Parent Training & Family-to-Family
Health Information Center

Parent-to-Parent

Leia Holley, Program Director
lea@familiestogetherinc.org or (785) 233-4777
Families Together, Inc.

exists to

encourage, educate,

and empower families

to be effective advocates

for their sons and daughters

with exceptionalities.
Families Together, Inc.

Parent Training and Information (PTI) and Family-to-Family Health Information Center (F2F HIC) for Kansas families which include a child with an exceptionality and/or special health care need.
Families Together, Inc.

U.S. Department of Education, Office of Special Education Programs Grant

*Parent Training & Information Center*
Youth
- Individual Assistance
- iTransition
- Online Modules

Family
- Individual Assistance
- Statewide Conference
- Workshops

Parents, Youth & Professionals
- Team Empowerment Conferences
- Family Employment Awareness Trainings (FEAT)
- SHIFT Transition Team Empowerment Conferences
What is Transition?

• Transition to Adulthood planning helps teens with IEPs and their team plan and prepare for life after high school.

• In Kansas, transition planning must start by the time the student turns 14.

• Planning is about more than just employment - it focuses on postsecondary education and daily living skills too.
Transition is **All About:**

- what the student wants to do beyond school
- where and how the student wants to live
- how the student wants to take part in the community
Transition services are a coordinated set of activities

- designed within a results-oriented process,
- focused on improving the academic and functional achievement of the student with a disability
- to facilitate the student’s movement from school to post-school activities
Successful movement from school to post-school:
  • education
  • work
  • adult living

Results-oriented process focused on
  • improving the academic and functional achievement of the student

K.S.A. 72-987(c)(8)
Student Participation

Transition planning is about what the student wants to do after high school. No one should make those decisions without the student’s input.

Students need to

- understand their rights
- have choices as to how they participate in the planning & meeting

Student must be

- invited if the purpose of the meeting is to consider postsecondary goals and transition services
How can Families Together help families and youth?
On-line Modules for Youth

• Module 1: Transition & the IEP
• Module 2: Self-advocacy
• Module 3: Your IEP Team
• Module 4: Who are You Now
• Module 5: Postsecondary Goals
• Module 6: Agencies that Can Help (Interagency Linkages)

www.familiestogetherinc.org/transition-to-adulthood-for-students
Families Together, Inc.

iTransition
Presentation & Notebook

Provides **transition age students** who have intellectual disabilities an opportunity in a student focused setting to build/enhance self-advocacy skills

In-person training provided in collaboration with school

lea@familiestogetherinc.org
The First Step in Transition Planning

- What are the student's unique strengths, talents and interests?
- What does the student want in life, now and in the future?
- What are things the student struggles with day to day?
- What are the resources in the school and community to help the student prepare for life after high school?
Transition Assessment

- Student Focused
- Formal & Informal Assessments
- Updated Annually

The student’s strengths, interests, preferences and needs must drive the plan.
Transition Assessment

Employment

Postsecondary Education/Training

Independent Living (when appropriate)
A Functional Behavioral Assessment (FBA) can be done anytime behaviors impede the student’s access to transition activities, including employment and community settings.
How can Families Together help families and youth?
Families Together, Inc.

Individual Assistance

*Families & transition age youth*

- Individualized support
- Help understand your rights
- Review IEP & Behavior Plan
- Brainstorm
- Person-centered planning
- Parents and transition age youth

(785) 233-4777
contactus@familiestotherinc.org
Families Together, Inc.

IEP Mentor Project

- Intensive support
- Person-centered planning
- Parents and transition age youth

(785) 233-4777
contactus@famiestogetherinc.org
Families Together, Inc.

Person-Centered Planning

- What do you want your good life to look like?
- What don’t you want for your life?
Vision for a Good Life!

Sean

- Live in my community with friends on a lake, own a boat and horse and have great wi-fi
- Watching Wheel of Fortune, Judge Judy, Family Feud
- Listen to “Hey Soul Sister” by Train, 80s and pop
- Participate in activities with friends (not just paid staff)
- Have choices
- Working at a job I love

What I DON’T Want

- Not be able to ride horses
- Not have friends or be a part of my community
- Seizures – be unhealthy
- Anxiety keeps me from working or enjoying new activities
- Sitting at home watching TV, obsessively playing on tablets
- Not working or working in a sheltered workshop
- Living only with people who have disabilities
- Dependent on strangers to help with self-care
- People having low expectations
SEAN’s Life Trajectory Worksheet

