

Resource List for Transition

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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. (DVD) (2000)

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.

Adolescents on the Autism Spectrum: A Parent's Guide to the Cognitive, Social, Physical, and Transition Need of Teenagers with Autism Spectrum Disorders. Chantal Sicile-Kira. (2006)

Complete guide to the cognitive, emotional, social, and physical needs of preteens and teenagers with autism spectrum disorders, ranging from the relatively mild Asperger's Syndrome to more severe ability impairment.

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's on the Job: Must-Have Advice for People with Asperger's or High Functioning Autism and their Employers, Educators, and Advocates. Rudy Simone (2010)

Up to 85% of the Asperger's population are without full-time employment, though many have above-average intelligence. There is more to a job than what the tasks are. From social blunders, to sensory issues, to bullying by coworkers, Simone presents solutions to difficult challenges.

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 (DVD) (2001) (57 minutes)

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.

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.

Asperger's Syndrome Workplace Survival Guide: A Neurotypical's Secrets for Success. Barbara Bissonnette (2013)

Includes everything from realistic strategies for meeting employer expectations, to how to get on with your colleagues and work as part of a team, multitask and manage projects, and handle anxiety and effectively resolve problems.

Autism Tomorrow: The Complete Guide to Help Your Child Thrive in the Real World. Karen L Simmons & Bill Davis (2010)

Practical lists of things to do and not to do, beginning with when your child is young, and later, going out into the world.

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.

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.

The Complete Guide to Getting a Job for People with Asperger's Syndrome: Find the Right Career and Get Hired. Barbara Bissonnette. (2013)

Upfront, engaging and highly practical, this will be an essential guide for individuals with AS entering the workforce for the first time, as well as experienced workers who have lost jobs or wish to change careers but are uncertain about how to find the best match for their abilities.

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.

Dear Diana: Diana's Guide to Independent Living for Adolescents and Young Adults with Different Learning Styles and Special Needs. Diana Bilezikian. (2014)

This practical resource is an outgrowth of a series of emails she sent to relatives and friends about her life and the skills she was learning. Backed by the president of Chapel Haven, Diana's original ideas have been expanded into a helpful collection of advice and support for how to live an independent and meaningful life.

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

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

Developing Workplace Skills for Young Adults with Autism Spectrum Disorder: The BASICS College Curriculum. Michelle Rigler, Amy Rutherford & Emily Quinn (2016)

Students or recent graduates are shown how to identify and develop strategies to overcome common challenges associated with ASD in the workplace.

Different...Not Less: Inspiring Stories of Achievement and Successful Employment from Adults with Autism, Asperger's, and ADHD. Temple Grandin PhD. (2012)

This book is a compilation of success stories from adults with autism and Asperger's Syndrome. Each shares what helped them during their childhood and young lives that made them the independent adults they are today

Do It Yourself Social Security Disability Benefits: Dr. Amberly Ruck. (2015)

In this guide, Dr. Ruck extends 12 KEYS to social security disability benefits to help you through the steps of the social security disability process including initial application, reconsideration, hearing, and appeal.

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

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

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.

Family Information Guide to Assistive Technology and Transition Planning: Planned Transitions are Smooth Transitions! Jacqueline Hess & Ana Maria Gutierrez (2009)

Includes an introduction to transition planning and assistive technology, laws, glossary of AT and transition terms and resources.

Financial Freedom for Special Needs Families: 9 Building Blocks to Reduce Stress, Preserve Benefits, and Create a Fulfilling Future. Rob Wrubel. (2017)

Comprehensive planning guide designed to give you the ideas and tools needed to create a financial and legal plan for your family.

From High School to College: Steps to Success for Students with Disabilities. Elizabeth Hamblet. (2017)

From an examination of the differences in support at the secondary and postsecondary levels, to developing both academic and non-cognitive skills, to how to find the right match between student and institution, this book provides everything students and their families and education team with everything they need to know about the process.

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

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

A Full Life with Autism: From Learning to Forming Relationships to Achieving Independence. Chantal Sicile-Kira & Jeremy Sicile-Kira. (2012)

A guide for helping our children lead meaningful and independent lives as they reach adulthood.

Getting There: Transportation Skills for People with Special Needs. (DVD) (2006) (21 minutes)

Community-based program that teaches transportation skills.

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 disabilities.

