

# Top Ten List

10. Believe in yourself.
9. Know your disability.
8. Speak up, tell people what you want.
7. Try new things.
6. Choose your support.
5. Create your team.
4. Volunteer in your community.
3. Have fun.
2. Get a job.
1. Build your life, make a plan.



## Resources

- DES Rehabilitation Services  
651.296.5616 (V)  
651.296.3900 (TTY)  
www.des.state.mn.us
- MN State Services for the Blind  
651.642.0500  
651.642.0506 (TTY)  
800.652.9000  
www.mnssb.org
- ARC Minnesota  
651.523.0823  
800.582.5256  
www.arcminnesota.com
- MN Disability Law Center  
612.332.1441  
612.332.4668 (TTY)  
800.292.4150  
www.mnlegalservices.org
- MN Dept. of Human Services  
651.297.3933  
800.627.3529  
www.dhs.state.mn.us
- Social Security Administration  
800.772.1213  
800.325.0778 (TTY)  
www.ssa.gov
- PACER Center  
952.838.9000  
952.838.0190 (TTY)  
800.537.2237  
www.pacer.org
- United Cerebral Palsy  
651.646.7588  
www.ucp.org
- Mental Health Association  
612.331.6840  
800.862.1799  
www.mentalhealthmn.org
- MN State Council on Disability  
651.296.6785  
800.945.8913  
www.disability.state.mn.us
- Metro Center for Independent Living  
651.646.8342  
651.603.2001 (TTY)  
www.mcil-mn.org
- MN Dept of Health  
651.215.5800  
651.215.8480 (TTY)  
www.health.state.mn.us
- Client Assistant Project  
612.332.1441  
800.292.4150

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# Build Your Life, Make a Plan!

MAKING THE TRANSITION TEAM WORK

## What is Transition?

Transition is a process that will assist you in reaching your goals after high school graduation. Students with disabilities can and should be active members of their community. By following a pathway, you can reach your personal dreams.

There are many laws that can help you to reach those dreams. One of them is the Individuals with Disabilities Education Act (IDEA). The purpose of this law is to prepare students with disabilities to have jobs, to live in their communities and to be contributing members of society. Your Individualized Education Program (IEP) should be a planning tool to look at educational services that support you to reach your goals.

Transition planning provides a framework to:

- think about your future and design a plan for what you want to do after high school;
- focus on your strengths, abilities and needs; and
- connect with services and supports that you will need while in high school and after you graduate and most of all, remember...

**Your IEP is a guide for the future.**



## How to Build a Good IEP

- Your IEP is a tool for you to use to pick classes and set goals after you graduate.
- You need to be a part of the IEP team, and you need to pick other people to be on the team who are important in your life.
- You need to participate in your team meetings, and make sure that everyone is aware of your feelings.
- You need to know about your disability and be able to talk to other people about your disability.
- It is up to you to make sure that the IEP team members know what you want to do after high school, what job you might like to have or what college you want to attend.

**Transition planning is a process to help you reach your personal dreams.**

# After High School?

You have a lot of choices, the same as everyone else, but it may seem hard at first to know which one is right for you. Talk with your parents, use your IEP team and ask other people you know and trust to help you with your decisions. It is important to listen to the advice of others, get information about your choices and make decisions that will be best for you. If you decide later that you need to change your mind, that's okay, you can do so. The important thing is that you take part in making the decisions.

Take the time to talk with your parents, teachers, friends and others about the needs that you think you may have after graduation. Learning more about your disability and finding the help you will need is important. It can be a lot less work in the future if you prepare now. For example, if you have a disability that requires personal attendant services, you may want to look for companies/schools who already offer that service or are willing to provide personal attendant services to you where you work or attend school.



To be sure that everyone is working together for you... make everyone aware of your feelings!

# Home Living Means...

- You are a special part of your family.
- You are one of a kind.
- You have responsibilities and jobs to do around the house.
- Others will depend on you.

## Disagree With Your Parents? What You Need To Know.

- Your parents are responsible for you until you are 18 years old.
- It is okay to disagree with your parents, but it is not okay to be disrespectful, violent or to break family rules.

## How to Participate in Community Post-secondary Education and Training Programs:

Universities and colleges are required to have services for people with disabilities. Offices for students with disabilities can offer a lot of help to students with disabilities, especially students that are from out of town. These offices can help students with disabilities find help on campus and in the town where they live when they are in college.

- Complete the required application process.
- Share accommodation needs with your instructor.
- Attend class.
- Ask for assistance when needed.
- Contact your local school district.



## Next Step:

## Community Participation!

Minnesota Centers for Independent Living are nonprofit organizations whose purpose is to advocate for the independent needs of people with disabilities, to identify and provide access to existing resources, to provide peer support and to offer opportunities for people with disabilities to acquire the necessary skills to become more independent.

## As a student your role is to:

- In your junior year of high school, talk to your case manager about how to apply for services.
- Complete the necessary application form in a timely manner.
- Find out what services Rehabilitation Services can provide.

# Employment & Job Training

## Getting Ready to Work

- Use your IEP team to help you pick an after-school job or a job after you graduate.
- Pick a job doing something you enjoy. If you like music, you might want to work in a record store; if you like animals, you might work on a farm or at a pet store.
- Talk to other people about their jobs.
- Ask people you trust what kind of skills you might need to get a certain job.
- Visit a Workforce Center and learn what jobs are available in your area and how you can apply for those jobs.

## Who Can Help You Find a Job?

- Guidance counselors
- Coaches and teachers
- Family members
- People who own businesses in your home town

Rehabilitation Services (RS), which are part of the Department of Economic Security, help students and young adults with significant disabilities find jobs and careers when they leave high school. To qualify for services, a person must have a physical or mental disability that makes it difficult to prepare for or find and keep a paying job. RS usually decides eligibility within 60 days of an application.

**Know your rights and responsibilities!**  
**You have a legal right for help when you are an adult.**

# Stuff for Fun

## Safe and Healthy Choices (Recreation and Leisure)

- Identify "who" you are.
- Say a lot about your values and self-respect.
- Help you build friendships with others who enjoy the same things you do.

## There is NOTHING to do!

Most young people think that their hometown is so boring. Usually there are a lot of things to do that you just don't know about. Your school is a good place to start.

- Ask your counselor/advisor
- Sports programs
- Student clubs
- Theater and music programs
- Youth programs at your church, temple or synagogue
- Service clubs like 4-H or Americorps

## How to Make Choices

The most important thing to remember when making a choice is that you can always say No. It may be hard to believe, but the choices you make now, in junior and senior high school, can affect you for the rest of your life.

Some choices are easy, like, what movie to see on Saturday night. Other choices are not easy, like, how do you plan enough time to get your homework done and still have time for friends and other stuff? Whether you are making simple or tough choices, trust your instincts, it will usually tell you what is right and wrong.

# Being a Leader

There are a lot of ways to learn how to be a leader.

- 4-H
- Student council
- Community service clubs (Junior Jaycees, Americorps)
- School programs like sports and other student activities
- Volunteer activities in your community
- Community resources like Centers for Independent Living
- Community Transition Interagency Committees

Leadership skills are a lot like silver. The more you use them, the brighter they will shine.

**Find ways to increase your advocacy skills.**