**Past Life Experiences**

- Inclusive education preschool-21
- Swim team
- Birthday parties
- Family vacations
- Being a part of community
- Day PAS services
- PCA, Danielle, close in age with similar interests
- Best man in brother’s wedding
- Volunteer at Due West
- Horseback riding
- "Cheers" - Twisters, Price Chopper, Quick Trip, YMCA, CHILLS, Sonic, Wal-Mart...
- Anxlist App and debit card
- Making choices
- Work at Cider Hill and Oak Creek
- Work at Legends Toyota
- New medical team

**Future Life Experiences**

- Danielle continue as PCA
- Limit cola and eat healthy
- Shopping at Price Chopper, swimming, going for walks four days a week
- Explore more businesses in community
- Volunteer
- Start riding new horse, Dave
- Go on family vacations
- Go for rides in dad’s car
- Try new jobs
- Go to grandma and grandpa’s
- Start to do more of my own self care
- Technology to help with communication
- Learn to control volume of my voice
- Keep learning to fix lunch (reheat food)
- Try new things with new people
- Spend more time with JP

**List life experiences to avoid because they push you toward things you don’t want:**

- Gaining weight – will not be able to ride horses
- Not taking medications
- Obsessively watching TV or YouTube videos
- Turning computer off and on – causes severe anxiety and self-injurious behaviors
- Not learning to control the ‘volume’ of my voice
- Rely on paid supports or parents
- Drinking too much coke or Dr. Pepper
- Avoiding work and volunteer activities
- People not being able to understand me
- Obsessing about tablets instead of participating in new activity/event

**Vision for a Good Life**

- Live in my community with friends on a lake, own a boat and horse and have great wi-fi
- Horseback riding
- Shopping at Price Chopper, Wal-Mart, and Walgreens
- Swimming at the YMCA
- Watching Wheel of Fortune, Judge Judy, Family Feud
- Seeing dolphins again
- Visit grandparents in Oklahoma
- Ride in boat on the lake
- Listen to ‘Hey Soul Sister’ by Train, 80s and pop
- Go for rides in ‘dad’s car’
- Eat dinner (at restaurants)
- Make new friends
- Participate in activities with friends (not just paid staff)
- Be healthy
- Make choices
- Working at a job I love
  - Outside
  - With people who care about me and where I can sing and everybody ‘does your share.”
  - Part-time
- Go see Wheel Of Fortune
- Going to the lake with family
- Being the Birthday Guy!

**What I DON’T WANT**

- Not be able to ride horses
- Not have friends or be a part of my community
- Seizures – be unhealthy
- Anxiety keeps me from working or enjoying new activities
- Sitting at home watching TV, obsessively playing on tablets
- Not working or working in a sheltered workshop
- Living only with people who have disabilities
- Losing mom or dad – Danielle
- Depend on strangers to help with self-care
- People have low expectations

*My LifeCourse Portfolio is a template of the UNMC BDU, UCEDD. More materials at lifecoursetools.com*

*Families Together, Inc.*

*OCTOBER 2016*
What’s Next?

- What does the student want to do after high school?
- What career do they want?
- What additional training or education might they need to be successful in their life after high school?
- Does the student want to have a bank account, rent an apartment, stay healthy, vote...
Postsecondary Goals

Training/Education – vocational or career field, independent living skills, vocational training, college or university, technical college, military, on the job, etc.

Employment - paid - competitive with or without supports

Independent living skills – daily living, financial, self-advocacy skills, transportation, etc.

• Observable and measurable
• Results-oriented
• Based upon the student’s strengths and areas of need
How can Families Together help families and youth?
Vision for a Good Life!

- Live in my community with friends on a lake, own a boat and horse and have great wi-fi
- Participate in activities with friends (not just paid staff)
- Working outside with animals at a job I love

What I DON’T Want

- Seizures – be unhealthy
- Dependent on strangers to help with self-care
Families Together, Inc.

Family Employment Awareness Training (FEAT)

Parents, youth and professionals learning together

A two-part training designed to:

• Increase expectations for integrated and competitive employment
• Teach how to access Federal and Kansas employment-related services
• Develop self-advocacy and problem-solving skills

Parents, Transition Age Youth and Professionals

More Details Coming Soon – Going Virtual

leia@familiestogetherinc.org
Families Together, Inc
Family Employment Awareness Training (FEAT)

Part 1: Building the Dream of Employment

- Kansas Employment First
- “Outside the Box” Employment Possibilities
- Success Stories
- Family/Parent Role in Supporting Employment
- Transition to Adulthood

More Details Coming Soon – Going Virtual

lea@familiestogetherinc.org
Families Together, Inc.

