


*A transition timeline for parents.*

  
**SSD TRANSITION  
GUIDEBOOK**

# toward successful **transition**

a checklist for the first 21 years



Written by Margaret Lewis and Jean Brokaw, each the parent of a young adult with a developmental disability.  
Revised 2010

# To Parents of Children with Developmental Disabilities . . .

It is our hope that as parents you will always consider yourselves the experts on your child. We hope that as you seek information, help, and guidance, you will see your child in “people first” terms — initially as a baby to love and nurture, then as a child to raise for as independent a life as he or she can attain. Whatever the disability involved, remember it is only a part of your child’s individuality. Build on his or her strengths. High expectations are a keynote in a family’s daring to act bravely and creatively.

You may want to review these recommendations periodically, and add to or revise them to fit your specific circumstances.

The book and periodical titles that are preceded by an asterisk (\*) are available from the St. Louis County Library.

Copy this checklist booklet freely and without restriction.

Available online at: <http://stlouis.missouri.org/education/sltc/checklist.htm>

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## I. WHATEVER YOUR CHILD’S AGE:

**Join a family support group** — an invaluable network and source for information and ideas.

### Resources:

- **Alliance for the Mentally Ill - NAMI**  
St. Louis, MO.  
314-962-4670
- **Asperger Syndrome Support Network**  
[www.stlaspergers.org/](http://www.stlaspergers.org/)
- **Autism Speaks**  
[www.autismspeaks.org/](http://www.autismspeaks.org/)

- **Down syndrome Assoc. of Greater St. Louis**  
314-961-2504
- **Family Support Network**  
314-644-5055
- **Learning Disability Association**  
314-966-3088
- **Missouri Developmental Disabilities Resource Center**  
1-800-444-0821
- **Parent Education and Diversity Awareness of Special School District**  
314-989 8438, 314-989-8108 or  
341-989-8194 • [www.ssd.k12.mo.us](http://www.ssd.k12.mo.us)

Talk with other families who have a child with a disability, including those with a child older than yours, as they may have had experiences from which you could benefit.

### Resource:

- **MPACT (Missouri Parents Act)**  
Parent-to-parent connection program  
1-800-743-7634 • [www.ptimpact.com](http://www.ptimpact.com)

### Books for additional insight:

- \* **Uncommon Fathers: Reflections on Raising a Child with a Disability.** Don Meyer (1995)
- \* **Nobody’s Perfect.** Nancy Miller (1997)
- \* **Changed by a Child: Companion Notes for Parents of a Child With a Disability.** Barbara Gill (1997)
- \* **Eating an Artichoke.** Echo R. Fling (2000)
- \* **My Perfect Son has Cerebral Palsy.** Marie Kennedy (2001)
- \* **Expecting Adam.** Martha Beck, Berkley Books 1999

**Contact Regional Office** to determine your child's eligibility for services as soon as your child has been identified as "at risk" for having a disability. Regional Office is a state-funded agency that will coordinate services that your child and you might need. Registration can be a lengthy process. Once registered, it is important to keep in touch with your service coordinator to keep your case active.

### **Resources:**

- **St. Louis Regional Office for Developmentally Disabled**

St. Louis County & Administrative Office  
9900 Page  
St. Louis, MO 63132  
314-877-2711  
Fax: 314-877-5606

St. Louis County Satellite  
4040 Seven Hills Drive  
Florissant MO 63033  
314-877-3400  
Fax: 314-877-3111

St. Charles County  
119 Olympic Way  
St. Peters, MO 63376  
636-926-1200

City Residents  
111 N. 7th Street  
St. Louis, MO 63101  
314-244-8800

Jefferson County  
2330 Truman Blvd.  
Crystal City, MO 63019  
636-931-5720  
Fax: 636-931-4918

<http://dmh.mo.gov>

Ask for the Intake Department. A family member (not a professional) must make the call. (18 and over-consumer must initiate contact or legal guardian)

Regional Office will also accept a note requesting an application to receive services. Be sure to include:

- Your child's name and address
- Your child's Social Security number
- Your child's Medicaid number (if any)
- Names of doctors, hospitals or clinics that have seen your child
- The last school your child has attended
- Any vocational training received
- Whether your child receives SSI
- Whether or not you can be reached by phone
- **City residents:** Contact Project Casefind through the St. Louis Office of MR/DD Resources for help with the application process.  
314-421-0090

**Get medical and educational evaluations.** They are important to identify your child's strengths and needs.

Begin therapy/intervention at the earliest age possible.

