Providing Transition-Focused Activities Online and At Home

March 24, 2020
11:00 AM (Eastern)
Purpose of Today’s Webinar

Is:

to share with families and professionals tips and resources to support the continued learning and skill development of transition age students, while school and community access are severely restricted due to COVID-19.

Isn’t:

to provide federal, state, or legal guidance regarding how to provide services and meet requirements under IDEA, WIOA, or other agency legislations.

Please refer to the following current guidance documents:

- **OSERS Q&A** Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak
- **USDOE Supplemental Fact Sheet - 3-21-20**
- **COVID-19 - Information and Resources for Schools and School Personnel**
- **Office of Civil Rights Fact Sheet**
- **CASE - COVID 19 - Considerations for Special Ed. Administrators**

Helpful COVID-19 Webinars for Educators

- **CASE - COVID - 19 Considerations for Special Education Administrators**
- **CEC - Teaching Online During COVID - 19**
- **Joint NASDSE/CASE/CCSSO - March 13th - COVID Webinar**
**Agenda**

- Overview of secondary transition
- Using the information that you already have as a starting point
- Organizing learning time
- Resources and activities:
  - Career Interest/Assessment
  - Post-Secondary
  - Employment
  - Independent Living
- Additional Considerations
Families Changing Role

Most states and large metropolitan school district have closed all K-12 schools in an effort to slow the spread of the coronavirus. As a result family members now find themselves in a much different role at home as not only the parent in the household but now also as the teacher, counselor, and coach for their sons and daughters. It’s essential during this difficult time, when children are home and stress is running high for parents to be mindful of self-care including:

- Make time for yourself
- Prioritize healthy choices
- Be realistic
- Set boundaries
- Reconnect with things you enjoy

As a reminder, the best place to find accurate, up-to-date information regarding COVID-19 is on your state’s departments of education and health websites.

Resources that offer support information for families include:

- Child Mind Institute - Supporting Families during COVID-19
- Parent-Caregiver Guide to Helping Families Cope with COVID-19
- Talking to Children About COVID-19 - A Parent Resource

Continue to Collaborate

- General Educators
- School Counselors
- Career Technical Education (CTE)
- SLPs, OT, PT
- Your other partners
What is Secondary Transition?

“a coordinated set of activities for a child with a disability that is designed within a result-oriented process, that is focused on improving the academic and functional achievement of the child with a disability to facilitate the child’s movement from school to post-school activities, including post-secondary education, vocational education, integrated employment (including supported employment), continuing and adult education, adult services, independent living, or community participation.” (IDEA 2004)
Secondary Transition = A Coordinated Effort

Families and Students

Agencies and Support Services

Coordination of Services

Families can help their sons and daughters build:

- life skills
- self-determination
- self-advocacy
- desire to work
- enriching experiences
- appropriate goals
Use Teachable Moments

- Use real life situations
- Making choices
- Reasonable level of risk
- Living with the consequences

Engaging in Every Day Activities

- Organizing
- Cooking
- Games
- Cleaning (inside/outside)
- Virtual communication
- Reading and audiobooks
- Television, radio, podcasts
- Exercise (inside/outside)
- Hobbies
- Volunteering
What Do You Already Know? What Can You Do Now?

Ask yourself:

• What is written in current IEP?
  • Present Education Levels
  • Transition Plan
  • Post Secondary Goals
  • Measureable Annual Goals

• How can you assist the youth to further explore their interests related to
  • Post-Secondary Education
  • Employment
  • Independent Living/Community Engagement

• How can you work at home on the Measurable Annual Goal Areas?

What are Post-Secondary Goals?

➢ Based on age-appropriate transition assessment (interests and preferences)

➢ Not the same as IEP measurable annual goals or events occurring in High School

➢ Statements that reflect what the student plans to do AFTER High School in each of the three areas:
Postsecondary Goals vs. Annual Goals

• Postsecondary Goals
  – Student’s identified goals for after they leave high school
  – Must address post-school education/training, employment, and (if appropriate) independent living skills.

