

**MONTGOMERY COUNTY  
RESOURCES  
FOR PEOPLE WITH  
DEVELOPMENTAL DIFFERENCES  
/AUTISM**



# IMPORTANCE OF BEING INDEPENDENT

- Build confidence
- Learn how to cook
- Go places on my own or with friends
- Find people in the community who can help me besides my parents
  - Find a job that uses my skills
- Live on my own – Some people may have a roommate or a support person
  - Learn to pay bills and manage money

# Nonprofits, government agencies, service providers

- Housing

- Advocacy

- Mental health

- Employment

- Social/Recreation

- Education

- Transportation

- Other Services

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# JFGH-MOST

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Jewish Federation of Group Homes –

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Meaningful Opportunities for Successful Transitions

<https://www.jfgh.org/services/services/>

Video: Meet Paul <https://youtu.be/frMIME5PNJo>

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# ArtStream <sup>+</sup> . <sup>o</sup>

[www.art-stream.org](http://www.art-stream.org)

Video: My Quarantined Favorite things

<https://www.youtube.com/watch?v=8Be9Y-Qirlo>

# Brochures

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<https://pcr-inc.org/wp-content/uploads/2020/09/Jobs-2020-FINAL.pdf>

## Why Get A Job?

- Earn your own money (*financial independence*)
- Take pride in what you can do
- Learn new skills
- Be an independent citizen making a difference in your community
- Make friends

## How Do Young Adults with Disabilities Get A Job?

- On their own
- With help from an adult service provider
- With help from parents, friends, neighbors

## Think About This...

- What are you passionate about?
- What skills can you offer an employer? Can you talk about and demonstrate your skills?
- Do you have a resumé?
- Can you be on time for work everyday?
- Are you able to work well with others?
- Do you know where to go for help in finding or doing a job?
- Can you file an application online or in person?
- Can you send, receive, organize emails?
- Do you know how to ask for help or discuss problems with a supervisor?
- Do you have natural supports on the job (an advocate for you)?
- Are you flexible in your job search? Every job might not be perfect but every job is one step on your road to success.
- Who can help you answer these questions?

A Guide for  
Career Seekers with Disabilities

# JOBS



**Some people walk right into great jobs**

**Some people work hard to get jobs.**

**Some people need help to get and keep jobs.**

Transition Work Group  
of Montgomery County  
in collaboration with  
Montgomery County Public Schools  
2020

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## Contacts

### MD Developmental Disabilities Administration (DDA)

Adult support services  
[dda.health.maryland.gov](http://dda.health.maryland.gov)  
Southern MD 301-362-5100

### MD Dept of Education - Division of Rehabilitation Services (DORS)

Help with jobs/training  
[dors.maryland.gov](http://dors.maryland.gov)  
Wheaton: 301-949-3750  
Germantown: 301-601-1500

### Maryland Healthcare Connection (Affordable Care Act)

[marylandhealthconnection.gov](http://marylandhealthconnection.gov)  
855-642-8572

### Mont. Cty. Dept Health & Human Services

[montgomerycountymd.gov/hhs/](http://montgomerycountymd.gov/hhs/)  
Disability Services  
240-777-1216

Behavioral Health Planning/  
Management  
Core Service Agency  
240-777-1400

Crisis Center 240-777-4000

Child Adolescent  
Mental Health  
240-777-1450

### Mont.Cty. Public Schools Transition Services

[montgomeryschoolsmd.org/  
departments/transitionsvcs](http://montgomeryschoolsmd.org/departments/transitionsvcs)  
240-740-5900

### Mont. Cty. Dept Recreation

Therapeutic/Inclusive  
[montgomerycountymd.gov/rec/](http://montgomerycountymd.gov/rec/)  
240-777-6870

### Social Security Administration

Supplemental Security Income  
(SSI) + Medicaid  
[ssa.gov](http://ssa.gov) 1-800-772-1213

### Potomac Community Resources

[pcr-inc.org/community-resources/  
community-links/](http://pcr-inc.org/community-resources/community-links/)

### Cornerstone Montgomery, Inc.

Mental health services  
[cornerstonemontgomery.org](http://cornerstonemontgomery.org)  
301-493-4200

### Independence Now

Travel training, youth leadership  
[innow.org](http://innow.org) 301-277-2839

### ThinkCollege.net

College for people with intellectual  
disabilities 617-287-2839

### National Youth Transitions Center

[heath.gwu.edu](http://heath.gwu.edu)

