

Transition Planning Guide

Transition Planning Guide for Students with Disabilities and their Families

Mosaic 18+ Transition Program
Humble Independent School District
Humble, Texas
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Have a Question?

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Transition Planning Guide

The information in this guide is designed to assist students with disabilities and their families in the transition planning process. We recommend starting the transition planning process for students with disabilities as soon as possible with regular updates to the plan as things change. Additionally, we recommend creating a plan that addresses goals in the areas of employment, post-secondary education, adult living and recreational/social.

If you have any questions about transition planning, please contact your student's case manager or Mosaic transition staff.

What are Transition Services?

Transition services are a coordinated set of activities designed within a results-oriented process intended to provide students with disabilities the skills necessary for their “transition” into young adult life after they graduate. Services may include a variety of classroom lessons, employment training, job sites in the community, self-determination instruction and typically begin the school year the student turns 14 years old.

What is a Transition Plan?

A transition plan is a collaborative process between a student, their family and any other support agencies that identifies the goals, current skills, agency supports and strategies needed to achieve a student’s plan after graduation.

Why is Transition Planning Important?

Transition planning is important because research shows that students with disabilities, without direct transition instruction, are less likely to have paid employment, independent living opportunities, post-secondary education opportunities and self-determination skills when compared to neuro-typical same age peers. In addition, many parents report there being a lack of information after graduation about disability specific supports for their young adults and have requested additional planning resources to ensure that proper supports can be put in place.

Four Steps to Transition Planning

There are four basic questions when creating a transition plan for students with disabilities. In this guide, each of these four transition questions will be broken down into more specific questions and categorized into the following areas: employment, post-secondary education, adult living and recreational/social.

The overall objective when working through the transition questions in this guide is to create a weekly plan based on a student’s transition goals. The plan should include meaningful activities, the needed supports and the agencies that will help the student and family reach their transition goals.

The four basic transition planning questions are:

1. What are your transition goals for when you leave school? (What do you want your week to look like?)
2. What are your current skills and abilities?
3. What are some steps you can do to reach your transition goals?
4. What agencies can help you reach your transition goals?

First, take time to complete the weekly calendar below with information about the student's current schedule. This will help provide a visual tool for the student and transition team to see what activities and supports are already in place before setting transition goals. See the example on the next page.

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8 am							
8-9 am							
9-10 am							
10-11 am							
11-12 pm							
12-1pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							
7-8 pm							
8-9 pm							

Example:

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8 am		Wake up					
8-9 am		Eat and get on bus					
9-10 am	Wake up	School	School	School	School	School	Wake up
10-11 am	R&R or Church						Eat and TV
11-12 pm	R&R or Church						House chores
12-1pm	R&R or lunch						Chores
1-2 pm	R&R or lunch						Grocery Shopping
2-3 pm	R&R	↓	↓	↓	↓	↓	R&R
3-4 pm	R&R	Arrive home	Exercise				
4-5 pm	R&R	Snack	Snack	Snack	Snack	Snack	R&R
5-6 pm	R&R	R&R alone	Clean room	Dinner with family		R&R alone	R&R
6-7 pm	R&R	Dinner with family		Church with family		Go out to dinner	R&R
7-8 pm	Prep for school R&R	R&R/Family time	Clean kitchen	Church with family	Clean kitchen	Movies? Bowling? Family time?	R&R
8-9 pm	R&R	R&R/Family time	R&R/Family time	Church with family	R&R/Family time	Same	R&R

1. What are your transition goals for when you leave school?

The first thing a student and their support team must decide is the student's transition goals in the four areas and determine what their week will look like after leaving school. This includes any post-secondary education, employment goals, recreational/social activities, the student's living situation, transportation goals, specialized therapies and any other support the student may need.

Listed below are more specific questions to help the student determine their transition goals and what they want their week to look like.

Employment

Do you plan to work after school?

What type of work will you do?

How many hours a day/week are you willing to work?

When are you available to work?

What type of help might you need to apply, interview, learn and keep a job?

Are you connected to the Texas Workforce Commission's Vocational Rehabilitation Services who offers free employment services to Texans with disabilities?

How will you get to and from your job?

How long can you work without taking a break?

What is your preferred work environment (e.g. inside or outside, day or night shift, active/busy or calm/quiet work, lots of people or a few people, repetitive work or creative/alternating work, etc.)?

Post-Secondary Education

Would you like to attend college?

Why? What would you like to study?

Are you interested in a degree, technical certificate (e.g. childcare, auto tech, audio/visual, welding, etc.) or noncredit leisure learning classes?

What support might you need to reach your educational goals?

How will you pay for post-secondary education?

