Examples of Transition Services / Coordinated Activities

1 Reprinted from Disability Law Center, Inc of Massachusetts; 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

**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