

Where to Turn, What to Do

[Part One of Two for Ages 16-22]

Good information is the key to preparing for the many transitions in your child's life. Informing Families Building Trust is committed to providing you with trusted, reliable information to help you plan for, and successfully move through, each milestone.

It's never too early to prepare for life after school. Regardless of disability, your son or daughter *can* find employment and create a fulfilling life in the community. It will take planning and effort, but it is possible.

The key is to start thinking about job-related or post-secondary education goals long before your child enters or graduates from a high school transition program, because there is no guarantee that services or supports will be available after age 21.

Tips and resources to help guide your way:

- Include work-related goals in your child's IEP. "A Job Post-School Outcome" is the key phrase to use in making sure IEP goals are related to employment. Examples of work related goals:
 - Identifying job skills and preferences
 - Gaining work experience
 - Learning how to use transportation
 - Learning how to write checks and handle money
- Encourage different work experiences to find the right fit and build a resume.
- Reinforce work-related skills at home, such as: finishing chores, going over the family budget, and shopping.
- Make sure that your son or daughter is a full and meaningful participant in his or her IEP and life goal setting, career planning and decision-making process.
- Push hard to ensure s/he has a job *before leaving school*.



Did You Know?

Post Secondary Education builds self-esteem, creates community connections, and improves chances for employment. Most local colleges and universities offer a variety of classes for students with disabilities. Contact your local college or university for information and assistance.

Think College! unites school systems with colleges to offer dual enrollment options to high school transition students. Our state has four participating *Think College!* programs. **Visit:** www.thinkcollege.net

Self Advocacy groups provide support and skills to be successful in school, work, and life.

People First of Washington
www.peoplefirstofwashington.org
Call: 1-800-758-1123

Self Advocates of Washington
(Pierce and Kitsap Counties)
Call: 1-253-571-8665