

## Examples of Transition Services / Coordinated Activities<sup>1</sup>

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<sup>1</sup> Reprinted from Disability Law Center, Inc of Massachusetts; [http://www.dlc-ma.org/\\_manual/additional%20resources/05-cooperative%20list%20of%20transition%20services.pdf](http://www.dlc-ma.org/_manual/additional%20resources/05-cooperative%20list%20of%20transition%20services.pdf)

## Instruction

- Tour post-secondary occupational training programs
- Contact local college for disability documentation policy
- Complete and submit application to post-secondary institution
- Tour career planning center and inquire about training programs available through them
- Visit college campuses and meet with disability coordinators
- Write a letter to the college disabilities coordinator to request an interview to discuss information about the availability of support services
- Research college scholarship opportunities
- Obtain, complete, and submit applications to colleges of interest
- Obtain, complete, and submit applications for financial aid
- Complete learning styles inventory to identify preferences and strengths
- Complete an access and hearing assistive technology inventory
- Meet with military recruiters to discuss educational benefits of military programs
- Meet regularly with high school guidance counselors about necessary paperwork and timelines for college admissions
- Complete a study skills training class
- Attend transition workshops
- Enroll in vocational education classes
- Check with college or tech school about auditing their courses
- Sign up for or take ACT or SAT
- Request accommodations for ACT or SAT if needed
- Verify that current course schedule meets college or technical school entrance requirements
- Review and update transitions assessments

## Related Services

- Identify and visit community mental health services
- Visit potential providers for speech and physical therapy services
- Learn effective use of a guide or hearing dog or other assistive animal
- Identify potential post-high providers of recreational and occupational therapy and potential funding sources
- Investigate orientation and mobility support at college or place of employment
- Explore local transportation options
- Identify resources for coping with life situations
- Obtain or update assistive equipment or technology that is used (e.g., hearing aids, hearing access and assistive technology, braces, wheelchair)
- Apply for a mentor through a local non-profit agency for substance abuse counseling

## Community Experiences

- Take classes through local community organizations (e.g., Boys or Girls Clubs, YMCA, 4-H)
- Join a community recreation program
- Learn about the American's with Disabilities Act (ADA)

- Learn about student's rights under the Individuals with Disabilities Education Act (IDEA)
- Enroll in self-determination/self-advocacy classes
- Participate in church youth group activities
- Visit places in the community to shop for food, clothing, and other essentials.
- Tour the local public library
- Take Driver's Education/Driver's Training classes
- Obtain a state ID card or driver's license
- Register to vote
- Register with the Selective Services
- Observe a courtroom or jury process
- Sign up to help with service clubs (Lions, Sertoma, Kiwanis, etc.)

## Employment

- Interview a job coach for possible help following high school
- Participate in a career awareness program or class
- Interview an adult worker in a career field of interest
- Job shadow an adult worker in a career field of interest
- Participate in Vocational Rehabilitation sponsored trainings if eligible
- Obtain a paid part-time job
- Practice completing job applications and interviews
- Volunteer in a career area of interest
- Memorize your social security number
- Draft resume, cover letters, and thank you notes for after interviews
- Research 3 career areas and write paper
- Take career interest inventories or surveys to help pinpoint interest areas

- Attend career fairs with high school class

## Acquisition of Daily Living Skills

- Explore city/county transportation options
- Enroll in self-advocacy/self-awareness study or class
- Enroll in consumer science classes at school (nutrition, foods, single survival, money/time management)
- Take a CPR/First Aid class
- Develop a monthly living budget
- Open a bank account
- Memorize phone number and complete mailing address
- Access postal services
- Explore medical needs and issues and obtain medical coverage
- Perform minor home repairs
- Schedule and keep appointments
- Obtain addresses and phone numbers from a directory or on-line search
- Use telephone independently
- Learn to operate a microwave, dishwasher, washing machine, dryer
- Learn to tell time
- Manage daily time schedule
- Take medications independently
- Develop a network of informal supports (friends, family)
- Inquire about rates for utilities (phone, electricity, gas, water, cable)
- Develop a personal fitness routine
- Obtain a bank ATM card
- Attend to grooming/hygiene needs independently
- Meet with a potential landlord to learn about expectations as a renter
- Purchase food and prepare meals

- Purchase clothing and learn to care for clothes
- Visit an independent learning center to inquire about services
- Complete an independent living assessment
- Develop emergency procedures for use at home
- Select a primary care physician and dentist
- Keep and use a calendar, address book, and phone numbers
- Plan recreational outings at least once weekly
- Inquire into/decide which religious denomination to join
- If applicable apply for Supplemental Security Income (SSI)
- If applicable, register with developmental disabilities state agency

## Functional Vocational Evaluation

- Participate in a situational vocational assessment
- Provide opportunities for job sampling in the community
- Collect information regarding vocational interests and abilities
- Complete formal aptitude tests
- Review previously administered career interest inventories
- Meet with high school guidance counselor to affirm vocational interests and align coursework to meet requirements
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## Other Post-School Adult Living Objectives

- Visit community mental health agencies
- Identify potential post-secondary providers or related service providers and their funding requirements
- Check availability of a community mentor program
- Learn about community agencies that provide services and supports to people with disabilities
- Contact Independent Living Center for possible services
- Inquire about Vocational Rehabilitation eligibility
- Maintain regular contact with Vocational Rehabilitation counselor
- Apply for Vocational Rehabilitation Services
- Learn how wages affect Medicaid