

# Shift

## Chet Quest's Transition Resource Center

Transition Tools for Youth and Families

PEAK Parent Center  
RSA Shift Transition Project



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# Introduction

*Finding quality information for transition can feel like walking through a maze. There is a flood of information out there, but it is difficult to wade through to find what will be useful based on the best practices and beliefs that lead to valued, successful lives for young people with disabilities.*

*This collection of transition resources was developed as a companion resource to the RSA Shift Project publication, **Chet Quest's Transition Guide to the Future**. The resources were chosen to support a person-focused, strengths-based approach to assisting youth with disabilities and their families and mentors to map out positive, doable plans for the future.*



# Table of Contents

The Resource Center is organized to go along with Chet Quest’s adventure in the book, Chet Quest’s Transition Guide to the Future, so the Resource Center frames transition as a space adventure.

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# Plan for the Future [Plan Your Course]

## Wish And Dream

Watch these videos as a way to begin thinking about possibilities!

Website Link	Link Description
<a href="#">LeDerick Horne's Dare to Dream</a>	Dare to Dream poem by LeDerick Horne
<a href="#">Following Your Dreams with a Disability</a>	Listen to Marna's story on chasing her dream to become a singer-songwriter.

## Set Goals and Plan Your Course

Use these tools to practice goal setting and planning. Ask family members or friends to go over them with you and help you add to them. Remember that you are not limited to using just one tool - a combination of them can be very effective. And, you can try different tools at different points in your lifetime! Check out the links below for goal setting strategies. Use these tools to find your strengths, build important relationships, get ideas and resources for reaching your goals, and develop a doable plan to follow:

Website Link	Link Description
<a href="#">Why Future Planning is Important</a>	A video explaining the importance of future planning.
<a href="#">WOOP - Wish/Outcome/Obstacle/Plan</a>	A mental goal setting process that helps you fully visualize what you want to achieve and at the same time identify what within you is holding you back. You can use this series of questions to identify where you may be stuck as you move forward.

Set Goals and Plan Your Course Cont...

Website Link	Link Description
<p><a href="#"><u>PATH - (Planning Alternative Tomorrows with Hope)</u></a></p>	<p>PATH is a facilitated, graphic, team planning process used for vision-building and goal setting to define direction in your own life. A group or circle of people who you invite, with the help of a facilitator, identify positive and possible targets and resources to assist you with moving effectively towards your goal. It is colorful and uses drawings inside a flow chart – all of this is illustrated on butcher paper hung on the walls.</p>
<p><a href="#"><u>Charting the Life Course</u></a></p>	<p>Created by families 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. Remember to check out the Charting the Life Course: Experiences and Questions Booklet.</p>
<p><b>Creating a One-Page Profile</b></p> <ul style="list-style-type: none"> <li>- <a href="#"><u>What is a One-Page profile?</u></a></li> <li>- <a href="#"><u>Examples of One-Page profiles</u></a></li> </ul>	<p>A one-page profile is a quick, easy to read, one page snapshot of who you are to help people get to know you. A one-page profile can share and highlight what really matters to you and what you want others to know about who you are and what you are working toward. One-page profiles help others understand what you value and can keep your views on the table during discussions about what you are going to do next.</p>

Set Goals and Plan Your Course Cont...

