Transition is a Social Thing

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Our Perspectives:

Mike was an Upper School Teacher at Cotting for 8 years, and a Lower School Teacher prior to that. He now works exclusively on transition-related topics.

Melissa is an SLP who worked in the Upper School at Cotting and also with high school students in public schools.

Workshop Description
Transition is a Social Thing

Transition planning has many components, including researching postsecondary education, exploring employment possibilities, determining level of support needed to live independently, and putting together a transportation plan. This presentation focuses on the development of social opportunities as a key part of transition planning and how it is integrated into all of these components. Feel welcome to share successes, dreams, questions and challenges for the young adults in your family or school.

About Our Session Today:

A big part of what we do is
listen to students and families to help them to think creatively about the possibilities throughout the transition process.

Today, we have information to share with you and we welcome each of you to share your perspectives

Survey:
What are you thinking about right now for your young adult?

- Independent living
- Health
- Vocational
- Recreation

- Further education
- Transportation
- Accessing resources

Social Skills

This is what we are thinking about…

It's a year long theme—many people and many ideas

What social connections exist for your young adult?

- Co-Workers

- Community Organizations

- Family Friends
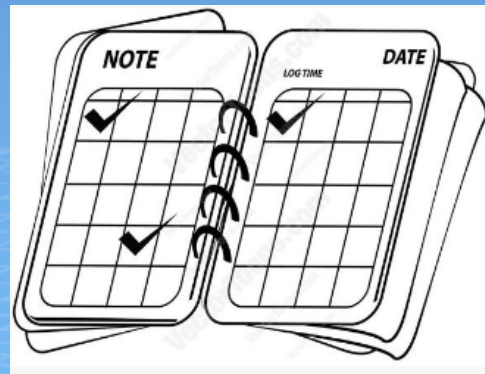
- Fellow Alumni, Classmates

- Local Friends

- Family

How does your young adult socialize?

- Jointly planned trips

- In large groups

- In small groups

- Over the phone

- Email

- Online, FaceTime, other platforms

- Face-to-face

Think About:

How often does your young adult see friends now? What do you anticipate later?

What do you anticipate to be a difficult part of transition for your young adult?

- change in location, environment

- change in therapy services

- change in routine

- daily contact with school peers

Where does your young adult socialize now? Where in future?

- At an educational setting

- At a volunteer position

- At a day program

- At work

- Community--Structured

(e.g. sports league)

- Community—unstructured [e.g.

We're going to the mall (aka we

need a ride)]

- At another's home

- At own home

What supports does your young adult require to socialize?

- Family provides supports

- PCA provides supports

- Event structure provides embedded support

- Transportation

- None

What are some of the barriers to social opportunities?

- Time Constraints

- Lack of Interest from Young Adult--ENGAGEMENT

- Lack of Social Connections

- Family Work Schedule

- Transportation

- Geographic

- Supervision, Medical Needs, Toileting

Considerations to Enhance Social Success

- Diversify social outlets

- Diversify caregivers

- Build in down time and time for yourself (Care for the Caregiver)

What are the possible social outlets for your young adult?

- Group Living Situation

- Further Schooling/Community Education

- Disability Advocacy Groups

- Recreation

- Alumni Events

- Sports/adaptive Groups

- Community Organizations

- Volunteer Opportunity

- Competitive Employment

Defining Social Capital

- Participation—active in a local group

- Reciprocity—doing or receiving favors, looking out for one another

- Trust and Safety—feeling of safety at home and in community

- Social Connections—friendships, people to talk to, acquaintances

- Citizen Power—complaining about a local service, joining a committee to fight for a cause, influencing change

- Community Perception—attitudes and behavior

The Four Elements of Community Groups

- Ritual— "it is essential to assist the person who you are trying to assimilate into a group in learning that group's rituals" (p 36)

- Social Patterns—where does a group meet, how do members interact in the space?

- Language or Jargon—words or phrases that the group uses

- History or Memory—stories, photos, folklore, yearbooks

Condeluci, A. (2008) Together is Better: Creating a Community Where Each Person Belongs. Lash Associates Publishing.