### **Resources:**

- **First Steps Program.**  
**St. Louis Regional Office**  
Early intervention services for children  
St. Louis City & St. Charles: 636-896-9050  
St. Louis County: 314-453-9203
- **Giant Steps Program**  
314-395-7445 (3 years to High School)

***Explore school options — both public and private. Examine possibilities of integration and inclusion.***

- Contact your Regional Office service coordinator to learn about and discuss the various options.  
City: 314-421-0190  
County: 314-877-2711 or 314-877-3111  
St. Charles County: 636-926-1200
- **County residents:** Contact your local school district when your child is 2 years, 9 months old for a free evaluation. Your child must be referred from your local school to the St. Louis County Special School District. Some local districts have their own Early Childhood programs.
- **City residents:** Contact the Office of Special Education when your child is 2 years, 6 months old to set up an appointment for an evaluation.  
314-454-0010

### **Books and DVDs for additional insight:**

- \* Negotiating the Special Education Maze: A Guide for Parents and Teachers. Winifred Anderson, Stephen Chitwood, and Deidre Hayden. (1997)
- \* Including Students with Severe and Multiple Disabilities in Typical Classrooms: Practical Strategies for Teachers. June E. Dowing (1996)
- \* Building Inclusive Schools: Tools and Strategies for Success. Ann T. Halvorsen and Thomas Neary (2001)
- \* Teaching Students with Mental Retardation: Providing Access to the General Curriculum. Michael L. Wehmeyer (2002)
- \* Inclusion Strategies That Work! Research-Based Methods for the Classroom. Toby Karten (2004)
- \* You're Going to Love This Kid-Teaching Students with Autism in the Inclusive Classroom. Paula Kluth (2003)
- \* Teaching Reading to Struggling Learners. Esther Minskoff, PhD (2005)

- \* Inclusive High Schools: Learning from Contemporary Classrooms. Douglas Fisher, Caren Sax & Ian Pumpian (1999)
- \* Inclusive Middle Schools, Craig Kennedy, PhD and Douglas Fisher, PhD(2001)

Apply for Supplemental Security Income (SSI). There are income and eligibility requirements, but it may be worthwhile to apply.

Under age 18, child's eligibility is based on parents' income.

Over age 18, self eligibility

### **Resource:**

- **Social Security Administration**  
1-800-772-1213 • [www.ssa.gov](http://www.ssa.gov)  
Or visit a Social Security office listed in the Blue Pages of the telephone directory under "Government Offices, United States."  
<http://www.socialsecurity.gov/redbook/>

***Take your child out into the community — (e.g. restaurants, shopping, errands, entertainments, library, church, vacations). This is an excellent way for your child to learn appropriate behavior and just to have fun.***

- **Recreation Council of Greater St. Louis**  
314-726-6044  
<http://stlouis.missouri.org/501c/reccouncil/>
- **St. Louis Links**  
listing attractions in St. Louis  
[www.cityhits.com](http://www.cityhits.com)

Talk to your child about various jobs in the community.

Participate in Community Based Instruction.

Encourage your child to make choices and decisions.

Encourage your child to volunteer in their community.

Call the United Way for their Summer, Volunter, Guide for Youth 314-539-4299

**Attend workshops on assertiveness and advocacy training.** Parents generally are their child's best advocate. There are advocacy agencies in the community available to help you with a particular challenges.

### Resources:

- **DESE - Department of Elementary and Secondary Education**  
www.dese.state.mo.us
- **MPACT (Missouri Parents Act)**  
1-800-743-7634
- **Parent Education and Diversity Awareness of Special School District**  
Information on current seminars, workshops, conferences and upcoming events.  
www.ssd.k12.mo.us  
314-989-8438 or 314-989-8108 or 314-989-8194
- **Legal Services of Eastern Missouri**  
4232 Forest Park Ave., St. Louis, MO 63108  
www.mobar.org 314-534-4200
- **Missouri Protection and Advocacy Services**  
No-charge individual advocacy assistance when human rights are violated.  
1-800-392-8667
- **Office for Civil Rights**  
www.ocr.gov
- **Partners in Policymaking in Systems Change - MO DD Council**  
1-800-500-7878

### Books for additional Insight:

- \* How to Compromise with Your District with out Compromising Your Child. Gary Mayerson

- \* How to Get Services by Being Assertive. Charlotte DesJardins 1993. (call 314-989-8438 to inquire)
- \* Autism: Asserting Your Child's Right to a Special Education David Sherman (2007)
- \* From Emotions to Advocacy: The Special Education Advocacy Guide 2nd Edition. Pam and Pete Wright (2008)
- Be Your Child's Best Advocate. 100 Strategies for Children with Learning or Behavioral
- \* Issues. Peggy Schmidt. (2002)
- How to Compromise with Your School District Without Compromising Your Child. Gary Mayerson (2004).
- The New IDEA for Special Education: Understanding the System and the New Law. (DVD) (50 minutes) (2005).

