Housing for Persons with Disabilities](#)

[Shire House](#)

Texas Department of Housing
and Community Affairs
[Programs](#)

Navigate Life Texas: [Housing Choices for Young Adults with Disabilities](#)

Texas Parent to Parent: [How-to for Setting Up A Supported Residence](#)

[Texas Reality Check](#)

Moving Out: A Family Guide to Residential Planning for Adults with Disabilities, Dafna, Krouk-Gordon & Barbara D. Jackins, Woodbine House, 2013



A path to community life

Employment First

Where will my child work? Our thoughts...

everyone deserves the right
to work... given the right
environment and supports

job creation can take time,
creativity and planning

look past typical work
stereotypes

your child is ready to NOW!

“Employment First believes that all
citizens, including individuals with
significant disabilities, are capable of full
participation in integrated employment
and community life.”

Department of Labor Office of Disability Employment
Policy – DOL ODEP, **Employment First**

Employment Strategies & Supports

Strategies

Customized Employment

Integrated Employment

Self-Employment and Entrepreneurship

14 (c) subminimum wage certificate

Supports

- accessible technology
- accommodations
- communications access
- flexible work arrangements
- natural supports
- personal assistant services
- transportation
- Universal Design



[Bottom Dollars](#) – is an award-winning *documentary* film on sub-minimum wage and employment.



Employment Information & Resources

Local IDD Authority – [LIDDA](#)

Texas [Employment First](#)

Texas [Long-Term Services and Supports](#) Medicaid Waiver Programs

- Employment Assistance - finding a job in the community
- [Supported Employment](#) - ongoing job supports to sustain integrated employment

Texas Workforce Commission – [TWC](#)

- [Pre-Employment Transition Services](#) (14-22)
- [Vocational Rehabilitation](#) Program

United States Department of Labor, [Office of Disability Employment Policy](#)



How will leisure
time be spent
and who will my
child have a
relationship
with?

What are the persons hobbies and interests?

community events &
activities

exploring the outdoors

faith-based activities

fitness

interest-based clubs

[self-advocacy groups](#)

volunteer opportunities

Relationships are important!

“Social isolation can
increase mortality risk
by 29% after adjusting
for age, gender,
socio-economic status
and pre-existing health
conditions.”

Source: [Loneliness and Death](#)

What we've learned

Cultivating relationship will...

*Life is not
measured by the number
of breaths we take,
But by the
Moments that
take our breath away*

- demand presence - frequent interaction
- take time, energy and creativity
- encourage you to let go
- require you to step outside of your comfort zone
- feel defeating at times – don't quit
- be worth it!



Leisure And Relationship Resources

Are you using Natural Supports? by Dee Blose

Building Social Capital 8-part YouTube Series by Al
Condeluci

Healthy Relationships: **family, coworkers, supervisors
and friends** and Healthy Relationships: **dating and
romantic partners** recorded workshops & **My Rights
My Life** curriculum by **SAFE Austin**

The Dignity of Risk by Janet Shouse



We Are Here To Help YOU!

“With the support of
another parent we begin
to feel we will survive
because we know
another parent who has.”

Pathways To Adulthood Transition Program: assists families to plan a good life for their youth with disabilities after graduation from public school, and provides support, information and tools for carrying out this plan.

Texas Network Connections: Personal Networks of Support create a circle of support around a person at risk for isolation.

TxP2P Transition Center of Central Texas: assists families (**statewide**) to develop high quality lives for their youth and adults with disabilities after they graduate from public school.

TxP2P Transition Inventory: this inventory will help you determine what steps to take as you work for quality of life for your child with a disability.

Pathways to Adulthood

Part 2

Thursday

September 29, 2022

6:00 to 7:30 PM



Texas Parent to Parent



PATHWAYS TO ADULTHOOD

Facilitated by Cynda Green and Cindi Paschall

PTA training is designed to provide participants with tools and information needed to help plan a good life for youth after graduation. It is open for families whose children have a disability, chronic and mental health condition, or other special healthcare needs and the professionals who work with them.

Our two series workshop will offer an overview of the following topics:

PART 1

- Managing Emotions
- Public School Transition
- Self-Determination
- Creating a Place Called Home
- Employment

Tuesday
September 27, 2022
6:00 - 7:30 p.m.

To register:

<https://us02web.zoom.us/j/zoom/register/1ZpdeCuzMhNTcyW4dtsZNR8aNFnn0dd>

PART 2

- Supports Needed For Success
- Alternatives of Guardianship
- Estate Planning
- Healthcare Transition
- Publicly Funded Programs & Services
- Understand Eligibility Requirement & Your Rights

Thursday
September 29, 2022
6:00 - 7:30 p.m.

To register:

<https://us02web.zoom.us/j/zoom/register/1ZwklGvaIMoht104Qxzshf3QWA98Sm96DC2yo>



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Pathways to Adulthood Transition
Texas Networks Connections
TxP2P-Transition Center of Central
Texas

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<https://www.txp2p.org/>

Your
opinion is
very
important
to us...