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>Transition Portfolio</u></a></p>	<p>Your Transition Portfolio is a tool for highlighting who you are, as well as your accomplishments, interests and goals for the future. There is no single format or template that works for everyone. Your portfolio can contain print documents like your resume, transcripts, certificates of achievement and letters of recommendation. It can also include photographs of you that show who you are or what you can do. It might also contain a picture of your planning meeting or PATH notes. Your portfolio can be in a binder so you can carry it with you and show it to others. Maintaining an electronic portfolio can also be very useful - then you can add to and update information and share it with others in a variety of ways. Some portfolios focus on one particular transition goal – like employment or postsecondary education. Others are more holistic, considering every aspect of a young persons’ life. Your portfolio can be organized for quick reference and can be a great communication tool.</p>
<p style="text-align: center;"><a href="#"><u>Vision Board</u></a></p>	<p>A visualization tool containing a collage of pictures, words, quotes, and anything else that inspires you and represents your goals and dreams. Collect individual pictures, words and ideas from magazines, or write in ideas as they come to you. If you don’t know where to begin, a vision board can be a great starting point for beginning to dream and get some ideas flowing. You can add to it over time and share it with others to start planning conversations.</p>
<p style="text-align: center;"><a href="#"><u>Mobile Apps to Support Transition-Aged Youth</u></a></p>	<p>This is a link to a list of apps for your phone. These apps can help you break down big goals into smaller do-able ones.</p>

# Get Started on Your Plan [Lift-Off to the Future]

## Navigate Service Systems [“Houston, Can You Hear Me?”]

Note: Resource information in this section is intended to provide a guide for learning about and navigating the various systems that offer support for people with disabilities. For more information on navigating systems, you can go to the Center for Parent Information and Resources ([www.parentcenterhub.org](http://www.parentcenterhub.org)). They can connect you to your state’s Parent Training and Information Center (PTI) or Community Parent Resource Centers (CPRC).

Website Link	Link Description
<a href="#">Resources about IDEA, IEP’s, and ITP’s</a>	The U.S. Department of Education’s Individuals with Disabilities Education Act (IDEA) website, contains useful information about the requirements under the law for special education services.
<a href="#">Vocational Rehabilitation</a>	Provided by the U.S. Department of Education, here is information about Vocational Rehabilitation Services and the law that assures those services are available, the Workforce Innovations and Opportunities Act (WIOA)
<a href="#">Administration for Community Living</a>	This is the website for the Administration for Community Living which is part of the U.S. Department of Health and Human Services. You can find links here to information and resources for people with intellectual and developmental disabilities.
<a href="#">Centers for Independent Living</a>	The National Council for Independent Living (NCIL) advances independent living and the rights of people with disabilities. NCIL envisions a world in which people with disabilities are valued equally and participate fully. You can also go to this site to get information about local Centers for Independent Living.

Navigate Service Systems Cont...

Website Link	Link Description
<a href="#">Transition Guide</a>	A useful transition guide from the U.S. Department of Education
<a href="#">National Disability Rights Network (NDRN)</a>	A nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP) throughout the country. There is a P&A/CAP agency in every state and U.S. territory as well as one serving Native American populations. Collectively, the P&A/CAP network is the largest provider of legally based advocacy services to people with disabilities in the United States.

## Build Connections and Relationships [Your Space Station Crew]

You can invite people to be a part of your group of family, friends and others who are there for you, sometimes called a circle of support (like Chet’s space station crew!), including people you trust, who know you, who are willing to dream big with you, and who will “have your back” when challenges come up. Many people have informal circles of friends they can count on in their lives, but sometimes, people with disabilities and their families find that a more deliberate process of inviting members and maintaining a formal circle of support or personal network can be helpful. Here are some resources for personal networks:

Website Link	Link Description
<a href="#">Circles of Support</a>	Created by Judith Snow the Circles of Support diagram identifies four different circles of friendships and relationships that people have in their lives. This diagram when used properly can help you identify people you know from everyday life who may have an interest in being a part of your life. It can also help you identify areas where you need to set goals and ways to find more balance in your life.



Website Link	Link Description
<a href="#">A Story About Circles of Support</a>	A short video about becoming a member of someone's Circle of Support

## Take Control of Your Own Life [Your Spacesuit Mojo]

### Shifting Roles - Best practices for parents and mentors supporting young adults in transition

Having control of your life and believing you can handle different situations builds your personal mojo. Your mojo will help you be calm, creative, and flexible when there is conflict or change. When you use your mojo, you can be powerful and in charge (or the agent) of your own life. As your roles are shifting you may find that you need new tools and resources to help you be the best "guide on the side" for your young adult.

