

# Transition: A Parent's Perspective

Introducing Chris  
&  
Kathy

## Some Background: the Elementary Years

- Inclusion in elementary school -- nominating his teachers for an Arc Award
- Class trips and extra-curricular activities
  - ❖ Track, cross country
- Community participation:
  - ❖ sports, volunteering, dog-walking
- Social activities
  - ❖ special olympics, participation in fund-raisers

## Our Approach during High School

- Mix of self-contained and general ed classes
- Extra-curricular activities
  - ❖ Swim team
  - ❖ Manager of basketball team
  - ❖ Unified bowling team
- Self-advocacy opportunities
  - ❖ Speak to elementary ed classes re “R” word
  - ❖ Meet legislators in Washington and locally
- 2 post-graduate years

## ...More on our Approach in HS

- ✓ Vocational school evaluation
- ✓ Guidance Office resources (interest inventory)
- ✓ Supplemental speech therapy
- ✓ Alternatives to ESY
- ✓ Recreation activities that The Arc offered (baseball game; drama group audition)
- ✓ Visit college programs
- ✓ Attend webinars
- ✓ Get a job

## Transition Planning in Earnest

### “Senior Year” Work Experience:

- ✓ Making pizza boxes at a pizzeria
- ✓ School library re-shelving books
- ✓ Office work at Dept of Ed Learning Resource Center-- paid!
- ✓ CSA Farm: preparing boxes for members

**FORCED CHOICE RANKING!**

## Alternatives to ESY

a.k.a. taking advantage of what The Arc had to offer 😊



Contract with The Arc to attend a Technology class  
(1 hour x 5 weeks)

Contract with The Arc to provide 10 hours of job  
sampling (2 hrs x 5 wks):

Bus boy, Pet store, Retail

## Final Two Post-grad Years

- Structured Learning Experience
  - Bagel Shop
  - Custodian Assistant
- Classroom one day/week
- Meet with DVRS
- Take the NJCAT assessment
- Talk to Chris about school coming to an end

### Navigating Transition



## Life Lines

- Use every resource you can find (\*Most of them are not found at school...but some are.)
- Complete the NJCAT in the final year. (\*Too soon may not be helpful.)
- Select a Support Coordination Agency (\*See The Arc's Go Bag materials on this. And talk to your friends!)
- Ask DVRS to come to your final IEP meeting
- Start to read about the DDD Supports Program services

## Life Lines cont'd....

- Tell your child what to expect (\*describe the "best of both worlds")
- Get contact information from people who were helpful to your child (\*peers, coaches, employers)
- Visit programs (\*Talk to other parents, but judge for yourself)
- Go back for a visit (\*a teacher, a varsity game, a place of trial employment) when the time is right
- View whatever you put in place as temporary

So....what did it look like  
for Chris post-graduation?