Family-to-Family Health Information Center

Families & transition age youth

• Help families and youth understand the student’s health needs and disability
• Provide individual assistance
• Locate and navigate community resources
• Explore transition to adult healthcare
Families Together, Inc.

Health Organization Notebook

Parents only

contactus@families Togetherinc.org
Families Together, Inc.

Youth Health Guide

Youth only

contactus@familiestogetherinc.org
What’s Next?

Are there supports for the student
• while attending high school?
• after high school?
- to help the student achieve his/her measurable postsecondary goals?

Transition Services
Secondary transition services include

• courses of study,
• activities,
• strategies,
• and/or services

needed to support the student in achieving his/her measurable postsecondary goals.
May include:

- Instruction
- Related services
- Community experiences
- Employment and postsecondary objectives
- Acquisition of daily living skills and a functional vocational evaluation (if appropriate)
What’s Next?

Agencies outside of the school who can assist the student in achieving their postsecondary goals
Beginning at age 16, the IEP must include, when appropriate, a statement of the interagency responsibilities or any needed linkages.
May include:

- Vocational Rehabilitation (VR)
- Pre-employment Transition Services (Pre-ETS) (VR)
- Workforce Centers
- Postsecondary education
- Continuing & adult education
- Independent Living Centers

- Adult Services
- Employers
- Community agencies
- Community Developmental Disability Organizations
- Community Mental Health Centers
- Managed Care Organization
- Assistive Technology Agency
How can Families Together help families and youth?
Families Together, Inc.

Family Employment Awareness Training (FEAT)

Parents, youth and professionals learning together

**A two-part training designed to:**

- Increase expectations for integrated and competitive employment
- Teach how to access Federal and Kansas employment-related services
- Develop self-advocacy and problem-solving skills

*Parents, Transition Age Youth and Professionals*

**More Details Coming Soon – Going Virtual**

leia@familiestogetherinc.org
PART 2: Identifying and Accessing Employment Resources

- Services, programs, and information to support gaining and maintaining employment
- Antidiscrimination laws

More Details Coming Soon – Going Virtual

leia@familiestogetherinc.org
Learning about Vocational Rehabilitation and Centers for Independent Living
Get information for accessing supports and services
Understand transition as part of the IEP
Leave with next steps for adult life, career planning and job support

Additional Dates - November 2020 - More Details Coming Soon

- The Road to the Good Life
  Monday, October 5; 6:30-8:00
- The Road to Careers and Employment
  Tuesday, October 6; 6:30-8:00
- The Road to Independence and Interdependence
  Thursday, October 8; 6:30-8:00

https://shiftoct2020.eventbrite.com
What’s Next?

Where does the transition age (age 14-21) student need to learn the skills needed to achieve his/her postsecondary goals?

• in the classroom
• in the community
IEP teams must consider the supplementary aids and services that could be provided to allow a youth to participate in a work placement with peers without disabilities. A work placement in an integrated environment.

Ages 14-21
How can Families Together help families and youth?
Families Together, Inc.

Individual Assistance

Families & transition age youth

• Individualized support
• Help understand your rights
• Review IEP & Behavior Plan
• Brainstorm
• Person-centered planning
• Parents and transition age youth

(785) 233-4777
contactus@familiestogetherinc.org
Teaching Transition Skills During COVID-19

www.familiestogetherinc.org/transition-to-adulthood/
www.familiestogetherinc.org/teaching-transition-skills-during-covid-19/
Youth webpage

www.familiestotherinc.org/transition-to-adulthood-for-students
Transition = A Coordinated Effort

School

Student

Community & Agencies

Family
Transition is **ALL** about who the **student** wants to be when he/she **leaves** high school and how the **team** can **assist** the **student** in reaching his/her post secondary goals.

That’s Transition!
PARENTS MAKE THE DIFFERENCE!

Topeka
(785) 233-4777

Garden City
(620) 276-6343

Wichita
(316) 945-7747

contactus@familiestogetheirnc.org
www.familiestogetherinc.org

Leia Holley, Program Director
leia@familiestogetherinc.org or (785) 233-4777
www.familiestogetherinc.org
Join our mailing list!
Receive updates and our Monday Memos


Leia Holley, Program Director
leia@familiestogetherinc.org or (785) 233-4777