



A New Year, a new look at: Transition Timelines



Age

Transition Activities

0-2 Financial Planning. Begin to set aside money to assist your child when he/she makes the transition to adult living. Have a will written and revise it as necessary. Learn about special needs trusts.

Record of Information. Begin and keep updated a record of vital information that others may need to know about your child in case of an emergency.

Encourage Language and Communication. Assist your child and work with therapists in learning a means of communication.

Consider Life after First Steps. Begin to ask questions about resources/support groups for your child and your family after they leave First Steps.

3-5 Involve Your Child in Social Activities. Enroll your child in preschool, religious education, cooperative play groups, music therapy, day care so that the child gets experience socializing with others.

Inclusion. Consider very carefully what type of schooling your child will receive. Make sure he/she is included as much as possible in the typical school program. Regular kindergarten in your neighborhood school should be the first option to explore.

Learn about Education Laws. You will need a basic understanding of your child with special needs' rights to a quality education.

Learn About Waivers. There are state/federal waivers designed to help with the extraordinary needs of your child's disabilities. Learn about them as soon as possible, through other families, resource agencies, school personnel, comprehensive care centers.

6-11 Expect Your Child to Participate. Have your child do regular chores as part of the family's activities. Involve your child in neighborhood and community activities, including such things as scouts, swimming lessons, story hour at the library and so forth. Invite children to your home and make it a fun place for all types of children to visit.

Inside This Edition

Page 2

Transition Timelines (continued)

Page 3

2011 Plan for Future Series

Back Page

Resources

Save A Tree



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A Metro United Way Agency



Metro United Way

Transition Timelines, Continued

Age

6-11 Teach Your Child Life Skills. Assist your child in learning money management and shopping skills. Make your child responsible for good grooming and selection of clothing to wear. Teach your child to make simple meals and wash clothes. Follow through at home with the skills that are being worked on at school.

Begin Sex Education. As your child grows and matures, help him or her to understand human reproduction and sexual development as a normal part of growing up.

Teach Your Child About His/her Disability. As soon as your child is ready, provide information about his/her disability. Encourage your child to "take ownership" of the disability and begin to advocate for him/herself. Include your child in the IEP process as early as possible.

12-14 Functional Skills vs. Academic Skills. As your child enters middle school, give some thought to how much time in school should be spent on academic skills and how much on functional life skills. Some children will need to have the emphasis in their schooling shift to functional skills that prepare them for the adult world.

Encourage Your Child to Work. Have your child do volunteer or paid work in the home, neighborhood or community. Assist your child in developing good work habits.

14-16 Teach Your Child To Use Public Transportation. If your community has public transportation, teach your own child to use it. Encourage your child to get to places in the community on his/her own.

Consider the Type of High School Program Your Child Will Pursue. Understand the transition process for your child's school program. Work with the school committee to decide if your child will be diploma or certificate bound. Encourage community-based skills if these are age appropriate activities for your child. Involve your child in all decision-making.

16-18 Formal Transition Planning at School. Be sure that your child's IEP has transition goals that address work and living skills. Strongly support adult service agencies being involved in the transition plan process. Take it on yourself to learn about what programs and higher education opportunities are available to your child as they prepare to leave the school system. Look into Guardianship, is this needed for your child as he/she turns 18?

18-21 Encourage Steps Toward Independence. As appropriate, encourage gradual moves toward greater personal independence and self-care. Encourage/help your child to find a job in the community or to pursue higher education and training. Support/help your child in establishing an appropriate living arrangement and becoming involved in adult leisure activities in the community.

The Parent Outreach Program of The Council On Developmental Disabilities works with families of infant/children/adults with many kinds of disabilities. We would be glad to be of help and support to you as you work to find the best resources for your child through the years!

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