***Get on mailing lists of organizations for persons with disabilities.***

### Resources: (Missouri)

- **MPACT (Missouri Parents Act)**  
1-800-743-7634  
www.ptimpact.com
- **St. Louis Arc**  
(Association for Retarded Citizens)  
1816 Lackland Hill Parkway, Suite 200  
St. Louis, MO 63146  
314-569-2211  
  
Brochures available describing services and activities
- **Life Skills**  
10176 Corporate Square Drive - Suite 100  
St. Louis, MO 63132  
314-567-7705 • www.lifeskills-stl.org

Serves persons with developmental disabilities with the major focus on adults.

- **Recreation Council of Greater St. Louis**

200 S. Hanley Road  
St. Louis, MO 63105  
314-726-6044 County residents  
314-772-2299 City residents  
[www.stlouis.missouri.org/reccouncil](http://www.stlouis.missouri.org/reccouncil)

Free quarterly newsletters:  
“Leisure Network” -- County  
“Calendar of Events” -- City

- **College for Living**

5240 Oakland  
St. Louis, MO 63110  
314-289-4200

Provides classes for persons with developmental disabilities age 18 and older.

- **APSE-MO** (Missouri Chapter of the Association for Persons in Supported Employment)

[www.apse.mo](http://www.apse.mo)

Employment Training Collaborative Center for the Study of Disability, Education and Culture.

- **University of Missouri -**

St. Louis/Maryville University  
[www.umsl.edu](http://www.umsl.edu)

“Employment Talk” - list serve

- **PLB** (Office of Productive Living Services for St. Louis County Citizens with Developmental Disabilities)

121 Hunter Avenue - Suite 200  
St. Louis, MO 63124  
314-726-2606

Newsletter: “PLB Update”  
[www.plboard.com](http://www.plboard.com)

- **MR/DD** (St. Louis Office for Mental Retardation and Developmental Disability Resources) - Service Coordination also available  
2334 Olive Blvd.  
St. Louis, MO 63103  
314-421-0090

- **Governor’s Council on Disability**

P.O. Box 1668  
Jefferson City, MO 65102  
[www.gcd.oa.mo.gov](http://www.gcd.oa.mo.gov)  
1-800-877-8249

- **Missouri Developmental Disabilities Resource Center University of Missouri -- Kansas City**

1-800-444-0821  
[www.moddrc.com](http://www.moddrc.com)

- **Missouri Planning Council**

1716 Four Seasons Dr. Suite 103  
Jefferson City, MO 65102  
1-800-500-7878

- **Newsletter: “DD News”**

[www.mpcdd.com](http://www.mpcdd.com)

### **Resources: (Out-of-State)**

- **Beach Center on Families and Disability**

c/o Institute of Life Span Studies  
3111 Haworth Hall  
University of Kansas  
Lawrence, KS 66045  
[www.beachcenter.org](http://www.beachcenter.org)  
785-864-7600

Free newsletter: “Families and Disability Newsletter”

- **Minnesota Governor’s Planning Council on Developmental Disabilities**

300 Centennial Office Building  
658 Cedar Street  
St. Paul, MN 55155  
[www.mncdd.org](http://www.mncdd.org)  
1-612-296-4018

- **National Dissemination Center for Children and Youth with Disabilities (NICHCY)**

P. O. Box 1492  
Washington, D.C. 20013  
1-800-695-0285

Free periodicals including a semi-annual "Transition Summary"

[www.nichcy.org](http://www.nichcy.org)

- **Pacer Center, Inc.**

4826 Chicago Avenue, South  
Minneapolis, MN 55417-1098  
952-838-9000

Newsletter: "Pacesetter"

- **PEAK Parent Center, Inc.**

6055 Lehman Drive - Suite 101  
Colorado Springs, CO 80918  
719-531-9400

Newsletter: "sPEAK out"

### **Become familiar with local resource libraries.**

- **St. Louis County Library Headquarters Branch**

1640 South Lindbergh Blvd.  
St. Louis, MO 63131  
314-994-3300  
[www.slcl.org](http://www.slcl.org)

Books, periodicals and videos for families of individuals with developmental disabilities. An annotated bibliography is available at all library branches.

- **St. Louis City Public Library**

1301 Olive  
St. Louis, MO 63103  
314-241-2288  
[www.slpl.org](http://www.slpl.org)

- **Family and Community Resource Center**

St. Louis County Special School District  
Central Administration Offices

12110 Clayton Road  
St. Louis, MO 63131  
314-989-8108

Books, videos, awareness materials, newsletters, and pamphlets. Many take home materials available for free.

**Subscribe to pertinent publications. There are a number of publications focusing on specific disabilities. One magazine that can be helpful for families of a child with any developmental disability is:**

- **Exceptional Parent**

P.O. Box 701  
Mount Morris, IL 61054  
1-877-372-7368 (Toll Free)

See the most recent January issue for a directory that lists both information and advocacy groups and national organizations for specific disabilities.

