



Transition Newsletter

Volume 10
Sept 2021



Using a Person Centered Approach to Learn All About YOU!

With school having just started, this is a great opportunity for you to become more self-aware of your own strengths and weaknesses. This information can be extremely valuable not only in your school setting but in future endeavors as well, such as living independently and future employment.

There a number of tools available on this website dhs.sd.gov/pct.aspx to help you learn about yourself. The information can then be shared with your family, teachers, employers, myself, or anyone else that is in a position to offer you support.

4+1 Questions

Below are some questions that will help give you the opportunity to share your personal thoughts about supports you've been receiving for tasks at school, work, and home.

1. What have we tried?
2. What have we learned?
3. What are we happy about?
4. What are we concerned about?



The questions above will help the team answer:

5. Based on what we know now, how should we move forward?

This tool should help you feel that you are being listened to and bring forward issues that might be overlooked. It can be used to update your plan and services. And will provide important information to everyone on your team so they better understand you, your needs, and your goals!

What's Working/Not Working

Think back to previous jobs and/or volunteer experiences. What did you like or didn't like? Look at the chart below, grab a clean piece of paper and start your own list so we can discuss your feedback during our next meeting. The input you provide will help determine what needs to stay the same or change, for a better chance of success moving forward in future jobs!

What Worked Well	What Didn't Work
→ Worked mornings	→ Had to do the same task every shift, got bored
→ Had an established routine with a variety of tasks	→ Meds make me tired in the evenings and my shift started at 5:30pm
→ Worked as part of a team	→ Had to stand in one spot the entire shift, caused my back to hurt

RESOURCE HIGHLIGHT
MyFILE

Keeping records is an essential part of life. Keeping organized records will help you become more independent. The MyFILE system was developed through a collaborative effort to help young adults maintain and organize information. The MyFILE is a compact, portable storage system for keeping important records, such as records from high school, doctors, Social Security, Employment, Housing, Financial/Bills, Medication, and so much more.

Learn more by visit the SD Parent Connection website (sdparent.org/) or email sdpd@sdparent.org and ask about getting your own MyFile.

SD Parent Connection can also assist with a **Person Centered Transition Assessments**. PCTAs coordinate well with the tools discussed in this newsletter and helps with establishing services and needs after HS. Call them directly for more information at 800.640.4553!

Charting the LifeCourse

In South Dakota, there is a Community of Practice for Supporting Families and people with disabilities through the Division of Developmental Disabilities. The focus of this community is to create a "hub" for self-advocates and their families to learn about available local services and supports to achieve their best life.

- People are using it to communicate their needs.
- People are advocating for the supports they need to accomplish their goals.
- Parents are setting higher expectations for their children.
- Students are learning how life experiences impact their career goals.
- Families are exploring the services and supports they need.
- Parents, siblings, and family members are able to share their ideas, hopes, and fears for the future.
- Teachers are improving social skills at school, at home, and in the community.
- VR Counselors are enhancing discovery & exploration that support career planning.

The tools in the Charting the LifeCourse booklet can help start in-depth conversations that can facilitate a person's planning process as they navigate services and supports needed throughout their entire life. A good place to start is by answering the questions on the **Tool for Developing a Vision** which is included in this newsletter. Then to delve deeper, there is the **Employment Trajectory Worksheet** and **Life Trajectory Worksheet**, both of which help determine a plan of action.

All of these documents, as well as through instructions, can be downloaded on the dhs.sd.gov/developmentaldisabilities/lifespan.aspx website. I'm also willing to work through the worksheets with you and your family, please just ask.

Name:

Phone:

Email:

[dhs.sd.gov/
transitionresources.aspx](https://dhs.sd.gov/transitionresources.aspx)

Employment Trajectory Worksheet:



VISION for Good Employment and a GOOD LIFE

Consider which PCT tools will assist to obtain the information that makes sense for the person and their outcome for employment.

Contributions: Personal Strengths & Assets

Skills, Experience, Attributes, Talents, Experience

- Hobbies
- Interests
- Personality Characteristics
- Social and Communication skills
- Knowledge
- Social Roles
- Recognition
- Contributions
- Classes / Education

Long-term Employment Desires and Goals:

- What has worked well/not well in past experiences?
- What experiences were most enjoyed or liked?
- What type of job should be tried or explored based on desires/preferences identified?
- How could an interest or hobby turn into a paid opportunity or start a business?

Non-negotiable:

- How much time does the person want to spend working? Are there medical conditions or other limitations to consider?
- Is there a time of day that does not work?
- How does the person want to get to work (i.e. walk, drive, public transit, carpool, etc.)? Based on this discussion, how close does home and work need to be for success?

Preferences:

- Is there a time of day that works best (i.e. days of week, hours, time of day, etc.)?
- Based on working/not working, what needs to stay the same?

Support Needs:

- What sort of adaptive technology or equipment will assist with job realization?
- What support is needed to get to work?
- Is support needed to manage earnings?
- How will work impact Social Security benefits?
- What is needed to understand how to get a job, keep a job or change jobs and build a long term career?

May include: Schedule, Salary, Benefits, Appearance, Learning Style, Supervisor Interaction, Environment, etc.

Birth

List life events above that created job skills or experience

Present

What I DON'T Want

- Was there a job or volunteer experience that didn't go well in the past or the person did not like and does not want to do again?
- Is there a time of day that does not work?
- Is there an environment that does not work well (noisy/quiet, too busy, too many people, too distracting, etc.) or anyone the person does not want to be around?
- Has there been a bad job match in the past? If so, what should be avoided?



Tool for Developing a Vision - Individual

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help individuals with disabilities of all ages start to think about a vision for how they want to live their life as an adult.

LIFE DOMAIN	My Vision for My Future	rank	Current Situation/Things to Work On	rank
 Daily Life & Employment	What do I think I will do/want to do during the day in my adult life? What kind of job/career do I think I might like?			
 Community Living	Where would I like to live in my adult life? Will I live alone or with someone else?			
 Social & Spirituality	How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?			
 Healthy Living	How will I live a healthy lifestyle and manage health care supports in my adult life?			
 Safety & Security	How will I stay safe from financial, emotional, physical or sexual harm in my adult life?			
 Citizenship & Advocacy	In my adult life, what kind of valued roles and responsibilities do/will I have, and how do/will I make sure I have control of how my own life is lived?			
 Supports for Family	How will my family still be involved and engaged in my adult life?			
 Services & Supports	What types of support will I need to live as independently as possible in my adult life, and where will my supports come from?			