Gatekeepers

Who are your Positive Gatekeepers?

- Serve as a link to the group

- Take advantage of unstructured time

- Willing to get to know everyone

- Assist in acquiring skills

- Treats everyone equally

- Knows when not to interfere

Condeluci, A. (2008) Together is Better: Creating a Community Where Each Person Belongs. Lash Associates Publishing.

Adapting Activities

- Modify the Equipment

- Provide Structure and Routine

- Develop a Checklist

- Develop an Activity Card

- Eliminate Distractions

- Use Multiple Senses

- Manipulate the Environment

- Don't Be Afraid to Change the Rules (Dates and Times, Costs, Transportation, Accessibility, Clothing and Equipment, Age Appropriate)

This group includes EXPERTS at this

Condeluci, A. (2008) Together is Better: Creating a Community Where Each Person Belongs. Lash Associates Publishing. 38-40

Working Toward Friendship

"Friendships typically grow and develop through shared recreation experiences"

Families can:
- Make friendship a priority
- Schedule time together
- Learn about the individual needs of others in order to provide support
- Encourage positive interactions
- Learn about community resources
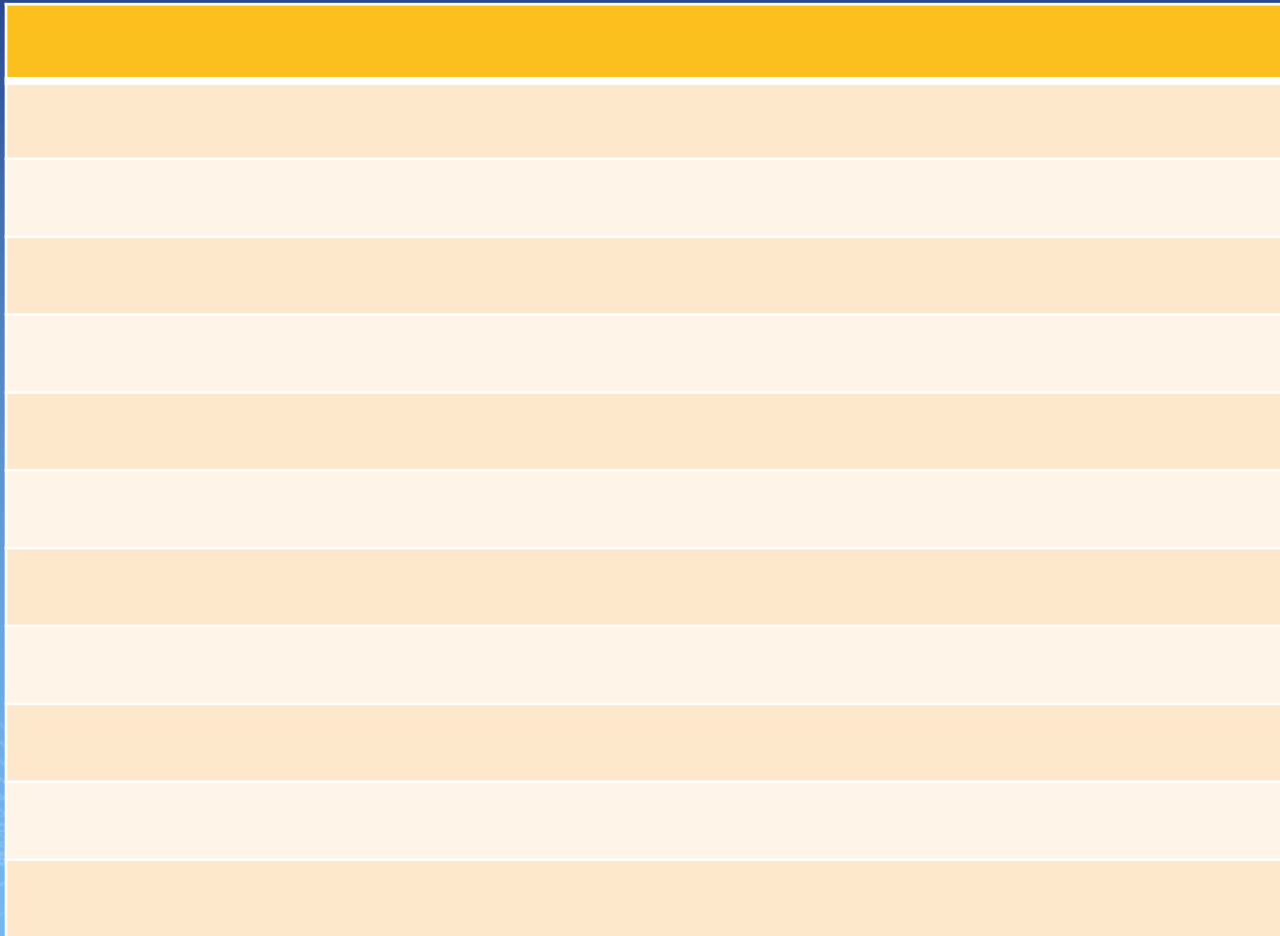
Staff at Community Centers can:
- Include all
- Educate staff, provide available support
- Ensure accessibility
- Coordinate activities