Are you connected to Texas Workforce Commission's Vocational Rehabilitation Services which may help to pay for post-secondary education to qualified applicants?

Have you applied to FAFSA?

How will you get to and from classes?

Adult Living

Where will you live after leaving school?

Are you interested in a group home?

Are you interested in a private apartment by yourself or with friends?

Do you want to live close to your family or far away? Why?

Who do you want to live with?

What is your transportation plan for where you will be living?

Will you prepare your own meals? If not, what types of support might you need?

Will you pay your own bills? If not, what types of support might you need?

Will you take care of your own household needs (e.g. laundry, cleaning, home maintenance, etc.)? If not, what types of support might you need?

How will you afford to support your adult living goals?

Recreational/Social

Where do you want to go during the week after leaving school?

Who do you want to be around?

What types of things do you want to do for fun?

How will you get around to do the things you want to do?

Are you able to drive, ride a bike, walk, take a bus or use UBER in your community?

Do you want to exercise or join a sports league?

Do you want to learn a new skill (e.g. cooking, art, sports, etc.)?

What supports do you need to do the things you want to do after leaving school?

Do you need any specialized therapies during the week?

2. What are your current skills and abilities?

Next, it is important to identify the student's skills and abilities in the four areas of transition to get a better understanding of what kinds of supports are needed for the transition plan.

Employment

What work experiences have you had in school?

What chores and responsibilities do you have at home?

What are you good at doing?

What do you need help with when you are working or doing your chores?

What's the best way to teach you a new job so you can do it well and as independently as possible?

Can you work according to a set schedule?

How long can you work currently without taking a break?

Post-Secondary Education

What are your academic skills (e.g. reading, writing, math, computers, etc.)?

What were your strengths in school?

What accommodations and help did you use to participate at school?

What things did you get help doing at school?

If people provided support to you at school, what did they do for you?

Did you receive any modified curriculum in school? In what areas?

Adult Living

When you are at home, what kinds of things do you do (e.g. Laundry, cleaning, watch TV, listen to music, exercise, read, etc.)?

Are you able to stay at home alone and take care of your needs? Provide examples.

What do you do on the weekends, during the summer, or on other days when you don't have school?

What is the best way to help you learn new things around the house (e.g. cooking, laundry, yard work, etc.)?

Do you fix things in your house? Provide examples.

Are you able to cook for yourself? If so, what do you cook?

Are you able to take care of your hygiene needs independently?

Are there any safety issues for you at home?

Do you use the phone? Whom do you call?

Do you use the internet? Are you able to use internet safety skills while online? What kinds of websites do you enjoy?

Do you spend time at home by yourself? If so, what do you like to do?

Are you able to take care of yourself when you are sick?

If you take medication, do you manage your own medication or do you receive help?

Recreational/Social

Where do you go for fun in your community?

Where else do you go in your community (e.g. doctor, therapy, grocery store, restaurants, bank, gym, etc.)?

What do you do to relax or have fun while at home currently?

Who helps you access the places you go? How do they help you?

How do you get where you want to go?

Who do you hang out with each week?

Do you ever connect with friends? How so? (e.g. Text, phone, internet, go to house, etc.)

Are you able to plan an activity with friends independently? Provide examples.

3. What are some things you can do to reach your transition goals?

Below are some recommendations for students and families when determining the next steps to reach their transition goals.

Employment

What types of things can you do to reach your employment transition goals?

Recommendations:

- Practice completing applications and interview with several different people
- Increase your chores and responsibilities at home
- Sample various jobs through volunteering
- Get a paid job or begin volunteering
- Apply to TWC-VR for free employment services
- Attend a class or workshop on employment
- Practice working without breaks for increased amounts of time
- Ask friends or family members to allow you to job shadow them
- Practice identifying needed accommodations at work
- Practice identifying your personal information (e.g. Address, phone number, SSN, work history, etc.)

Post-Secondary Education

What types of things can you do to reach your post-secondary education transition goals?

Recommendations:

- Practice identifying how your disability affects you and your needed accommodations
- Learn about the components of self-determination
- Learn to follow a schedule or to use a checklist
- Learn about safety in the community and at home
- Explore technology that will help you read and write more easily
- Visit a local college and explore their course catalog
- Speak with a college adviser
- Meet with the disability services representative at the college of your choice
- Apply to TWC-VR for funding
- Apply to FAFSA
- Learn to use a calendar to keep track of assignments and schedules
- Determine what transportation you will use to get to and from college
- Learn to manage your time effectively

Adult Living

What types of things can do you do to reach your adult living transition goals?