- **Council for Exceptional Children (CEC) Parent Division**

1110 North Glebe Road, Suite 300  
Arlington, VA 22201-5704  
(703) 620-3660  
[www.cec.sped.org](http://www.cec.sped.org)

**Access respite care. A generous number of respite care hours are free to city and county residents, regardless of income. Respite care services are available in your home, in the provider's home, in residential centers, or in daytime centers.**

- **St. Louis Respite Care Coalition**

Free pamphlet listing the various agencies that provide respite care 314-569-0247 (ARC office)

- **County Residents:** Call your Regional Office case manager for referrals; or, if you don't have a case manager yet, call the St.

Louis Regional Office at (314-877-2711) ask for intake).

- **City Residents:** You are expected to have a Regional Office case manager in order to access respite care. If you don't have a case manager and need crisis intervention or general information, call the St. Louis Office of MR/DD Resources at 314-421-0090.

### **Attend workshops on IEP planning.**

#### **Resources:**

- **St. Louis City Public Schools**  
Contact your school counselor or resource teacher at your local school for workshop offerings and resource directory.
- **St. Louis County Special School District**  
314-989-8108 or 314-989-8438 or 314-989-8194 • www.ssd.k12.mo.us
- **Office for MR/DD Resources Education Advocate**  
314-421-0090
- **Ask for Education Coach**  
Go to your child's IEP with your own specific goals tailored to his/her needs. Invite knowledgeable, supportive advocates, such as your Regional Office case manager, parent advocate, family, friend, or student peer who is non-disabled.

#### **Books and DVDs for additional insight:**

- \* Writing Measureable IEP Goals. Barbara Bateman, Attainment Co. 2003
- \* A Guide to Collaboration for the IEP Teams. Nicholas Martin (2005)
- \* IEP and Inclusion Tips for Parents and Teachers. (2006)
- \* The Complete IEP Guide: How to Advocate for Your Special Ed Child-5th Ed. Lawrence Siegel (2007)
- \* Accessible IEPs for All: Gathering the Experts Around the Table. (DVD) (2007)

- \* What Do I Do When...The Answer Book on Individualized Education Programs. 3rd Ed. John W. Norlin (2007)

***Begin estate planning. Keep your will/trust up-to-date. Keep current with related federal and state legislation. Be certain your attorney is aware of current legal precedents impacting persons with disabilities (e.g., Tidrow trust). Do some good basic reading on estate planning prior to visiting your lawyer.***

#### **Books for additional insight:**

- \* The Life Planning Book: A Hands-On Guide to Help Parents Provide for the Future, Security and Happiness of Their Child With a Disability After Their Death. L. Mark Russell et al (1995)
- \* The Special Needs Planning Guide: How to Prepare For Every Stage of Your Child's Life. John W. Nadworny et al (2007)
- Planning for Children with Disabilities. William Dussault, J.D. (A study prepared for the Northwestern Mutual Life Insurance Co. Available through a Northwestern Mutual agent.)

Northwestern Mutual Life Insurance Co.  
7733 Forsyth - Suite 1000  
St. Louis, MO 63105  
Contact Person: Tom Clemens  
314-280-5638

**Resource:**

- Midwest Special Needs Trust  
1500 Vandiver Dr. Suite 100  
Columbia, MO 65202  
573-882-3388  
1-888-671-1069  
www.midwestspecialneedstrust.org

Give your child responsibilities at home to foster personal self-care cooking and laundry skills, as well as job-related skills.

***Encourage your child to utilize Assistive Technology eg. cell phone, pager, computer, palm pilot, and communication devices, etc. Most applications for employment are now online.***

**Resource:**

- **Missouri Assistive Technology**  
816-655-6700 or 800-647-8557 (in state only)  
www.at.mo.gov

Encourage and reinforce your child's friendships and social networks.

**Books for additional insight:**

- \* Circles of Friends: Developing Friendships for Children with Challenging Needs. (video) (18 minutes) (1996)
- \* Good Friends Are Hard to Find: Help Your Child Find, Make and Keep Friends, Fred Frankel (1997)
- \* The Social Skills Picture Book: Teaching Play, Emotion and Communication to Children with Autism. Dr. Jed Baker (2001)
- \* Helping the Child Who Doesn't Fit In. Stephen Nowick, Jr.
- \* Childsworld/Childsplay, 1992.
- \* Last One Picked...First one Picked On:

Learning Disabilities and Social Skills. Rick Lavoie. (DVD) (60 Minutes) (2005)

- \* The Friendship Factor: Helping Our Children Navigate Their Social World-and Why it Matters for Their Success and Happiness. Kenneth Rubin, PhD (2002)
- \* It's So Much Work to Your Friend: Helping the Child with Learning Disabilities Find Social Success. Rick Lavoie (2006)
- \* The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends. Natalie Madorsky Elman and Eileen Kennedy-Moore (2003)
- \* Friendships and Community Connections Between People With and Without Developmental Disabilities. Angela Novak Amado. Paul Brookes Publishing, 1993.