#### Self Determination, Self-Advocacy, Self Determination and Youth Leadership:

Self-advocacy is an important term in the disability rights movement. Self advocacy is about being in charge and speaking up for yourself. Even if you call upon the support of others, you are entitled to be in control of your own resources and how they are directed. Self-advocacy is about having the right to make life decisions without unneeded influence or control by others.

Website Link	Link Description
<a href="#">Ed Roberts Video</a>	Watch this video about Ed Roberts, a pioneer self-advocate. Ed Roberts is a great role model for people who want to be the agents of their own lives.
<a href="#">Self-Advocacy Online</a>	Learn about the importance of advocating for yourself, listen to the stories of other self-advocates, and join a self-advocacy group.
<a href="#">What Can You Do?</a>	Inspirational PSA from the "What Can You Do?" Campaign for Disability Employment

Self Determination, Self-Advocacy and Youth Leadership Cont...

Website Link	Link Description
<p><a href="#"><u>Pennsylvania Youth Leadership Network</u></a></p>	<p>A youth leadership network created for youth by youth in Pennsylvania. This network promotes empowerment, advocacy, self-determination, leadership and service learning in areas of transition, employment, education and community engagement.</p>
<p><a href="#"><u>Listening to Young People with Disabilities to Help Make a Change</u></a></p>	<p>Read the stories of two young adult women with disabilities who take part in a social research project called, “Living Life to the Fullest” as they talk about their journeys of advocating to be heard.</p>
<p><a href="#"><u>Garrett Shows I’m in Charge</u></a></p> <p><a href="#"><u>Discussion Guide</u></a></p>	<p>Watch this short film about Garrett, a high school student, taking charge of his life with the help of his school. Garrett’s school puts transition strategies in place that allow him to play on a sports team, attend classes with his peers, attend his student-led IEP meetings, get a job and plan for his future.</p> <p>After the film, use the “Discussion Guide” link to begin having conversations around inclusive and post-secondary education, transition planning, social relationships and employment.</p>
<p><a href="#"><u>Self-Determination: Supporting Successful Transition</u></a></p>	<p>An article explaining the importance and the benefits of supporting young people with disabilities to become self-determined. The article also provides some helpful tips for families on how to help your young person develop their self-determination.</p>

Self Determination, Self-Advocacy and Youth Leadership Cont...

Website Link	Link Description
<a href="#"><u>I'm Determined</u></a>	<p>I'm Determined is a project funded by the Virginia Department of Education. This project facilitates youth, especially those with disabilities to undertake a measure of control in their lives, helping to set and steer the course rather than remaining the silent passenger.</p>
<a href="#"><u>Five Reasons Why Presuming Competence is ALWAYS a Good Idea</u></a>	<p>A thoughtful article that helps rewire the mindset that associates negative connotations to individuals with disabilities and explores the possibilities that become available when we focus on what a person can do versus what they cannot.</p>
<a href="#"><u>The Guideposts for Success: A Framework for Families Preparing Youth for Adulthood</u></a>	<p>This infobrief examines how the Guidepost for Success can be used as a framework from which families of youth with disabilities can consider the support needs of their youth during the transition planning process.</p>
<a href="#"><u>Teaching Parents and People with Disabilities to Find Their Voices and Speak-Up</u></a>	<p>An article exploring a program called Partners in Policymaking. This program helps parents of children with disabilities and adults and young adults with disabilities to become powerful advocates, to testify before policy makers and how to speak with lawmakers. Read or listen to this article to see what participants have accomplished since the program began.</p>
<a href="#"><u>How to Improve Transition Results for High School Students with Disabilities</u></a>	<p>A free on-demand webinar that describes the academic and non-academic strategies and tools special educators can use to address transition challenges.</p>

Self Determination, Self-Advocacy and Youth Leadership Cont...