Condeluci, A. (2008) Together is Better: Creating a Community Where Each Person Belongs. Lash Associates Publishing. 51-52

Workshop Brainstorming: Successes

Workshop Brainstorming: Dreams

Resources

General
https://disabilityinfo.org/MNIP/DB/FSL/FactSheet.aspx?id=171

http://www.friendshipcircle.org/blog/2016/01/14/10-special-needs-organizations-you-should-know-about/

Independent Living
http://bostoncil.org/ - Boston Center for Independent Living
http://www.masilc.org/membership/cils - Links to all state Independent Living Centers
http://www.mass.gov/eohhs/consumer/disability-services/living-supports/independent-living/

Health
https://www.communityinclusion.org/pdf/man5.pdf
http://fcsn.org/massfv/transition/Health_Insurance_Options.pdf

Resources

Further Education

http://www.walpole.k12.ma.us/UserFiles/Servers/Server_3008510/File/Migration/wpssecondaryeducationreso.pdf

Financial
https://www.able-now.com/?gclid=CJKwI_-P_s8CFctbhgodq9UFvA

Transportation
http://www.mass.gov/eohhs/provider/guidelines-resources/services-planning/hst/mobility-manage/creating-a-mobility-management-information-network.html

Resources

Recreation Opportunities
https://www.disabilityinfo.org/MNIP/DB/FSL/FactSheet.aspx?id=115

Recreational & Sports Organization Links for Persons with Disabilities - Boston
http://www.sciboston.com/sportsrec.htm

Sports for All: Resources for Inclusive Sports Guide
This guide provides information on resources for including children of all abilities in sports activities.
http://www.f-sepac.org/f-sepac.org/inclusion_files/SportsforAll.pdf

Physical Activity and Recreation Resource Guide Massachusetts (Updated May 2012)
http://xa.yimg.com/kq/groups/4880292/1418249581/name/Recreational_Resource_Guide_May_2012.pdf

Northeast Passage
http://nepassage.org/

Resources

Volunteer Opportunities
https://www.disabilityinfo.org/MNIP/DB/FSL/FactSheet.aspx?id=97

Transition Supports
https://www.disabilityinfo.org/MNIP/DB/FSL/FactSheet.aspx?id=171

College Supports
http://www.thinkcollege.net//component/programsdatabase/search?state=MA

Transition Resource
http://transitioncoalition.org/transition/

National Center for Learning Disabilities
http://www.ncld.org/

NCLD - Planning for Future Success
http://www.ncld.org/stage-related-content/child-future-ld

References

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Condeluci, A., (Retrieved on 11/2/2016) The Key to Friendship. Retrieved from: https://static1.squarespace.com/static/52213873e4b03168535370d3/t/55fd6fede4b049b6f6c2a493/1442672621853/Key+to+Friendship.pdf