

**Resource List for Transition**  
 Family & Community Resource Center  
 Special School District of St. Louis County  
 12110 Clayton Road  
 St. Louis, MO 63131  
 314-989-8438/989-8108/989-8194

**A+ Guide to Transitions from High School to College for Special Education. (2001/video/50 minutes) (200/DVD)**

A "college prep" video for parents and students. Teachers, parents and school administrators describe the transition process and offer their best advice for having a positive experience.

All Grown Up and No Place to Go: Teenagers in Crisis. David Elkind (1998)

Spotlights the pressures on teenagers to grow up quickly. The resulting problems range from common alienation to self-destructive behavior.

Asperger Syndrome and Sensory Issues: Practical Solutions for Making Sense of the World. Brenda Smith Myles, PhD (2005)

Uncovers the puzzling behaviors by children and youth with Asperger syndrome (AS) that have a sensory base and, therefore, are often difficult to pinpoint and interpret.

**Asperger Syndrome: An Owner's Manual 2 For Older Adolescents and Adults: What You, Your Parents, Your Friends, and Your Employer Need to Know. An Interactive Guide and Workbook.** Ellen S. Heller Korin (2007)  
 Designed for older adolescents (16+) for use with guidance from a helping adult. "An Owner's Manual" describes what Asperger Syndrome is and how it can affect daily life and employment. (124 pages).

Asperger Syndrome: Transition to College and Work (video)(2001)

Techniques to help students understand their role in the transition process, obtain special education services at the college level, learn to be self advocates, and focus on finding a career field which uses their interests and talents. (57 minutes)

**Asperger's Syndrome Employment Handbook: An Employment Workbook for Adults with Aspergers Syndrome.** Roger Meyer (2001)

Practical manual that will enable people diagnosed with Asperger Syndrome and high functioning Autism to deepen their self-understanding and appreciate their value as working individuals.

Autism: Learning to Live. (video) (58 minutes) (1999)

Autism awareness tape focuses on children and young adults with autism as they learn in community settings such as the classroom, a bakery, and the family home.

**The Autism Transition Guide: Planning the Journey from School to Adult Life, Carolyn Thorwarth Bruey. (2009)**

Roadmap to navigate the journey of autism from high school to adult life.

Autism & the Transition to Adulthood: Success Beyond the Classroom. Paul Wehman (2009)

Contains measurable transition goals and real life community based experiences for students and young adults with autism.

Being With People. (8 videos) (1990)

Helps youth learn important social skills to lead a successful independent life.

Beyond Traditional Job Development: The Art of Creating Opportunity. Denise Bissonnette (1994)

This book is a compilation of inspirational anecdotes, powerful insights and practical strategies for people who are entrusted with the task of helping others find their way into employment.

Coffee Breaks and Birthday Cakes. David Hager (2000)

Details 31 elements of workplace culture and what each means for people with disabilities and the employment specialists who support them.

Building a Bridge to the Future for Young Adults with Disabilities in Missouri: A Parent Workbook to Help Guide the Lifelong Process of Transition. MPACT.

Complete Guide to Special Education Transition Services: Ready-to-Use Help and Materials for Successful Transitions from School to Adulthood. Roger Pierangelo et al (1997)

Guide covers procedures, current laws, school responsibilities, available support services within the school and community, legal requirements, forms, parents' responsibilities, rights and more.

Creating an Enviably Life. Ann Turnbull. (video)

Developing Talents: Careers for Individuals with Asperger Syndrome and High Functioning Autism. Temple Grandin, Kate Duffy, Tony Atwood (2004)

This book covers all aspects of the search for suitable careers for individuals on the autism spectrum.

Disability and the Family: A Guide To Decisions for Adulthood. H. Rutherford Turnbull III et al (1989)

Introduces guidelines for making plans that are legally and financially effective, that consider real-life choices and preferences, and that take into account the social, leisure, residential and vocational options that can help ensure a desired quality of life for persons with disabilities and their families.

The Down Syndrome Transition Handbook: Charting Your Child's Course to Adulthood. Jo Ann Simons. (2010)

Helps parents wit the enormous and often overwhelming task of preparing a child with Down Syndrome or other intellectual disability for adulthood.

The Employment Interview and Disclosure: Tips for Job Seekers with Learning Disabilities. (video) (25 minutes)

Very few of us have a natural talent for job interviewing. This video breaks down the interview by steps.

Essentials of Transition Planning. Paul Wehmen. (2011)

Clear guidance, vivid examples, realistic case studies of students with a range of disabilities, and ready-to-use checklists and tools.

**Estate Planning for Parents of Children with Disabilities – presented as an SSD Workshop by Gerald Zafft (video)**

Everyone Can Work: A Look at Successes In Supported Employment. (video) (1996) (55 minutes)

This video takes an intimate look into the lives of five successful employees who have disabilities. Shot on location at job sites and in living rooms and offices, the video features interviews with workers, job coaches, families, and employers.