Recommendations:

- Determine new ways to be more independent at home
- Get your state ID, SS card and birth certificate
- Take a first time home buyer's class
- Take a budgeting class
- Open your own bank account
- Find out how to rent an apartment
- Visit a friend who lives in their own place and ask them questions about living independently
- Explore living options including – group homes, private apartments, room rentals, etc.
- Apply for SSI
- Learn to manage your own medication and doctor's appointments
- Contact HUD or HAAM and ask about rental assistance programs
- Sign up for a Medicaid waiver program if applicable
- Consider hiring an in-home support person
- Learn to cook and shop for yourself
- Determine how to pay bills by check, online or through phone
- Research how to do minor home maintenance
- Do your own laundry and cleaning in your home
- Implement a hygiene routine each day

Recreational/Social

What types of things can you do to reach your recreational/social transition goals?

Recommendations:

- Learn to shop for meals or learn to use a shopping service
- Learn to make purchases or come up with strategies that you can use to shop by yourself without learning math
- Attend a class at the YMCA, a local library or the Kingwood Community Center
- Learn to go to a movie with a friend or by yourself
- Learn the different ways you can get around your community
- Practice the skills of planning an outing with a friend
- Learn about safety in your community
- Visit a local gym and ask about classes and personal training
- Find ways to be active in your community
- Search online event calendars for your area to find what's going on in your community

4. What agencies can help me reach my transition goals?

There are many different types of service agencies that may be able to help you reach your transition goals. It is important to understand that each has its' own eligibility requirements, service delivery model, funding rules and application process. This means that as you look around for help from different agencies, there may be a waiting list to receive services and you may need to get help from several different agencies all who specialize in specific areas.

Recommendations as you determine what agencies might help you reach your transition goals:

- Contact your case manager or transition specialist and talk about your transition goals and ask about agencies that might be able to assist you
- Attend a transition fair or disability advocacy training in your community
- Contact your LIDDA (Local Intellectual and Developmental Disability Authority) and ask for support to reach your transition goals – The Harris Center
- Explore the 7 Texas Medicaid waiver programs to see if you qualify for services
- Research Supplemental Security Income (SSI) which includes Medicaid coverage and apply if eligible
- Explore Texas Workforce Commission's Vocational Rehabilitation Services for Texans with disabilities and apply for their free employment services
- Explore day programs or group homes (see Agency list)
- Research transportation options in your area (see Agency list)
- Explore college programs options in your area (see Agency list)
- Research different social clubs through disability service providers (e.g. The ARC of Greater Houston) or through community groups (e.g. faith-based organizations)
- See the agency list at the end of this guide

Agency List

Education and Advocacy

Mosaic Program Humble ISD
281-641-7445
<http://humbleisd.net/Page/67577>

Autistic Self Advocacy Network
<http://autisticadvocacy.org/>

Transition in Texas
<http://www.transitionintexas.org/page/143>

The ARC of Greater Houston
713-957-1600
<http://www.aogh.org/>

Family to Family Network
713-446-6304
<http://www.familytofamilynetwork.org/>

Texas Parent to Parent
866-898-6001
<http://www.txp2p.org>

The Harris Center for Mental Health and IDD
713-970-7000
<http://www.mhmraharris.org/>

Humble Area Assistance Ministries
281-446-3663
<http://haaministries.org/>

National Alliance on Mental Health of Greater Houston
713-970-4419
<http://namigreaterhouston.org/>

Disability Rights Texas
512-454-4816
<http://www.disabilityrightstx.org/>

Families for Effective Autism Treatment Houston
281-361-3328
<http://www.feathouston.org/>

Navigate Life Texas
<https://www.navigatelifetexas.org/en>

Texas Project First
<http://www.texasprojectfirst.org/>

Mental Health America of Greater Houston
713-523-8963
<http://www.mhahouston.org>

Houston Community College VAST Academy
713-718-5034
<http://www.hccs.edu/continuing-education/departments/hcc-vast-academy/>

Lonestar College Cy Fair Career Trek
281-290-3957
<http://www.lonestar.edu/cf-career-trek>

Nonpareil in Houston
<http://www.npitx.org/>

Lonestar College Kingwood
281-312-1600
<http://www.lonestar.edu/kingwood.htm>

P.A.T.H.S. Program at Texas A&M University
979-458-4168
<http://paths.tamu.edu>

E4Texas at University of Texas
512-232-0740
<https://disabilitystudies.utexas.edu/e4texas>

Kingwood Library
281-360-6804
<http://www.hcpl.net/location/kingwood-branch-library>

Atascocita Library
281-812-2162
<http://www.hcpl.net/location/atascocita-branch-library>

