

# Transition BOOTCAMP



BOOSTER SESSIONS  
Journey into a Meaningful Life

## Transition 101 The Basics

September 9, 2021

# Ohio Family to Family

## Northern Ohio



**Amy Clawson**

**Northern Ohio Family  
Support Specialist**

Direct: 513-814-0674

[Amy.Clawson@cchmc.org](mailto:Amy.Clawson@cchmc.org)

[www.ohiof2f.org](http://www.ohiof2f.org)  
(844) 644-6323

[www.facebook.com/OhioFamily2Family](https://www.facebook.com/OhioFamily2Family)

# The Team

Thank you to our CLE Transition Booster planning team:



ICAN City of Independence

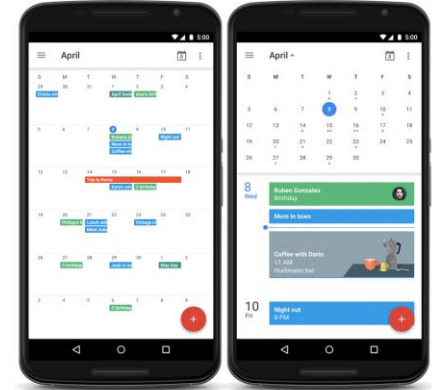


**UCCEDD/LEND**  
University of Cincinnati Center for  
Excellence in Developmental Disabilities  
Leadership Education in Neurodevelopmental  
and related Disabilities



**OHIO P2P**  
Ohio Parent to Parent Statewide  
Mentoring & Support Program

# Mark your calendars!



## 2021 CLE Virtual Transition Boosters:

- Sept. 30, 2021 – Backwards Planning
- Oct. 21, 2021 – Employment & Beyond

To Register, go to: <https://www.ohiof2f.org/training/>

Booster session materials and recordings:

<https://www.ohiof2f.org/cleveland-transition-bootcamp-booster-sessions>

# Charting the Life Course

## Transition to Adulthood Tools For a Good Life



# Charting the Life Course – Transition Tools

[Charting-the-LifeCourse-Focus-on-Transition-4pager-june-2016.pdf \(lifecoursetools.com\)](#)

The LifeCourse Framework was created to help individuals and families of all abilities and all ages:

- develop a vision for a good life,
- think about what they need to know and do,
- identify how to find or develop supports,
- and discover what it takes to live the lives they want to live

Individuals and families may focus on their current situation and stage of life but may also find it helpful to look ahead to think about life experiences that will help move them toward an inclusive, productive life in the future.



## INTEGRATED SUPPORTS STAR










## LIFE DOMAIN VISION TOOL | PERSON CENTERED






Name of Person Completing: Gabriela

Date: 09/26/2020

On Behalf of: Gabriel ( next 5 years)

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FUTURE	PRIORITY
	<b>Daily Life &amp; Employment:</b> What do I think I will do or want to do during the day in my adult life? What kind of job or career would I like?	I graduated from a school that gave me the support I needed to get the academic knowledge for college or I found a tutor who supported me to achieve it. I learned organizational and social skills at school that help me to move forward to a college enviroment.	
	<b>Community Living:</b> Where would I like to live in my adult life? Will I live alone or with someone else?	If I need to live in the college I will have the necessary skills to do it (make and follow my own routine, make my own foods and take care my personal healty life)	
	<b>Social &amp; Spirituality:</b> How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?	I feel more confident to stablsh and keep friends. I have one social group that I like to participate in. I learned boundaries and better way to communicate my ideas to avoid misunderstanding.	



	<b>Healthy Living:</b> How will I live a healthy lifestyle and manage health care supports in my adult life?	I understand my health diagnosis and work together with my family and health provider to improve it. I found one sport that I like to practice. I have a better diet.	
	<b>Safety &amp; Security:</b> How will I stay safe from financial, emotional, physical or sexual harm in my adult life?	I learned financial skills : saving and expenses planing. I have my college or university financial plan. I learned boundries and keep healthy relationship with my peers. I know who are my guardians if something happen with my parents.	
	<b>Advocacy &amp; Engagement:</b> What kind of valued roles and responsibilities do I or will I have, and how can I have control of how my own live is lived?	I learned to explain to others what needs to be improved so that I can do my activities better in the classroom or any other environment. I learned the importance of following the rules, respecting others, and the values necessary to be a better citizen.	
	<b>Supports for Family:</b> How do I want my family to still be involved and engaged in my adult life?	I want my parents to continue supporting me to be more independent and advising me to better analyze the decisions that I will make.	
	<b>Supports &amp; Services:</b> What support will I need to live as independently as possible in my adult life, and where will my supports come from?	IEP at school. AHDH or Austim Specialist Services. Academy Tutor. Primary Doctor.	Ohio Dissabilty Department. Medical Insurance or Medicaid. Cincinnati Childrens - Teen clinic.