Full Life Ahead: A Workbook and Guide to Adult Life for Students and Families of Students with Disabilities. Judy Barclay and Jan Cobb (2006)

Workbook to help plan for the future for students with disabilities.

Go Metro: A Better Way to Go and Everyone Can. (2 videos) (9 minutes and 6 minutes)

The first video, Go Metro: A Better Way to Go, provides a comprehensive overview of the Metro system and how to use it, from getting maps and schedules, to paying fares. The video also addresses how to make connections between MetroBus and MetroLink, how to board bicycles, and how accessibility features make riding easier for all customers. The second part, Go Metro: Everyone Can provides additional information for people with disabilities. While the video clearly illustrates how accessible the fixed route MetroBus system and MetroLink can be for people with disabilities, it also includes information on, Metro Call-A-Ride, the paratransit door-to-door service, as well as key contact information regarding the eligibility process for this service.

**Goin' Mobile** Portraits of Young Adults with Disabilities in Transition (video) (40 minutes) (1995)

Five young people with disabilities successfully make the transition from school to adult life. Issues related to both developmental and physical disabilities are discussed; the questions are appropriate for any transition situation.

**Going to College—Expanding Opportunities for People with Disabilities. (2005)**

Readers will learn what they can do to make this crucial opportunity available to young people with a wide range of

**Good Golly, Miss Molly: A Family's Story of Transition. Missouri Planning Council for Developmental Disabilities**

Transition from living in a MO state habilitation center into the community.

**Graduating Peter. (video) (2001)**

"Graduating Peter" is a feature-length documentary film and the sequel to the 1992 Academy Award® winning "Educating Peter." "Graduating Peter" shows the journey of a student with disabilities and his family through middle school and high school. The film culminates at the important point in Peter's life when he will be leaving the support of the school system for the often difficult worlds of adult life and adult disability services.

**It's All Apart of the Job: Social Skills for Success at Work. (video) (21 minutes) (1993)**

Features real life workers with developmental disabilities and interviews with their employers. Focuses on job skills everyone needs to remember.

**It's Never Too Early, It's Never Too Late: A Booklet About Personal Futures Planning. Beth Mount & Kay Zwernik**

Guide is written for family members and advocates to explain what personal futures planning is and how it is accomplished. It introduces planning as a process and provides a rationale for using it as well as a basic understanding of its components.

**The Job Developer's Handbook: Practical Tactics for Customized Employment, Gary Griffin (2007)**

A practical employment book that guides employment specialists through customized job development for people with disabilities.

Keys to the Workplace: Skills and Supports for People with Disabilities. Michael J. Callahan & J. Bradley Garner  
Hands-on manual gives specific, step-by-step instructions for helping people with developmental disabilities find appropriate and fulfilling employment. Promotes natural supports and details the role of each person involved in the support process.

**Laying Community Foundations for Your Child With Disabilities – How to Establish Relationships That Will Support Your Child After You've Gone. (1996)**

Practical guide shows families of children with developmental disabilities how to establish a network of non-paid people that can provide lasting relationships for their son or daughter.

**Life After School. (video)**

Life Beyond the Classroom: Transition Strategies for Young People With Disabilities. Paul Wehman (1992)

An essential guide to planning, designing and implementing successful transition programs.

The Life Planning Workbook: 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)

Intended to enable you to help assure continuity of care for your child with a disability after your death.

Life Skills Activities for Secondary Students with Special Needs. Darlene Mannix (1995)

For educators, parents, and others involved in teaching adolescents with special needs, here is a collection of 190 illustrated activity sheets with related exercises, discussion questions, and evaluation suggestions to help students acquire the basic skills necessary to achieve independence and success in everyday living

**A Little Book about Person Centered Planning. (1998)**

Book goes in depth about the process of person centered planning.

Living My Own Life: Adults with Disabilities. (video) (25 minutes) (2000)

Highlights the lives of six persons with disabilities who each have succeeded in their own way in living fulfilling lives through advocacy, supports and most of all – careful planning.

Make the Day Matter! Promoting Typical Lifestyles for Adults with Significant Disabilities. Pamela Walker et al  
Adults with disabilities enjoying active, rewarding, and meaningful daytimes in their communities—that's the reality when service providers and programs tap into innovative support strategies that really work. That's just what they'll do with this invaluable book, the first to compile all the best, most current knowledge on helping adults "make the day matter."

**Making a Difference: A Guidebook for Person-Centered Direct Support. John O'Brien and Beth Mount (2005)**

Strategies for various support systems for individuals with special needs.

Making It Happen: Student Involvement in Education Planning, Decision Making, and Instruction. Michael L. Wehmeyer & Deanna J. Sands (1998)

For school administrators, teacher-trainers and preservice and in-service teachers in special and general education, this book will help guide successful implementation of IDEA-mandated student participation while improving educational and transitional outcomes for all students.

