

# 5



## KEYS TO SUCCESSFUL TRANSITION

Successful transition from school to employment, independence and community living doesn't "just happen", it requires work, planning and commitment. Success in the classroom, within the community, and on the job requires that young people with special health care needs stay healthy.

- 1. EXPECTATIONS** – For families and providers need to support children and youth to live the life he/she would have lived before the diagnosis. Just know that it will need some modification and maybe some (or lots) of equipment or medication. Seek to live life to the fullest. Surround yourself and child/youth with positive believers. Find mentors for yourself and for your child/youth.
- 2. ASIPRATIONS & SELF-DETERMINATION** – Listen and support youth's dreams for their future. Encourage self decision making early. Assist the student's ability using tools: Tips on teaching Self-Determination. [www.arkansastransition.com](http://www.arkansastransition.com)
- 3. GET INVOLVED** - Promote family leadership and youth involvement. Transition outcomes are much more successful when the student and the family take the leadership role in the process of transition planning and implementation. Link with community agencies and organizations, making sure that each entity understands their roles and responsibilities.
- 4. LEARN MORE** – It is true the more you know, the more options you have. Learn from others, go to trainings, and send questions to more experienced families, providers and adults with disabilities. Do some easy research via email and the internet.
- 5. HAVE A PLAN FOR LIFE** - Develop and update a clearly written post-school outcome statement based upon the student's preferences and interests. The statement should address all the domains including, post-secondary and continuing adult education, vocational training, community participation, independent living and integrated employment. Continuously evolve the transition plan as the student's interests or preferences change. Plan can always be revised if needed.
- 6. THE TEAM WORKS TOGETHER** – Maintain flexibility. Work towards a shared commitment. Build commitment to the implementation of the transition plan within the team. Encourage shared decision making among the family, the youth and the providers. Work towards youth learning more and taking more responsibility as much as possible.
- 7. MOVE TOWARDS "GET A JOB/ GET A LIFE."** Successful integrated employment with appropriate supports can build a connection to the community. The development of an Individualized Plan for Employment (IPE) through Vocational rehabilitation may be necessary to help prepare for, regain, maintain or advance in employment.

ARKANSAS TITLE V CHILDREN WITH SPECIAL HEALTH CARE NEEDS PARENT ADVISORY COUNCIL recommends this Tip Sheet to help your family in transitioning your young adult.