Website Link	Link Description
<a href="#">Family Voices - Resources</a>	This link takes you to the resource page of the Family Voices website that shares many PDF presentations on a variety of topics, including: family engagement, public policy, navigating healthcare, education, and self-advocacy.

### Supported Decision-Making

The links below help parents and youth with disabilities explore how to shift their roles to give youth control and more say in their lives. Supported decision-making offers options for parents to remain as a safety net and at the same time support their young adult's efforts to achieve self-reliance and independence

Website Link	Link Description
<a href="#">Supported Decision Making (SDM): An Alternative to Guardianship</a>	A tip sheet that explains what supported decision making (SDM) is, why it's important and beneficial.
<a href="#">National Resource Center for Supported Decision-Making</a>	This national website shares stories, webinars, research, guides and toolkits to understanding supported decision-making.
<a href="#">Video - Supported Decision-Making</a>	Listen as Jonathan Martinis talks about how teachers can help families learn about supported decision making.
<a href="#">Video - Introduction and Guide to Supported Decision Making</a>	A 10-part series produced by the Minnesota Department of Human Services that will guide viewers on how to put supported decision-making theory into practice.

Supported Decision-Making Cont...

Website Link	Link Description
<a href="#">How to Make a Supported Decision-Making Agreement</a>	The American Civil Liberties Union (ACLU) produced this easy-to-use guide for people with disabilities and their families on supported decision-making agreements. It includes non-binding written agreements that can structure decision-making and make it easier for the person to get the help they need in the areas in which they want.
<a href="#">Video- Family Story about Supported Decision Making</a>	Watch this video of a mother and daughter as they choose to use supported decision-making instead of guardianship. Supported decision-making allows the young person with a disability to maintain their rights to make choices and ask for support when needed by someone they trust.
<a href="#">Beyond Guardianship: Toward Alternatives That Promote Greater Self-Determination for People with Disabilities</a>	This report explains how guardianship law has evolved, explores due process and other concerns, offers an overview of alternatives to guardianship and identifies areas for further study.

## Tools for Taking Control [Your Control Panel]

Chet Quest’s control panel is what helped him take charge and make decisions about the different parts of his life. The sections below have links and information to help you learn more and find helpful resources.

### Assistive Technology

Assistive technology is any item, device, software program, piece of equipment or product system that can be used to increase, maintain, or improve the functional abilities of a person with a disability or learning and attention issues as they work around their challenges.

Website Link	Link Description
<a href="#">Institute on Disability/UCED</a>	More resources and links that provide assistive technology product information.

Assistive Technology Cont...

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>AT3 Center</u></a></p>	<p>AT3 Center provides information and resources on assistive technology. Explore AT can help you identify assistive technology devices and services for educational, employment and community living purposes.</p>
<p style="text-align: center;"><a href="#"><u>Presuming Competence in Practice</u></a></p>	<p>An article about the importance of implementing augmentative and alternative communication (AAC) for individuals with complex communication needs (CCN). It also provides insight on the usefulness of being perceptive and receptive to the variety of ways people choose to communicate.</p>
<p style="text-align: center;"><a href="#"><u>Assistive Technology that Supports Independent Living for Young Adults with Disabilities</u></a></p>	<p>A webinar that provides an introduction to assistive technology. It explains the responsibility of living on your own and advocating your AT needs. It also provides tools and apps to help manage daily living, time management, money, transportation and more.</p>
<p style="text-align: center;"><a href="#"><u>Smart Technology to Help Independent Living</u></a></p>	<p>This article is about how innovation in smart technology has addressed the challenges of independent living for seniors that are also relatable for people with disabilities.</p>

### Benefits

Individuals with a disability have options when it comes to pursuing employment. The Social Security Administration, the Rehabilitation Services Administration, and Workforce Investment systems all have resources that can help. See below.

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>Social Security Benefits</u></a></p>	<p>The Social Security Administration provides information on eligibility requirements and how to apply for social security disability benefits.</p>

Benefits Cont...