Making Self-employment Work for People with Disabilities. Caryn Griffin and David Hammis (2003)

Offers practical support needed to help individuals with disabilities start and maintain a small business.

More Than a Job: Securing Satisfying Careers for People With Disabilities. (1998)

This consumer-driven book provides professionals with step-by-step strategies for helping people with physical and developmental disabilities find meaningful employment.

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 (Book and Video) (2003)

A transition planning resource that encourages early, student-centered transition planning for youth with disabilities.

Naturally Supported Employment: Quality Approaches and Indicators. Jo-Ann Sowers, Patty Cotton and Jan Nisbet

This guide offers: Supported employment approaches; descriptions of approaches involved in career planning; methods for job searches; consulting with coworkers; creative and flexible funding, and more.

Path: A Workbook for Planning Positive Possible Futures. Jack Pearpoint, et al (1993)

A guide to exciting, creative, colorful futures planning for families, organizations and schools to build caring "including" places to live, work & learn.

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

Person Centered Planning: Research, Practice and Future Directions. Steve Holburn (2002)

Text examines the innovative concept of person-centered planning and how all members of the service team can help the person realize life-improving possibilities.

**Person Centered Planning with MAPS and PATH. John O'Brien and Jack Pearpoint (1993)**

This new book was developed over time as a collection of handouts for our three-day course teaching MAPS and PATH.

Power to Spring Up: Postsecondary Education Opportunities for Students with Significant Disabilities. Diana Katovitch (2009)

Guide profiles the many different types of postsecondary options available, ranging from a modified academic program on a

**A Practical Guide for Teaching Self-Determination. Sharon Field, et al (1998)**

This guide examines the relationships among career development, transition, and self-determination for students with disabilities.

**Preparing For Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome.** Dr. Jed Baker (2005)

A comprehensive resource for students on the autism spectrum preparing for life after high school.

**Promoting Health Care Transitions for Adolescents with Special Health Care Needs and Disabilities.** Cecily Betz et al (2007)

Problem-solving book that helps professionals across systems work together on effective health care transition plans.

**Read My Lips — It's My Choice.** William T. Allen (1989)

Information is written so that people with developmental disabilities can read it and use it or so that people who advocate for them can explain it to them more fully. The activities and checklists in the guide can be used in a variety of ways to meet the planning needs of all individuals.

**Ready or Not, Here Life Comes.** Mel Levine (2005)

Addresses the question of why some youngsters make a successful transition into adulthood while others do not. In recent years, says Dr. Levine, we have experienced an epidemic of career unreadiness as too many young people begin what he calls "the startup years" unprepared for the challenge of initiating a productive life.

**Real Work for Real Pay: Inclusive Employment for People with Disabilities.** Paul Wehman et al (2007)

Aimed primarily at employment services personnel, this volume describes strategies, tools, and techniques for promoting the full employment of individuals with disabilities.

**The Road Ahead: Transition to Adult Life for Persons with Disabilities.** Keith Storey, et al (2002) and 2<sup>nd</sup> Edition (2008)

For people with disabilities and their families and those who help them transition to a quality adult life.

**The Road to Work: An Introduction to Vocational Rehabilitation** (2000)

Discusses issues related to the Rehabilitation Act, including eligibility criteria for vocational rehabilitation services, transition planning for high school students, appeals procedures, the Americans with Disabilities Act, other legislation and self-advocacy skills.

**The Road You Take is Yours.** (video) (19 minutes) (1997)

The philosophy espoused in this program calls upon the persons with the disabilities to see themselves as agents of change.

**Self-Determination Across the Life Span: Independence and Choice for People with Disabilities** (1996)

This book recognizes that self-determination is one of the building blocks of independence for people with disabilities and explores the theoretical, developmental, and practical aspects of decision-making.

**Self-Directing Supports in Missouri.** (DVD) (16.5 minutes) (2007)

**The Special Needs Planning Guide: How to Prepare For Every Stage of Your Child's Life.** John W. Nadworny et al  
Book for parents and other caregivers as they plan for the lasting financial security of their families.

**Stepping Up, Speaking Out: Self-Determination in the Transition Process.** (video) (17 minutes) (1996)

Features young adults with disabilities who have demonstrated self-determination in the transition process.

**Successful Kindergarten Transition: Your Guide to Connecting Children, Families and Schools.** Robert Pianta, et al  
Text presents an approach to enhancing children's transitions into kindergarten. Variety of transition strategies is offered than can be tailored to the individual needs of families and schools.

**Supported Employment: Using A Natural Supports Approach — A Handbook for Parents.** (1997)

This book describes supported employment and how it should be used. It is a guide to the Natural Supports Approach of supported employment for people with moderate to severe disabilities.