Explore weekend and summer activities to promote independence; camp can be a valuable experience.

Foster good general health and physical activity, which develop stamina for the extended work world.

For all three of the above recommendations, contact the Recreation Council of Greater St. Louis and request a copy of their free "Guide to Leisure Services," which gives a comprehensive, descriptive listing of recreation activities in the St. Louis area. Services listed comprise both those specifically designed for people with disabilities, as well as programs for the general public that include people with disabilities.

Supplementing the guide are two free quarterly newsletters published for city residents and county residents.

**Resource:**

- **Recreation Council of Greater St. Louis**  
314-726-6044 County Residents and TDD users  
314-772-2299 City Residents  
<http://stlouis.missouri.org/reccouncil>

Give an allowance. Begin banking, budgeting and purchasing experiences.

Make time to tutor your child at home. Stress reading, time-telling, money, computer skills and math skills as possible. Read to the child who can't read.

Be attentive to the needs of your other children as well. Sibling workshops are often helpful.

**Resources:**

- **Family Support Network**  
314-644-5055  
Provides assistance for families who have a member with a disability and are experiencing difficulties.
- **TouchPoint Autism Services**  
314-385-5373  
Groups for ages 7 through 12.

**Books for additional insight:**

- \* Living with a Brother or Sister with Special Needs: A Book for Sibs. Donald J. Meyer, Patricia F. Vadasy, Rebecca R. Fewell. University of Washington Press, 1985.
- \* Brothers and Sisters-A Special part of Exceptional Families. Thomas H. Powell. Paul H. Brookes Publishing Co., 1985
- \* Brothers, Sisters and Special Needs. Debra J. Lobato, Paul H. Brookes Publishing Co., 1990
- \* Sibshops: Workshops for Siblings of Children With Special Needs. Donald Meyer, Paul Brookes Publishing, 1994
- \* The Sibling Slam Book: What It's Really Like to Have a Brother or Sister with Special Needs, Don Meyer (2005)

**II. AT AGE 13:**

(In addition, see all previous recommendations)

Begin formal person centered planning.

Set preliminary goals for post-school outcomes for employment, living arrangement, education, recreation/leisure. Contact Regional Office service coordinator or MRDD service coordinator.

**Books for additional insight:**

- The Transition Handbook: Strategies High School Teachers Use that Work! Carolyn Hughes, PhD et al (2000)
- Full Life Ahead: A Workbook and Guide to Adult Life for Students and Families of Students with Disabilities. Judy Barclay and Jan Cobb SERRC Auburn University Montgomery Montgomery, Ala 36124 2001
- Transition to Adulthood: A Resource for Assisting Young People with Emotional Behavioral Difficulties. Hewitt Clark & Maryann Davis (2000)
- The Road Ahead: Transition to Adult Life for Persons with Disabilities. Keith Storey, et al (2002)
- My Future, My Plan: A Transition Planning Resource for Life After High School for Students with Disabilities and their Families. Dana Sheets and Ed Gold (2003)
- \* Preparing for Life: The Complete Guide for Transitioning to Adulthood for those with Autism and Asperger's Syndrome. Dr. Jed Baker (2005)
- Person-Centered Planning Mad Easy: The Picture Method! Steve Holburn et al(2007)

Be sure your child has begun to learn community access skills, such as using public telephone, public transportation, community recreation, ordering from a menu, locating public restrooms, keeping safe.

Prepare your child for social/sexual development. Know that your son or daughter will not be a child forever and prepare to give understanding and support.

Continue to talk about career paths and choices for the future. Soon the school will be developing a four-year personal plan of study that will prepare him/her to meet the post secondary goals and spending time now to discover possible goals will provide a better opportunity for success.

### **Resource:**

- **College for Living**  
314-289-4200
- **Parent Education and Diversity Awareness of Special School District**  
314-989-8108 or 314-989-8438

### **Books, videos and DVDs for additional insight:**

- **Circles I: Intimacy and Relationships.** (videos)(1989)
- **Changes in You** by Peggy Siegel (boys and girls versions, written with children with disabilities in mind) 1992

**The following books are available from the Family Services & Diversity at Special School District: 314-989-8108 or 314-989-8438**

- **Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities** by Dave Hingsburger Diverse City Press, Inc., 1995.
- **Sexuality: Your Sons and Daughters with Intellectual Disabilities.** by Karin Melberg Schwier & Dave Hingsburger. Paul H. Brookes Publishing Co., 2000.
- **Taking Care of Myself: A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism** (2003)

- **A Boy's Guide/Girl's Guide to Growing UP** (video and DVD) (15 min.) (2005)
- **Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality.** Teri Couwenhoven (2007)
- **The Facts of Life... and More: Sexuality and Intimacy for People with Intellectual Disabilities.** Leslie Walker-Hirsch (2007)

### **III. AT AGE 14 TO 16:**

(In addition, see all previous recommendations.)

