



NTACT

National Technical Assistance Center on Transition

Instructional Resources – Focus on Independent Living Preparation

NTACT recognizes that educators, service providers, families and students are addressing learning in new and different ways currently. To address these changes NTACT has assembled some of its own resources, as well as resources from partner centers and organizations. We have added in resources shared from practitioners and families, as well. Not each of the below resources or links necessarily meet NTACT's usual criteria of an evidence-based or promising practice. However, each addresses a need and is from a reputable source.

During this new time, we encourage practitioners and family members to begin with (a) a student's IEP or 504 Plan as a starting place for what skills to address and (b) consider the context of the provision of instruction. Guidance documents from federal agency sources are also available on our website.

Family Focused Resources:

[Parent Center Hub](#) - Multilingual resources on COVID-19 that you could share with the families you help.

Connects you, colleagues, and families with:

- Guidance from OSEP, the U.S. Department of Education, and Others
- More multilingual resources
- Telecommuting Technology and Tips
- Schooling at Home
- Coping Tips and Other Useful Information

[Click here for a full list of tips \(in English or Spanish\)](#)

[PACER Center](#) - the national parent center

Span Parent Advocacy Network, Inc. ([Facebook](#) and [website](#))

[SPAN Parent Advocacy Network, Inc.](#) - A NJ parent advocacy's group

[Rhode Island Parent Information Network](#)

[Utah Parent Center](#) - Resources for parents during the COVID-19 outbreak

[Vermont Family Network](#)

Assessment and Planning:

[Transition Assessment Matrix](#)- Indiana Secondary Transition Resource Center

[NTACT Transition Assessment Toolkit](#)

Begin to develop a [student portfolio](#)

Independent Living Skill Instruction Resources Compiled for At-Home Use – April 3, 2020



Develop a [Positive Personal Profile](#) while at home

[Khan Academy](#) offers practice exercises, instructional videos, and a personalized learning dashboard.

Visit the [College, careers, and more](#) course for:

- College admissions
- Careers
- Personal Finance
- Entrepreneurship
- Growth mindset

[Youthhood.org](#) is a curriculum-based tool helping young adults plan for life after high school.

Comes with a curriculum guide.

Online activities include:

- Write in their **Private Journal**
- Test their knowledge in their **Activities Folder**
- Set goals in their **Life Map**
- Reflect on content in their **Class Notebook**

Focus Area Independent Living:

Assess your child's independent living skills for future planning/ instruction: [Independent Living Checklist](#) and [Spanish version](#)

[Casey Life Skills Resources](#)

[PowerPoint slides for lessons on travel training](#) from the Kennedy Center in Connecticut – extracted from NACT's [Quick Guide on Transportation](#)

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 Your Life](#): Forming a budget is one of the most important parts of financial success. This interactive site assist students in exploring budgeting strategies.

[Busy Kid - Chore-Financial Routine - App](#)

[Practical Money Skills](#)

Cooking

[Accessible Chef](#) – online free visual recipes and resources to help teach cooking skills to individuals with intellectual and developmental disabilities

Self-Determination “bell ringers”, associated with the Me! Lessons for teaching self-awareness and self-advocacy: [Bell Ringer PowerPoints](#)

Links to the Me! Lesson resources, Choicemaker Self-Determination curriculum resources, Whose Future Is It Anyway? IEP participation curriculum, and other self-determination resources for FREE at [Zarrow Center Transition Resources](#)

Self-Determined Learning Model of Instruction website:
<http://www.selfdetermination.res.ku.edu/homepage/resources/>. Three phases of the SDLMI worksheet: [Accessible/ Printable Worksheet](#) and [Interactive Online Page](#)

Health

Healthy Lifestyles instructional ideas from Oregon Health Sciences University: [Summary of Lessons from Young Adult Curriculum](#) and [39 Pages of Handouts](#)

Healthcare Transitions quiz for Youth and Young Adults:
<https://gottransition.org/youthfamilies/HCTquiz.cfm>

HCT Readiness Assessment for Youth:
<https://gottransition.org/resourceGet.cfm?id=224>

HCT Readiness Assessment for Parents/Caregivers:
<https://gottransition.org/resourceGet.cfm?id=225>

HCT Readiness Assessment for Students in Special Education:
<https://gottransition.org/resourceGet.cfm?id=526>

Independent Living Lesson Plan Starters

[Using Self-Management to Teach Task Initiation](#)

[Using Least to Most Prompts to Teach Laundry and Cleaning Skills](#)

[Using Response Prompting to Teach a Specific Skill](#)

[Using Simulation to Practice Social Skills](#)

[Using Self-Monitoring to Teach Game Related Social Skills](#)

[Using Simulated Instruction to Teach Selecting the Correct Bus Stop](#)

[Using the "One More Than" Purchasing Strategy](#)

[Using Response Prompting to Teach Grocery Store Shopping](#)

[Using Time Delay to Teach Selecting the Lower Priced Item](#)

[Using Video Modeling to Teach Meal Preparation](#) (this lesson features use of a DVD; however, a YouTube or other video featuring a recipe could be substituted)

[Using Time Delay to Teach Snack Making](#)

Each of the lesson plan starters above could be used to teach a different skill in a different setting than those included in the original lesson plan.

Mental Health conversation starters and infographics/ tips through [NAMI](#) and [Pathways](#)

Mobile Apps to Support Transition-Age Youth - [PACER Center - The Path to Independence](#)

Recreation and Leisure

Cultural and Virtual Museums

Google Arts and Cultures - <https://artsandculture.google.com>

Exercise and Fitness

Special Olympics - School of Strength

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

Other Notable Websites with Numerous Transition-Focused Resources

Create a login at www.transitioncoalition.org to access some excellent [Transition Tips](#) from the field.

[Arkansas Transition Services](#)

[Florida's Transition Education Network \(Project 10\)](#)

[Nebraska's Transition Planning Guide](#)

[Pennsylvania's Secondary Transition Guide](#)

[Transition Tennessee](#)

[UtahFutures](#)

[West Virginia's Pathways to the Future](#)

Disability Specific Resources in Response to COVID 19

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](#)

[Boardmaker - Free Coronavirus Communication and Teaching Resources](#)

Mental Health

[NAMI COVID-19 - Information and Resources](#)

Sensory Impairments

[Virtual Activities for Teachers and Families - TX Sensory Support Network](#)

For Profit – Commercial Resources

[CEC's Life Centered Education \(LCE\) Transition Curriculum](#) - "CEC is proud to present the entirely online Life Centered Education (LCE) transition curriculum and assessment portal."