Take the Next Step: A Guidebook to Support Inclusive and Collaborative Practices in Teaching Students Self-Directed Transition Planning. (2001)

The guidebook was developed with students, teachers, and parents to assist special and general educators to collaborate effectively to teach self-directed transition planning within the general curriculum.

**Teaching Self-Determination to Students with Disabilities: Basic Skills for Successful Transition. Michael Wehmeyer, et al (1998)**

This book describes instructional methods for teaching basic self-determination skills to students with disabilities.

**Tools for Transition in Early Childhood: A Step-By-Step Guide for Agencies, Teacher and Families. Beth Rous et al**

For young children with and without disabilities, positive outcomes depend on smooth, effective transitions between and within early intervention programs, preschool programs, and public school programs.

Transit Training for School Students: A Curriculum Guide.

A program guide for conducting transit training with school aged students who have disabilities.

Transition and Beyond: Now What? Guide for Parents of Youth with Disabilities. Jane Johnson et al (2000)

This guide on transition services for Minnesota students with disabilities provides parents with information on student's rights and responsibilities under the Individuals with Disabilities Education Act (IDEA) that is available, how to obtain it, and how to improve the system to provide for transition needs that are not being met.

Transition Assessment: Wise Practices for Quality Lives. Caren L. Sax et al (2002)

When planning transition supports for young adults with developmental disabilities, professionals often overlook a crucial step — thoughtful, creative transition assessments.

The Transition Handbook: Strategies High School Teachers Use that Work! Carolyn Hughes, PhD et al (2000)

Over 500 research-based, teacher-tested, transition support strategies that have been proven to work by leading researchers, educators, and practitioners.

Transition Services for Students with Significant Disabilities in College and Community Settings. Meg Grigal et al  
Book provides a base for those who design, implement, or evaluating transition services for students with disabilities in a college or community setting.

Transition Tips & Tools (1996)

Includes information for students with all disabilities; addresses adult service providers, post secondary education and training, employment, community participation and home living.

Transition to Adulthood: A Resource for Assisting Young People with Emotional Behavioral Difficulties. Hewitt Clark & Maryann Davis (2000)

In this handbook, you'll discover proven methods to help young people move into the world of career-oriented education, work, and independent living.

**The Transition to Kindergarten.** Edited by Robert C. Pianta, Ph.D., & Martha J. Cox, Ph.D. (1999)

Examines the latest research on early schooling and give you a starting point with which to reexamine your beliefs, policies, and practices regarding the first years of school.

**Transitioning to Kindergarten: A Toolkit for Early Childhood Educators. (Computer CD)**

Resource for educators that includes tools and materials to help implement strategies to facilitate and enhance children's transition to kindergarten.

Universal Design for Transition: A Roadblock for Planning and Instruction. Colleen A. Thoma (2009)

Guidebook that presents information in multiple formats and media to help students achieve academic goals and make informed choices about their future

Vocational Preparation and Employment of Students with Physical and Multiple Disabilities. Jo-Ann Sowers & Laurie Powers (1991)

Comprehensive book discusses key issues as mobility, accessibility, and communication in the context of employment preparation.

The Way to Work: How to Facilitate Work Experiences for Youth in Transition. Richard G. Luecking (2009)

A practical guide to help facilitate satisfying work experience and jobs for high school students and young adults with disabilities. (223 pages)

What Every Teacher Should Know About Transition and IDEA 2004. Carol Kochhar-Bryant et al (2007)

Using side-by-side frameworks, it explains the connections between transition services and standards-based education, as well as the connections between IDEA 2004 and the No Child Left Behind Act.

What's Next? Preparing the Student with Autism or Other Developmental Disabilities for Success in the Community. Carol Gray (1992)

Book on preparing students with autism and other developmental disabilities for life in the community.

**When I Grow Up. Candri Hodges (1995)**

K-5. Jimmy, who is hearing impaired, attends career day where he meets adults with hearing impairment and who have varied and interesting careers. (32 pages)

Working Relationships: Creating Career Opportunities for Job Seekers with Disabilities through Employer Partnerships. Richard G. Luecking et al (2004)

All businesses have needs. People with disabilities have the skills and desire to work. As employment specialists work to match employers with job seekers, they need to do more than understand the job seekers' personal and professional goals — they also need to know exactly what the employers are looking for.

Working: Stories of Supported Employment. (video) (18 minutes) (1991)

Working Together: Workplace Culture, Supported Employment and Persons with Disabilities. David Hagner and Dale Dileo (1993)

Book tells how to build partnerships between businesses, service providers and natural support systems to achieve positive employment outcomes.

You Can Ride. Booklet and Audio CD (2002)

A pictorial guide to successful bus travel, designed for people who cannot read or do not use English. Depicts everything from planning a trip to exiting a bus on fixed routes and paratransit systems.