Prepare for the Transition Plan a component of the IEP. Set specific, individual goals of substance.

Include community based vocational instruction (CBVI) in the Transition Plan of the IEP. Look into "natural supports." If none of the existing programs meets your child's needs, consider designing opportunities, volunteer/job training/work experience program and asking the service provider agencies to implement it.

Supports . . . If none of the existing programs meets your child's needs, consider designing opportunities for volunteering/working in your community.

### **Resources**

- **St. Louis Public Schools**  
Office of Special Education  
314-454-0010
- **Special School District of St. Louis County**  
314-989-8100
- **Summer Work Experience Programs (SWEP)**  
Contact: JESS at 314-644-1913

### **Books for additional insight:**

- \* **Vocational and Transition Services for Adolescents with Emotional and Behavioral Disorders.** Michael Bullis and H.D. Fredricks

Co-published by Research Press and Behavioral Institute for Children and Adolescents. 2002

- \* Natural Supports in School, at Work, and in the Community for People with Severe Disabilities. Edited by Jan Nisbet. Paul H. Brookes Publishing Co. 1992.
- \* Keys to the Workplace: Skills and Supports for People with Disabilities. Michael J. Callahan & J. Bradley Garner (1997)
- More Than A Job: Securing Satisfying Careers for People With Disabilities (1995)
- The Road to Work: An Introduction to Vocational Rehabilitation (2000)
- The Transition Handbook: Strategies High School Teachers Use that Work: Carolyn Hughes, PhD. et al. (2000)
- Working Relationships: Creating Career Opportunities for Job Seekers with Disabilities through Employer Partnerships. Richard G. Luecking et al (2004)
- Person-Centered Planning Made Easy: The Picture Method. Steve Holburn et al (2007) Improve people's quality of life through Planning for Inclusive, Communities, Together, Using Reinforcement and Evaluation
- Real Work for Real Pay: Inclusive Employment for People with Disabilities. Paul Wehman et al (2007)
- Make the Day Matter! Promoting Typical Lifestyles for Adults with Significant Disabilities. Pamela Walker et al (2007)

***Encourage your young adult to explore self-advocacy to learn how to speak for him or herself, to make decisions, solve problems and to contribute to the community.***

• **People First**  
314-289-4220

### **10 Steps to Independence: Promoting Self-Determination in the Home.**

1. Allow your son or daughter to explore his or her world.
2. Children need to learn that what they say or do is important and can have influence on others.
3. Self-worth and self-confidence are critical factors in the development of self-determination.
4. Stress that everyone is an individual, encourage your child's unique abilities and help him/her accept unavoidable limitations.
5. Recognize the process of reaching goals, don't just emphasize outcomes. Children need to learn to work toward goals.
6. Schedule opportunities for interactions with children of different ages and backgrounds.
7. Set realistic but ambitious expectations. Take an active role in your child's educational experience.
8. Allow your child to take responsibility for his own actions... success and failures! Providing explanations provides the opportunity for the child to make an activity his own.
9. Take every opportunity to allow your child to make choices. Make sure that these choice opportunities are meaningful.
10. Provide honest, positive feedback. Focus on the behavior or task that needs to be changed.

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***Attend workshops on transition planning. Learn what options are currently available, as well as what new, cutting-edge ideas are being tried in other parts of the country.***

**Resources:**

- **MPACT** (Missouri Parents Act)  
1-800-743-7634
- **Parent Education & Diversity Awareness of Special School District**  
314-989-8108  
  
Holds educational workshops  
[www.ssd.k12.mo.us](http://www.ssd.k12.mo.us)

- **St. Louis Public Schools**

Talk to your resource teacher or school counselor

**Informative publications:**

- \* “OSERS News in Print” (free quarterly)  
Room 3129  
Switzer Building  
330 C Street, S.W.  
Washington, DC 20202-2524
- \* Transition Summary” (free semi-annual publication)  
National Dissemination Center for Children and Youth with Disabilities  
P. O. Box 1492  
Washington, DC 20013  
1-800-695-0285  
[www.nichcy.org](http://www.nichcy.org)
- “What’s Working in Transition” (free quarterly)  
CTIC Technical Assistance Project  
Institute on Community Integration  
University of Minnesota, 109 Pattee Hall  
150 Pillsbury Drive, S.E.  
Minneapolis, MN 55455
- “Washington Watch”  
(a topic-specific newsletter)

Government Activities Department c/o UCPA  
1660 L. Street, N.W. - Suite 700  
Washington, D.C. 20036

Investigate summer volunteer experience. Use your imagination to come up with summer volunteer opportunities, which are valuable job training for your teenager. Hospitals, adult day care centers, not-for-profit organizations. Child day care centers are among the possibilities. In some cases a family member or other non-professional may need to “job coach” the young adult to begin with or for the entire time.