Developed by the Charting the LifeCourse Nexus - [LifeCourseTools.com](http://LifeCourseTools.com)  
© 2020 Curators of the University of Missouri | UMKC IHD • March2020

## Life Trajectory Worksheet

## NATE: PRE-EMPLOYMENT

### Past Life Experiences

LIST past life experiences and events that supported your vision for a good life.

- > CTLC (identifying what we/he wants)
- > Followed through with "Job" comment
- > Asked for job shadowing opportunities
- > Filled out job applications
- > Grass cutting

LIST past life experiences that pushed the arrow toward things you don't want.

- > Not "asking"
- > Not hearing what Nate wants
- > Not working or volunteering
- > Not having aid during lunch (dissatisfaction with school aids)

Write current age here

16

### Future Life Experiences

LIST current/ future life experiences that continue supporting your good life vision.

- > Listening to what Nate wants
- > New pet to gain/learn responsibility and animal care.
- > Job at Back 2 the Dipper (B2D)
- > Will be shadowing at B2D this fall to identify strengths and practice skills.

LIST life experiences to avoid because they push you toward things you don't want.

### VISION for a GOOD LIFE

LIST what you want your "good life" to look like ...

- > A typical teen life.
  - friends
  - job
  - Connection @ school + community
  - Confidence
  - work set skills improvement
  - Know/learn what his passions are.
- > Learn through experience what he likes (job, animals, club)
- > School and aid will understand him better (introvert)

### What I DON'T Want

LIST the things you don't want in your life...

- > Not listening to his wants; not considering who he is.
- > Not projecting the needs and wants of others on him
- > School team not seeing/hearing Nate
- > Being on the wrong path for Nate.
- > School seeing no social skills or friends



My LifeCourse Portfolio is a template of the UMKC IHD, UCEDD. More materials at [lifecoursetools.com](http://lifecoursetools.com)

OCTOBER 2016

## Life Trajectory Worksheet

NATE: SOCIAL

### Past Life Experiences

LIST past life experiences and events that supported your vision for a good life.

- > Down Syndrome Association of Greater Cincinnati (DSA6C)
- > Special Olympics
- > Building family relationships (inviting cousin to family event)
- > Planning birthday celebration
- > Greeting family + friends at social functions.
- > Create/Practice skills on hiking trail during vacation.
- > Reconnect with old peers.

LIST past life experiences that pushed the arrow toward things you don't want.

- > Not creating opportunities for social skills to be practiced.
- > Not allowing Nate to voice what he would like to do for his birthday.
- > Not keeping up with good/healthy relationships (even if they moved away)

### Future Life Experiences

LIST current/ future life experiences that continue supporting your good life vision.

- > Joining a club(s) in an area of interest for Nate.
- > Continue playing golf at First-Tee and join a typical golf class
- > Being intentional in identifying healthy relationships/connections in the community.

LIST life experiences to avoid because they push you toward things you don't want.

- > Not expanding/exploring Nate's experiences and interests.

Write current age here

16

### VISION for a GOOD LIFE

LIST what you want your "good life" to look like ...

- > Gaining meaningful connections especially w/ peers.
- > Independence in managing and participating in friendships with typical and non typical peers.
- > Appropriate Social Interaction (greeting, inquiring, engaging)
- > Connection in ALL SPACES (Disability, typical, School, Community, and family)

### What I DON'T Want

LIST the things you don't want in your life...

- > Relationships where he is vulnerable or can be taken advantage of.
- > Connections that are ingenuine!
- > Friends who are not safe.



My LifeCourse Portfolio is a template of the UMKC IHD, UCEDD. More materials at [lifecoursetools.com](http://lifecoursetools.com)

OCTOBER 2016



# Upcoming Transition Events

## Your Transition Checklist :

[Central Ohio transition bootcamp - Your Transition Checklist Tickets, Thu, Sep 16, 2021 at 7:00 PM | Eventbrite](#)

## CtLC Live: Domains Across the Life Stages

September 17, 2021

9:00 am -10:00 am

<https://osu.zoom.us/meeting/register/tJMrc-6qpzopGdUqQDZ5pEB49G12pwVdE2fV>

Thank you!

Please give us your feedback.