Good Golly, Miss Molly: A Family's Story of Transition. Missouri Planning Council for Developmental Disabilities (2010)

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

Good Intentions are Not Good Enough: A Guidebook for Anyone Who Feels Socially Out of Step with Others. Michelle Garcia Winner & Pamela Crooke. (2016)

This book is a primer about the social mind in the workplace, but the concepts and strategies are equally applicable in all areas of life.

The Hidden Curriculum of Getting and Keeping a Job: Navigating the Social Landscape of Employment - A Guide for Individuals with Autism Spectrum and Other Social-Cognitive Challenges. Brenda Smith Myles, Judy Endow & Malcom Mayfield. (2013)

Provides necessary yet often untaught information on a variety of topics related to getting a job, finding a mentor, networking, using agencies, interviewing, talking with supervisors, dealing with on-the-job-frustrations, understanding the social rules at work and many other topics.

Housing: Where Will Our Children Live When They Grow Up?. Pacer Center.

Easy-to-read resource for parents that covers housing options, supports & services, funding sources, and what questions to ask.

It's My Choice. William T Allen, PhD. (2002)

Transition workbook for people with disabilities or those who advocate for them.

Job/Career Planning & Guidance: Your First Job Interview (22 minutes) (DVD)

First-time job seekers will learn how to dress for interviews, how to deal with stress, how to sell themselves and how to follow up.

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. Linda J Stengle (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 High School: A Guide for Students with Disabilities and Their Families. Susan Yellin & Christina Cacioppo Bertsch (2010)

Provides a complete overview of the issues students and their families will need to consider, and outline the key skills they will need in order to succeed in college or work.

Life Journey Through Autism: A Guide for Transition to Adulthood. (2006)

Designed to give parents, teachers, and other education professionals an introduction to the transition to adulthood process.

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. John & Connie O'Brien (1998)

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

Living Independently on the Autism Spectrum: What You Need to Know to Move Into a Place of Your Own, Succeed at Work, Start a Relationship, Stay Safe, and Enjoy Life as an Adult on the Autism Spectrum. Lynne Soraya (2013)

Strategies will help you cope with the feelings brought on by transition to adulthood as well as deal with common challenges, like: Budgeting and handling bills; Finding the right residence and/or roommates; Discovering a career path that complements your talents; Interacting with coworkers and clients; Building relationships with friends and potential partners.

Made for Good Purpose: What Every Parent Needs to Know to Help Their Adolescent with Asperger's, High Functioning Autism or a Learning Difference Become an Independent Adult. Michael P McMannon. (2012)

Filled with useful advice, easy-to-apply techniques, and personal anecdotes from both the author's own experiences of Asperger's Syndrome and those of his students, this book is a practical guide for helping young adults on the spectrum achieve independence and learn life-long skills of self-knowledge, self-sufficiency, and self-advocacy.

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 & Beth Mount (2005)

Strategies for various support systems for individuals with special needs.

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

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

Making Futures Happen: A Manual for Facilitators of Personal Futures Planning. Beth Mount. (1994)

Designed for people interested in facilitating a person-centered planning process called Personal Futures Planning.

Making Self-Employment Work for People with Disabilities. Cary Griffin, David Hammis, Beth Keeton, Molly Sullivan. (2014)

Includes assessment approaches, self-employment success stories, and the latest on policy changes and online opportunities, this book is your step-by-step guide to helping adults with disabilities get a small business off to a strong start.

Missouri's Guide to Home and Community Based Services. (CD)

Guide from the Univ of Missouri-Kansas City, Inst. for Human Development

More Than a Job: Securing Satisfying Careers for People With Disabilities. Paul Wehman & John Kregel (1998)

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

Moving Out: A Family Guide to Residential Planning for Adults with Disabilities. Dafna Krouk-Gordon & Barbara D Jackins (2013)

Shares decades of experience counseling families on housing options to help parents prepare themselves and their children for a new living arrangement.

My Future, My Plan: A Transition Planning Resource for Life After High School for Students with Disabilities and their Families. Dana Sheets & Ed Gold (Book and Video) (2003)

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

My Transition Portfolio: Keys to Unlocking Self-Determination for Young Adults with Disabilities. Barb Blakeslee. (2015)

Centered around intuitive prompts that have been proven to break down even the most difficult of communication barrier, this is a comprehensive companion guide specifically developed to unlock self-determination in young adults with disabilities

Navigating College: A Handbook on Self Advocacy Written for Autistic Students from Autistic Adults. The Autistic Self Advocacy Network.

