

Personalized transition notebook

As part of the transition process, you can organize all of the important information in a personalized notebook. Purchase an inexpensive 3 ring binder and divider tabs to organize all of your personalized information. The divider sections can follow the main sections of this guide or you might want to add sections of your own! If you want to be virtual....create a folder on your computer and create additional folders inside with the following sections.

Assessments

- Complete one of the Assessments and associated Planner. (*Transition Checklist, Self-Assessment, Self Advocacy Checklist*). You can use this as part of your transition assessments. Save your assessments from year to year and see what you have learned. Remember.....you are not alone. If you need help, ask your teacher or parents for help.

Information and Your Rights

- Investigate and know rights that are afforded to individuals with disabilities in your country.

Self-Advocacy

- Complete the *Personal Profile and Accommodations Letter*. This can be something that is addressed to your teacher, employer, or professor. The letter provides an excellent opportunity to talk about your hearing loss, accommodations, technology, and what you like to do.
- Use the *Personal Profile and Accommodations Letter* to lead your IEP meeting or teacher inservice at the beginning of the year.
- Are you going to find a job??? Print out *Common Workplace Barriers* and *Common Workplace Solutions*. Explore the job responsibilities and talk with your teachers about the difficult listening situations you may encounter. Brainstorm solutions with accommodations and technology
- Are you planning on attending University? Print out the handouts in the University section. Make appointments with the Office of Accessibility and use the "*Questions to Ask My University Disability Coordinator*" and "*Postsecondary Program Interview Accommodations Availability Checklist*".

My Hearing Loss & Technology

It is difficult to remember when your hearing and hearing aids were last tested, what the results were, what type and model of technology you are currently wearing and what the warranties are. Organize this information in your notebook:

- **Contact information** of audiologists, ear specialists, interpreters, your Vocational Rehabilitation counselor, agencies and any other specialists. Include their names, address, phone number, and fax number.
- Your **audiograms and test results**. It is important to have a record of all of your hearing test results so that the next professional that works with you can determine if your hearing loss has remained stable, fluctuated, or is progressing. If you have copies of CI mappings, include those in this section.
- A record of the **hearing aid or CI model** including manufacturer warranties. If you have purchased hearing assistance technology, keep your model, purchase and warranty information in this section too. It is a good idea to keep all of the receipts in case you need to return a defective unit.
- Explore connectivity options for cell phones and other audio devices. Start researching these options, cost, and different resources to obtain this equipment.
- Explore independent living with a hearing loss? Fire Alarms, Alarm Clocks, and other visual alerting devices may need to be purchased in order to ensure safety.

Activities and Scenarios

- Explore the different scenarios located in the Activities Section. Keep a list of solutions you came up with for the various situations you encounter.
- Complete a career interest inventory and document potential “workplace/educational barriers” and “workplace/educational solutions”.

Additional Information

- Feel free to add other resources and information that you have collected that you want to remember.
- Explore the Apps section of the Gap as well as the internet for tools to enhance your communication access needs.