Transition is a Social Thing

Transition planning has many components—social opportunities are a key part of the process. Feel welcome to share successes, dreams, questions and challenges for the young adults in your family or school.

Social Skills Impact
- Independent living
- Health
- Vocational
- Recreation
- Further education
- Transportation
- Accessing resources

Considerations to Enhance Social Success
- Diversify social outlets
- Diversify caregivers
- Build in down time and time for yourself (care for the caregiver)

Build & Maintain Social Connections
- Co-Workers
- Community Organizations
- Family Friends
- Fellow Alumni, Classmates
- Local Friends
- Family

“Friendships typically grow and develop through shared recreation experiences”
-from “Together is Better”

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**Think About:**

- How often does your young adult see friends now? What do you anticipate later?
- Where does your young adult socialize now? Where in future?
- What supports does your young adult require to socialize?
- What are some of the barriers to social opportunities?
- What are the possible social outlets for your young adult?
- Anticipate challenges along with change
- Seek positive Gatekeepers
- Adapt activities as needed

**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

**References**