Teens. Guide for college bound students with autism about what to expect from the perspective of adults with autism.

The New Transition Handbook: Strategies High School Teachers Use That Work. Carolyn Hughes & Erik W Carter. (2012)

Guide for today's students and the professionals who support them with more than 500 research-based, teacher-tested support strategies.

The PATH & MAPS Handbook: Person-Centered Ways to Build Community. John O'Brien, Jack Pearpoint & Lynda Kahn. (2010)

Provides a strong foundation for path and maps by connecting person-centered planning to the work of community building. The handbook is divided into two parts : think about it and do it.

PATH In Action: Working with Groups & PATH Training Video. (DVD) (65 minutes & 31 minutes)

Teaching video which illustrates two Paths with two groups planning the future of a school system.

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 Evaluation.

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 & Jack Pearpoint (1993)

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

Planning for Real Life After School: Ways for Families and Teachers to Plan for Students Experiencing Significant Challenge. Gary Bunch, Kevin Finnegan, Jack Pearpoint, Peter Park & Barb Fowke. (2009)

Guide book for planning for the transition to life after school, keeping the best interest of the student in mind.

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 university campus, to a vocational residential program designed specifically for students with special needs.

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 2nd 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.

Self-Determination Across the Life Span: Independence and Choice for People with Disabilities. Deanna J Sands & Michael L Wehmeyer (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. UMKC Institute for Human Development (DVD) (2007) (16.5 minutes)

Helps families gain an overall understanding of how to self-direct services in Missouri.

Skills to Pay the Bills: Mastering Soft Skills for Workplace Success. Office of Disability Employment Policy. (DVD & guidebook)

Created for youth development professionals as an introduction to workplace interpersonal and professional skills, the curriculum is targeted for youth ages 14 to 21 in both in-school and out-of-school environments.

Social Security for Dummies. Jonathan Peterson. (2012)

Helps you better understand and navigate the U.S. Social Security Administration, covering important topics such as how benefits are funded and distributed, the various Social Security options and how to qualify, and deciding when to start accepting Social Security benefits.

Social Thinking At Work, Why Should I Care: A Guidebook for Understanding and Navigating the Social Complexities of the Workplace. Michelle Garcia Winner & Pamela Crooke. (2011)

Describes the inner workings of the social mind in the workplace and decodes the hidden rules of the social world by explaining how we think about our own, as well as other peoples thoughts and emotions.

Soft Skills Training: A Workbook to Develop Skills for Employment. Frederick Wentz. (2012)

Realistic perspective on work-related expectations and the expectations of the supervisors who hire them. It will help students develop their problem solving skills, guide them in making appropriate decisions, and create a desire to plan out goals and achieve them.

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.

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.

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 (2006)

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.

Top Secret Job Skills Declassified. (CD-ROM)

Animated, interactive CD for transition age teens, with and without disabilities, to learn the interpersonal skills that are needed to be successful in the interview and on the job.

Transit Training for School Students: A Curriculum Guide. The Easter Seal Rehabilitation Center of Central CT
A program guide for conducting transit training with school aged students who have disabilities.

Transition by Design: Improving Equity and Outcomes for Adolescents with Disabilities. Audrey Trainor. (2017)

Explores how all stakeholders, including researchers and practitioners, can help shape equitable opportunities for youth with disabilities in transition

Transition to Adult Healthcare: Preparing for Life as an Adult. Debra Gillman. (2009)

A resource to help youth and young adults with special health care needs and disabilities make a successful transition to adult living. Kit includes: training, checklist, workbook and pocket guide.

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 (2005)

Book provides a base for those who design, implement, or evaluating transition services for students with disabilities in a college or community setting.

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.

Unemployed on the Autism Spectrum: How to Cope Productively with the Effects of Unemployment and Jobhunt with Confidence. Michael John Carley. (2016)

Offering guidance on how you can cope with unemployment in a constructive and emotionally healthy manner, Michael John Carley writes with a crucial understanding of the isolation and negative emotions that unemployment can bring about if you have ASD.

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)

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

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

Your Complete Guide to Transition Planning and Services. Mary Morningstar & Beth Clavenna-Deane. (2017)

Introductory guide will help you every step of the way as you support students' successful transition to college, work, and community life.