• Annual Goals
  – Address what the student will accomplish during that particular school year in each identified area of service.

What you can do now?

Help youth to identify their needs and develop strategies to meet those needs

Improve decision-making, goal setting and goal attainment skills

Enhance communication and relationship skills

Develop the ability to celebrate success and learn from reflecting on experiences

Help them identify information they would like to share with the educational team
What Do You Already Know? What Can You Do Now?

- Ultimately take care of yourself and your family
- These are difficult times - take time to breathe and think about doing what is **appropriate** and **reasonable** for your students and/or sons and daughters and yourself given your **time** and **environment**
- **Engage the youth as much as possible in decision making**
- Keep track of what you are doing (documentation)
- Provide a routine or schedule for learning
- If Possible coordinate with other school/agency personnel

What Do You Already Know? What Can You Do Now?

- Identify method to deliver learning
- Create flexible learning activities
- Consider the supports that are needed
  - Reading levels
  - Clarity of directions/instructions
  - Shorter activities with a clear endpoint
  - Needed cues or prompts
  - Closed captioning
  - Hand-over-hand
Organizing Learning Time

Daily Schedules and Planning

**EXAMPLE 1 - Planning For the Future - A Week at a Glance**

<table>
<thead>
<tr>
<th>IEP/MAG 1</th>
<th>IEP/MAG 2</th>
<th>IEP/MAG 3</th>
<th>IEP/MAG 4</th>
<th>IEP/MAG 5</th>
<th>IEP/MAG 6</th>
<th>IEP/MAG 7</th>
<th>IEP/MAG 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading</td>
<td>Writing</td>
<td>Time</td>
<td>Money</td>
<td>Post-Secondary Education</td>
<td></td>
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<tr>
<td>Comprehending</td>
<td>Proofreading</td>
<td>management</td>
<td>Budget/Financial</td>
<td>Complete a post-secondary vocational training program in auto body repair</td>
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<tr>
<td>Summarizing</td>
<td>and self-</td>
<td>and Task</td>
<td>understanding</td>
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<td>Identifying</td>
<td>correction</td>
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**Activities**

- academic, career exploration, working, hobbies, recreation, exercising, volunteering, etc.

**Supports Needed to Complete Activities**

- 80 min. Planet Fitness recorded total workout
- Read and discuss from online newspaper with dad today’s updates regarding the Coronavirus
- Write an email to grandma that uses the CCOPS proofreading strategy to check the email for any needed edits before sending
- Complete the online budget four life activities
- Discuss with mom what I discovered from doing this activity
## Choice Boards

### Choice Board: Career Exploration
- Complete the "Navigate Your Career" topic on the website for Khan Academy Careers Videos.
- Practice job interviewing skills in person with a family member or online with a friend.
- Worksheet: 13 Typical Interview Questions.
- Learn if you’re an entrepreneur by completing Module 1 of the Small Business Core Student Manual. Do you learn with all members?

### Choice Board: Education and Training
- Complete Module 2: Compare Colleges.
  - Which one fits your goals the best?
  - Worksheet: College Comparison.
  - Useful Websites:
    - Think College: Inclusion at post-secondary education options for people with intellectual disabilities.
    - Off to College: College Search.
- Learn about financial aid and how to plan for the cost of post-secondary education.
- Watch the Financial Aid videos on the OFFTOCollege website. Make a list of things that need to be completed so you can pay for college or a training program.
- Choose 5 videos to watch from the OFFTOCollege website. What accommodations did they need in college? What are their goals for after they graduate?
- Complete Module 3: Strategies to help you advocate for accommodations you need in the classroom and discuss with your teacher how you will request what you need.

