Transition is a Social Thing

Mike Teuber, M.Ed. CAGS,
Director of Transition Services
mteuber@cotting.org

Melissa D. Mulvey M.S. CCC-SLP ATP, CAGS
Senior Consulting Therapist/Team Leader
Cotting Consulting
mmulvey@cotting.org
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

Source: Disability and Society, Vol 19, No 3, May 2004
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

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

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)

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

Workshop Brainstorming: Successes
Workshop Brainstorming: Questions
Workshop Brainstorming: Challenges
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

Health
http://fcsn.org/massfv/transition/Health_Insurance_Options.pdf
Resources

Further Education

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

Financial

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

Transportation

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

Physical Activity and Recreation Resource Guide Massachusetts (Updated May 2012)

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