**Resource:**

- St. Louis Arc - (314) 569-2215  
“Rec Connect and Cultural Happenings”  
One-to-one community service project for ages 13-21 (minimal charge may apply).

***Look into summer work experience beginning at age 16. Most summer jobs expect the applicant to have basic job skills. Some offer job skill training.***

**Resources:**

- **Summer Work Experience Program** (SWEP) - JESS  
For youths between the ages of 16 and 21
- **St. Louis Agency on Training & Employment**  
(314) 589-8000 (SLATE/MO. Career Center)-  
(Youth City Residents)

Apply for a Missouri ID card or driver’s license at a Missouri License Bureau Office at age 16.

Explore service providers for adults to see what options exist for both employment and residential living. Contact your Regional Office service coordinator for a complete listing of adult service providers for both employment and residential living. Start making calls and

visiting providers. Begin to develop your own on-going assessment of what is and isn't out there. Keep notes on names and phone numbers as you continue to build a network. Talk to experienced parents.

**Resources:**

There are many adult service agencies. Some of the major providers are listed below in alphabetical order:

- E = EMPLOYMENT**
- R = RESIDENTIAL**
- W = SHELTERED WORKSHOP**
- C = DAY PROGRAM/COMMUNITY INTEGRATION**
- S = SCHOOL PROGRAMS**

- R.....Bridges Community Support Services  
(314) 781-7900
- W .....Canterbury Enterprises  
(314) 781-3999
- S, E, C ....College for Living  
(314) 289-4200
- R .....Community Alternatives of Missouri (CAMO)  
(314) 994-3033
- C, R .....Contemporary Living Options  
(314) 535-9391
- E, R .....Epilepsy Foundation  
(314) 645-6969
- W .....Valley Industries  
(314) 731-1771
- R .....Housing Options Provides for the Elderly (HOPE)  
(314) 776-0155
- W .....Industrial Aid  
(314) 773-3200
- E .....Jess (Jobs & Employment Support Services)  
(314) 644-1913

- W .....TouchPoint Autism Services  
314-432-6200
- W .....Lafayette Industries  
(636) 227-5666
- W .....Lafayette Industries North  
(636)779-2297 ext. 21
- E,C,R ....Life Skills Foundation  
314) 567-7705
- C,R .....Life Development Support Center  
(314) 846-1501
- R .....Magdala Foundation  
(314) 652-6004
- E .....Metropolitan Employment and Rehab. Services  
City Office: (314) 241-3464  
County Office: (314) 647-7453  
(Lippman Center)
- R .....New Horizon Center  
(314) 772-5900
- W .....Project, Inc.  
(314) 647-3300
- E,C,R ....St. Louis Arc  
(314) 569-2215
- C,R .....Sunnyhill, Inc.  
11140 S. Towne Square, Ste. 101  
St. Louis, MO 63123  
(office) 314.845.3900
- E,C,R ....UCP Easter Seals Heartland  
(314) 994-1600
- R .....Willows Way  
(636) 947-6591
- W .....W.A. C.  
(314) 631-8300
- W .....Worth Industries  
(314) 231-6600

***Monitor the Transition Plan and the IEP. Frequently re-evaluate and revise as necessary.***

#### **IV. AT AGE 18:**

(In addition, see all previous recommendations.)

Apply for Supplemental Security Income (SSI) and Medicaid and/or Medicare. Eligibility is now based on child's income only.

##### **Resource:**

- **Social Security Administration**  
1-800-772-1213

Make education on-going; Continue reading to the child who can't read. Explore continuing education programs, technical training colleges, community colleges, and college programs with resources to support students with disabilities.

##### **Resources:**

- **College for Living**  
314-289-4200

Functional classes for students with developmental disabilities, and inclusion program where students access adult programs with a volunteer buddy at community education centers.

##### **St. Louis Community Colleges, Access Office Continuing Education**

Florissant Valley 513-4444 or 4549

Forest Park 644-9260 or 644-9174

Meramec 984-7673 or 984-7704

Provides accommodations for students with disabilities who wish to enroll in the existing credit program or non-credit continuing education classes.

Make arrangements for your young adult to register to vote.

##### **Resource:**

- **Board of Election Commissioners**  
City:(314) 622-4336  
stlouis.missouri.org/government  
County:(314) 615-1800  
www.slcl.lib.mo.us/slcl/voter.html

Make arrangements for your son to register for the draft.