### Choice Board: Independent Living
- Study the State Driver’s License Manual and Complete the Practice Test for State Driver’s License Online.
- Insert your state website.
- Low Tech: Provide Copy of Manual and practice tests.
- Prepare own lunch with available food items. Create a recipe with directions for the lunch you created.
- Complete a budget for yourself using the Budget Your Life program. How did you do? What would you change?
- Complete a load of laundry. Sort, load washer, put clothes in dryer, fold and put away.

### Home Learning Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Breakfast</td>
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<tr>
<td>9:00</td>
<td>Exercise</td>
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<tr>
<td>10:00</td>
<td>Learning Time</td>
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<tr>
<td>11:00</td>
<td>Life Skills</td>
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<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00</td>
<td>Quiet Activity</td>
</tr>
<tr>
<td>2:00</td>
<td>Free Time</td>
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</tbody>
</table>

Free from Teachers Pay Teachers
Resources and Activities

General Educational Resources
General Educational Resources

Amazing Educational Resources – A comprehensive list of free online resources for educators

Scholastic - Learn at Home Grades K-9 - Free online resources from Scholastic that includes day by day projects to keep students in grades K-9 reading, thinking, and growing

TEDEd – Video based lessons organized by grade and subject areas

Career Interest/Assessment/Planning
Assessment is…

A process of gathering relevant information to plan, evaluate, or make decisions (academic assessment, transition assessment, career and vocational assessment).

Information can be gathered from multiple people and places over a period of time.

Assessment should not look the same for all students!

Assessments should help a student answer the following questions:

– What are my unique strengths, talents and interests?
– What do I want in life, now and in the future?
– What are some of life’s demands that I can meet now?
– What are the main things I struggle with my in day to day life?
  • How will this make it hard for me to reach my post-school goals?
– What are my options in school and community to help me prepare for what I want to do with my life?
Assessment Addresses Three Areas

- Employment
- Education/Training
- Independent Living

Places to Find Assessments

**NTACT Transition Toolkit** Provides information about conducting assessment as well as free assessment tools

**Transition Assessment Matrix** - Indiana Secondary Transition Resource Center provides an easy way to sort a variety of assessment tools based on your need
Careers & Employment

Careers Cluster Interest Survey

Job Shadow Feedback

Photo Career Quiz

Independent Living

- Independent Living Checklist - Assess your child’s independent living skills for future planning/instruction: Independent Living Checklist and Spanish version

- Casey Life Skills

https://www.casey.org/casey-life-skills-resources/
Post Secondary Education

Education/Training Options

Enrollment in one or more of the following areas:

• Community or technical college (2-year program)
• College/university (4-year program)
• College preparatory program
• High school completion or certificate class
• Short-term education or employment training (Job Corps, Vocational Rehabilitation, military...)
• Vocational technical school
• On-the-job training
Off to College
https://www.offtocollege.com

- Planning
- College Search
- Financial Aid
- Life on Campus

Think College
https://thinkcollege.net/family-resources

- Information and resources about inclusive post secondary options for students with intellectual disabilities
- National College search of schools
- Includes information on paying for college, planning for employment, campus housing and academic access
NTACT Postsecondary Education and Training Preparation Toolkit

- Provides an overview of what students with disabilities need to be successful
- Planning information and tools
- Links to useful resources

Employment
Continuum: Career Exploration and Experiences

Explore Careers in Agriculture and Beyond

- Career Finder
- Virtual Field Trips
- Teacher Resources

https://agexplorer.com/#about
Explore-work.com

Created by WINTAC, Employment Resources, Inc. (ERI), the University of Wisconsin-Madison, and the University of Wisconsin-Stout Vocational Rehabilitation Institute (SVRI)

- Series of web-based modules that align with the five required WIOA Pre-Employment Transition Services

https://explore-work.com/
Using Explore-Work.com Webinar

Assess Interests and Explore Careers

CareerOneStop Website

Websites with Resources

- Association for Career & Technical Education (ACTE)
  Distance Learning Resources
- O*NET Online
  Career exploration and job analysis
- National Career Development Association
  Internet sites for career planning
Independent Living Options