### WorkSource Montgomery, Inc.

[worksourcemontergomey.com/](http://worksourcemontergomey.com/)  
240-283-1500

## Keep It! Organize It!

- personal information (SS#, ID)
- medical records/medications/birth cert.
- eligibility letters
- report cards
- IEPs
- psychological evaluations
- awards, letters of recognition
- exit documents (digital portfolio)
- work experience
- workplace skills
- job training
- resume and references
- list all meetings/phone calls/letters
- list of useful contacts

You're Going to be an Adult -

# Are You Ready?

A Transition Checklist  
for Students with an  
Individual Education Plan (IEP)



Students with disabilities are  
**ENTITLED**  
to special services.

Adults with disabilities must be  
**ELIGIBLE**  
for special services.

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of Montgomery County  
in collaboration with  
Montgomery County Public Schools  
2020

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<https://pcr-inc.org/wp-content/uploads/2020/09/RUReady-2020-FINAL.pdf>

## Resources

Transition is challenging for parents and young adults alike. Here are some resources that might help you network and build a circle of support.

- College Living Experience – Independent Living Skills Checklist 800-486-5058
- After the School Bus Stops Coming (by Sari Hornstein) <http://bit.ly/2Fdjm1x>
- PACER National Parent Center on Transition and Employment <https://www.pacer.org/transition/>
- Organization for Autism Research – a Guide for Transition to Adulthood <https://researchautism.org/resources/a-guide-for-transition-to-adulthood/>
- ImDetermined.org – core components of self determination
- Life Assessment and Career Matrix <http://bit.ly/2FfMiWI>
- Maryland Access Point [marylandaccesspoint.info](http://marylandaccesspoint.info)
- Supporting Families <http://supportstofamilies.org/states/maryland/>
- LifeCourseTools [www.lifecoursetools.com](http://www.lifecoursetools.com)
- [GotTransition.org](http://GotTransition.org)

It's never too early to encourage children to make choices and practice becoming independent.

# Letting Go: Easier Said than Done

## Conversations for Parents

What could your child do if given more opportunities to learn?

What does independence mean for your child or young adult?

Can you respect the dignity of risk and your adult child's right to make choices?

Transition Work Group of Montgomery County  
with Montgomery County Public Schools  
2019

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<https://pcr-inc.org/wp-content/uploads/2019/09/Letting-Go-FINAL-3-14-19.pdf>

- Risk Taking
- Flexibility & Resilience
- Making Choices
- Helping Not Doing

# Listservs

[MCNeeds@groups.io](mailto:MCNeeds@groups.io)  
Young children

[MCTransitions@groups.io](mailto:MCTransitions@groups.io)  
Age 14 - Adult



This is a digest for [MCTransitions@groups.io](mailto:MCTransitions@groups.io). View all your [groups.io](#) groups, and edit your subscriptions, [here](#).

**Do not reply to this email. To reply to a message, click the Reply link under the message.**

### **TOPICS IN THIS DIGEST:**

1. [Finding housing for adult with autism](#)

### **MESSAGES:**

#### **1a. Finding housing for adult with autism**

From: [saintgeorge23@icloud.com](mailto:saintgeorge23@icloud.com)

Date: Fri, 23 Oct 2020 05:54:01 PDT

Hi Folks,

My daughter with autism, who is 23, has stated her preference for living on her own (with 24/7 support), in her own housing. We are thinking that a condo or apartment would be the best long term plan for her. Do any of you have children living in MOCO housing? What has been your experience with this? Do you like where your child is living? How are you financing it? We are considering a range of options. Thanks for your suggestions and kind responses.  
Ann

# Find Workshops, Events, Resources

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• [School](#)
  - [Public Library](#)
  - [Facebook](#)
  - [Potomac Community Resources \(PCR\) Community Links](#)
- [2020 Transitioning Youth Resource Fair Agencies, Organizations](#)
- [You Tube Videos about Transitioning to Independence](#)

# Translation

- Montgomery County Schools Language Assistance Services Unit
- <https://www.montgomeryschoolsmd.org/departments/lasu/>
- Montgomery County Language Bank for People working with a government or nonprofit agency
- <https://www.montgomerycountymd.gov/partnerships/language-Bank.html>

Please share these resources!

Questions or ideas?

Contact

[Transitioningsuccess@gmail.com](mailto:Transitioningsuccess@gmail.com)

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