##### **Resource:**

- **U.S. Post Office**  
any branch

Keep in touch with your Regional Office service coordinator and make sure your case is active. Invite your service coordinator to IEP and transition plan meetings. Discuss plans for your young adult's future and gather as much specific information about transition to adult life from your service coordinator as possible.

Revisit service providers for adults to see what new options exist for employment and residential living.

Some major service providers are listed on previous pages. Contact your Regional Office service coordinator for a complete listing or visit [www.plboard.com](http://www.plboard.com) for additional resources.

Request that community based vocational instruction be a major component of the IEP.

Become familiar with the Division of Vocational Rehabilitation (often referred to as DVR, VR, or Voc Rehab). Apply for services a full year before your adult leaves school. Other office locations are listed in the blue pages of the telephone book under "Government Offices, State."

##### **Resource:**

- **Vocational Rehabilitation**  
9900 Page Avenue Suite 104  
St. Louis, MO 63132  
314-877-1500

Learn about the implications and levels of guardianship. Full or even limited guardianship is not for every family. Talk with parents who have dealt with the issue of guardianship. Get perspectives from both sides. Once guardianship is granted, it is not easy to reverse.

See books for additional information listed under “Estate Planning” section.

Check on health insurance coverage for your child. See if your son or daughter can continue to be covered under your policy. Some insurance companies require an application for a dependent child with a disability to be submitted before the child reaches age 19.

One or two years before graduation initiate or update futures plan with school.

## **V. AT AGE 20:**

(or year of leaving school)

(In addition, see all previous recommendations.)

Check with Regional Office to be sure your case is active. Invite to IEP Meeting. Discuss which adult service agencies your child will be utilizing and make contact with those agencies to enroll in service or open an active file.

Coordinate with your service coordinator to develop and update a person centered plan on a yearly basis. Ensure that the plan includes future support needs, resources and meets your child’s post secondary goal.

Contact the Division of Vocational Rehabilitation (DVR). Apply for a counselor and make arrangements for assessments. Determination of eligibility can take 60 days, and assessments can take up to six months.

## **Resource:**

- **Vocational Rehabilitation**  
9900 Page Avenue Suite 104  
St. Louis, MO 63132  
(314) 877-1500

Other office locations are listed in the blue pages of the telephone booky under “Government Offices, State” or see Section III of the Resource Directory.

Invite your DVR counselor to attend your child’s IEP. Ask for input and discuss work options.

Choose a vocational training or supported employment agency with the help of a DVR counselor. Begin the process toward job development which can take a year or more.

Brainstorm for possible job leads. Use your family, friends, business associates and your child’s futures planning group. Network with community contacts as you take an active role in job development for your child.

Investigate transportation options. Learn about bus training and public transportation. Check with your Regional Office service coordinator for options. Life Skills has a transportation specialist to help you plan appropriate options for your child. Inquire about Paratransit Card (ADA) to access Call-A-Ride.

## **Resource:**

- **Life Skills**  
(314) 567-7705
- **St. Louis Society**  
(314) 989-1188 ext.13
- **Metro**  
For application Metro Discount Card or ADA application.  
(314) 982-1510  
[www.metrostlouis.org](http://www.metrostlouis.org)

Continue to increase independence and interdependence through socialization activities.

**Resource:**

• **Recreation Council of Greater St. Louis**

Free “Guide to Leisure Services”

Free quarterly newsletters

City: (314) 772-2299

County: (314) 726-6044

St. Charles: (636) 922-8313

Continue to plan for future residential placement, either supported or independent living. Families need to continue to take an active, assertive role in exploring what options are available by checking out agencies that offer residential services, and in coming up with creative solutions to individual situations.

Take advantage of the networks you have been building with other parents and advocates through support groups, schools, etc. Talk both with parents who have already found residential answers for their children and with those who are in the process of exploring various options

Talk seriously with your own immediate and extended family about visions, goals, and practical steps toward the continuing journey on the road of transition. Include your young adult with a disability in the discussions

A note to families of individuals needing residential living arrangements with 24-hour “protective oversight”:

All community placement programs are funded by the Department of Mental Health. Funding is limited for these services. Critical and emergency cases take precedence for placement and there are often more critical cases than funds to cover them.

In spite of these statistics, it is a good idea to talk to your Regional Office service coordinator about community placement. Continue to stay in contact with your service

coordinator in case an unexpected emergency does occur.

Your service coordinator can also be a resource for social services that can make living at home easier for your child and you.

A note to families of individuals who need only “planned intermittent support” and have some financial resources:

You can start with your Regional Office service coordinator or contact a lead agency directly. Your service coordinator should have a complete list of agencies. Your young adult will need to be able to live independently with limited assistance, and have a job or other resources to be able to pay all or most of the rent and utilities.

***Exit School System with  
updated Futures Plan  
Hang in there!***