Those skills or tasks that contribute to the successful independent functioning of an individual in the following domains:

- Leisure/recreation
- Home maintenance
- Personal care
- Community participation
- Finances
- Transportation

Got Transition/Center for Health Care Transition aim is to improve transition from pediatric to adult health care through the use of new and innovative strategies for health professionals and youth and families.

https://www.gottransition.org/index.cfm

Transition Readiness Assessment for Youth Six Core Elements of Health Care Transition 2.0

Paper version: https://www.gottransition.org/resourceGet.cfm?id=224

Online version: https://www.gottransition.org/youthfamilies/HCTquiz.cfm
Budgeting

• Develop “payment” for specific activities completed at home. (Payment may be monetary or preferred activities). Have students “pay” for meals, gas, or rent (as appropriate). Simple resource on “token economy” Video and brief description

• **Cents and Sensibility:** A guide to money management for students with disabilities

• **Budget You Life:** Forming a budget is one of the most important parts of financial success. This interactive site assist students in exploring budgeting strategies.

Recreation and Leisure

**Cultural and Virtual Museums**
- Google Arts and Cultures - https://artsandculture.google.com

**Exercise and Fitness**
- **Planet Fitness:** One of the country’s largest gym chains, Planet Fitness, has been live-streaming free online workout classes on its Facebook page on weekdays at 7 p.m. ET. These 30-minute, equipment-free workouts are also available on demand on their YouTube channel.
- **Nike Training Club:** This app lets you download free 15-, 30-, and 45-minute workouts designed by Nike trainers. Most of the workouts are equipment-free and use GIFs to demonstrate how to do each exercise — from squats, to walkouts, to lunges. There's a premium version, too, that includes nutrition advice.
- **Corepower Yoga:** The national yoga chain is offering free 30- and 60-minute classes while studios are closed. Special livestreams of classes will be available for members only starting March 19, and you can pay the $19.99 monthly fee for unlimited access to all Yoga On Demand classes.
- **YogaWorks:** Have a little more time? You can find plenty of 60-, 75-, and 90-minute classes on various studios’ YouTube accounts. Full schedule here
- **Downward Dog:** This company is offering its suite of fitness apps — from the seven-minute workout, to Barre, to Yoga for Beginners — for free, with no subscription required – www.downdogapp.com/schools
Additional Considerations

Disability Specific Resources

**Autism**
- Supporting Individuals with Autism through Uncertain Times
- Autism Society - Coronavirus: Response & Resources

**Intellectual and/or Developmental Disabilities**
- The ARC - COVID-19 Resources for People with Intellectual and/or Developmental Disabilities

**Mental Health**
- NAMI COVID-19 - Information and Resources

**Sensory Impairments**
- Virtual Activities for Teachers and Families - TX Sensory Support Network
YOUR FEEDBACK

Take 5 minutes to tell us what you think.....

Watch for a follow-up email tomorrow

With this link to survey

https://bit.ly/ProvidingTransition-FocusedActivitiesOnlineandAtHome

CEC Offers Free Membership Through May 31, 2020

CEC is opening its doors to the special education community in need of resources. Nonmembers of CEC can receive a free basic membership from now through May 31 by using the promotional code "CECED60". This will provide access to all journal articles, member discounts on publications and events, and the online membership community where these new members can ask questions and receive support from special educators, administrators and support personnel. Join Now!
Stay in Touch and Contact Us...
HANDOUTS & RECORDINGS

- This webinar is being recorded.

- The PowerPoint and handouts can be found at [www.transitionTA.org](http://www.transitionTA.org) – under “Events”

- The recording of today’s webinar will be available at [www.transitionTA.org](http://www.transitionTA.org) by Monday, March 30, 2020

- A captioned recording will be available at [www.transitionTA.org](http://www.transitionTA.org) by Friday, April 3, 2020

Online Discussion and Share Resources
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NTACT
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