Octavia Fields Library
281-446-3377
<http://www.hcpl.net/location/octavia-fields-branch-library>

Employment Assistance

Texas Workforce Commission
800-628-5115
<http://www.twc.state.tx.us/>

Texas Workforce Solutions Humble Office
281-446-4837
<http://www.wrksolutions.com/find-a-location>

Medicaid Programs

Texas Health and Human Services
512-424-6500
<https://hhs.texas.gov/>

Community First Choice
<http://www.mhmraharris.org/IDD/cfc.htm>

Recreation and Leisure Activities

Adaptive Sports and Recreation Center
<http://www.houstontx.gov/parks/adaptivesports.html>

Social Motion Skills
<http://www.socialmotionskills.org/adult-services/employment-readiness>

Humble Website
<http://www.cityofhumble.com/>

Gold's Gym
281-359-9911 (Kingwood)
281-441-4653 (Park Lakes)
<http://www.goldsgym.com>

Kingwood Website
<http://www.kingwood.com/>

Planet Fitness
832-644-5767
<http://www.planetfitness.com>

Atascocita Website
<https://www.atascocita.com/>

Lake Houston YMCA
281-360-2500
<https://www.ymcahouston.org/lake-houston/>

Lake Houston Hurricanes Special Olympics
<http://www.lakehoustonhurricanes.org/>

Transportation

UBER
<http://uber.com>

LYFT
<http://lyft.com>

Metrolift
713-635-4000
<http://www.ridemetro.org/Pages/METROLift.aspx>

Funding

Social Security Administration
<https://www.ssa.gov/ssi/>

ABLE Accounts (Special Needs account for SSI)
<http://texasable.org/>
<http://www.ablenrc.org/>

Texas Department of Public Safety
512-424-2600
<https://www.dps.texas.gov/DriverLicense/ApplyforLicense.htm>

Harris County RIDES
<http://www.harriscountyrides.com/>

Metro
713-635-4000
<http://www.ridemetro.org/>

Miller Rehab Driving School
713-855-3306
<http://www.millerrehabdriving.com>

Safe Way Driving School
713-468-1313
<http://www.safewaydriving.com>

Elite Driving School
281-446-2608
<http://www.elitedriversed.com/>

Adult Living Options and Day Programs

Houston Housing Authority (Voucher Program based on income)
713-260-0600
<http://www.housingforhouston.com/voucher-program.aspx>

Houston Center for Independent Living
713-974-4621
<http://www.hcil.cc/>

Marbridge (Disability community with housing options in Manchaca, Texas)
512-282-1144
<http://www.marbridge.org/>

Avondale Houston (Day program in Houston with housing options for adults with autism)
713-993-9544
<http://www.avondalehouse.org/>

Summerhouse Houston (Day program in Houston for people with disabilities)
832-200-6158
<http://summerhousehouston.org/>

Sean Ashley House (Model homes in Houston for adults with autism)
713-667-6460
<http://www.seanashleyhouse.org/>

Brookwood Community (Disability community with housing options in Katy)
281-375-2100
<http://www.brookwoodcommunity.org/>

Hope Village (Disability community with housing options in Friendswood)
281-482-7926
<http://www.hope-village.com/>

The Center (Day program and housing options in Houston)
713-525-8400
<http://thecenterhouston.org/>

Reach Unlimited (Day program and housing in Cypress)
281-213-8132
<http://reachunlimited.org/>

New Horizons (Day program in New Caney)
281-689-8500
<http://newhorizons-nc.org/>

The Village (Day program with housing options in Kingwood)
281-358-6172
<http://villagelac.org/>

Home Place of Texas (Day program with housing options in Spring)
281-257-1004
<http://www.hpotx.org/>

Special Angels of the Woodlands (Day program in Spring)
281-292-2073
<http://www.specialangelsofthewoodlands.org/>

New Danville (Disability community with housing options in Willis, Texas)
936-344-6200
<http://www.newdanville.org/>

InKids Center for Community Inclusion (ABA private day program for ages 16+)
281-852-0501
<http://includingkids.org/center-for-community-inclusion/>

Kingwood Enrichment Education Program (Day program in Kingwood, Texas)
281-358-0479

The Hub Houston (Day program in Houston)
346-701-1714
<http://www.thehubhouston.org/>

ResCare (Disability Service Provider including Group Homes)
<https://www.rescare.com/>

D&S Community Services (Disability Service Provider including Group Homes)
<https://www.dscommunity.com/>

ICL Texas (Disability Service Provider including Group Homes)
<https://icltexas.com>

Vital Living (Disability Service Provider including Group Homes)
<http://www.vitaliving.org/>