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>Ticket to Work</u></a></p>	<p>Ticket to Work is a free and voluntary program that offers career development services and support for those receiving social security disability benefits to find work and obtain financial independence. Click the link to learn more about the program and how it works.</p>
<p style="text-align: center;"><a href="#"><u>WISE Webinars</u></a></p>	<p>Work Incentive Seminar Events (WISE) webinars give you free online webinars to help you learn more about the Ticket to Work program. You can join in every 4th Wednesday of the month, catch up on past webinars and events or learn on your own through self-paced tutorials.</p>
<p style="text-align: center;"><a href="#"><u>Employment Supports</u></a></p>	<p>This website shares employment support information to those receiving Supplemental Security Income (SSI).</p>
<p style="text-align: center;"><a href="#"><u>VR Toolkit for SSI Youth</u></a></p>	<p>Tips, checklists and tools to support successful work outcomes for SSI youth.</p>

## Budgeting

Having the skills to manage your money or budgeting helps you to create a spending plan for your money each month. A budget lets you know how you are going to pay for the things you need, like food and rent, and the things you want, like entertainment and special purchases. Following a budget or spending plan can help you stay out of debt or help you work your way out of debt if you are currently in debt.

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>Dollar Bird</u></a></p>	<p>Dollarbird is an easy way to add your transactions and categorize your expenses. Dollarbird can be used on your mobile device, does not need to be linked to a bank account, and can be shared with people in your personal network.</p>



## Budgeting Cont...

Website Link	Link Description
<a href="#">Practical Money Skills</a>	Financial education apps designed to make learning about finances fun and engaging.
<a href="#">5 Things You Should Know About ABLÉ Accounts</a>	An ABLÉ account is a state-run savings program for people with significant disabilities. This link shares five things you should know about opening an ABLÉ account.
<a href="#">Consumer Education Services Inc. - Budgeting</a>	This financial blog shares helpful tips for teaching budgeting skills to individuals with learning disabilities.
<a href="#">Mental Health and Budgeting</a>	Learn how to manage your money even with substantial medical bills by creating a spending and savings plan and getting help when you need it.
<a href="#">Personal Finance Guide</a>	A personal finance resource guide for people with disabilities.

## Career Exploration

Below we have listed a variety of career exploration resources. It is a good idea to spend some time exploring what you think you want to do for work before going to school for it or starting a job. This will save you time and money.

Website Link	Link Description
<a href="#">My Next Move</a>	My Next Move can help you start thinking about your career. You can explore specific careers or learn more about different types of careers in a particular industry. Not quite sure what you want to do? Just answer a few questions and the website will generate careers they think might suit you based on your answers. Each career type explains what the job is and what you would be required to do. It also shares the knowledge, abilities, personality, technological, and educational skills needed to be successful in each career.



Career exploration cont...

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>Skillful</u></a></p>	<p>Skillful is a website that shows you careers that could be available to you based on the skills and interests you already have. Answer a few questions to see what jobs match your current skill set.</p>
<p style="text-align: center;"><a href="#"><u>Informational Interviewing</u></a> <a href="#"><u>What is Informational Interviewing?</u></a></p>	<p>Informational interviews are meetings that you hold with someone working in a field or company that interests you. These links provide information on what informational interviewing is, how to set up an informational interview, and provide sample questions to get you started.</p>
<p style="text-align: center;"><a href="#"><u>Job Shadowing</u></a></p>	<p>This job shadow website has conducted hundreds of informational interviews from a wide variety of career fields. Follow this link to read the questions and answers from people working in the career fields that interest you.</p>
<p style="text-align: center;"><a href="#"><u>Soft Skills</u></a></p>	<p>Soft skills are skills that are based on how well you work and communicate with others. No matter what career you choose, soft skills are vital in getting and keeping a job. This link shares a list of top soft skills that most employers look for in a potential candidate.</p>

## College and Other After High School Learning Opportunities

More and more universities and other learning institutions are adapting and becoming more inclusive for students with disabilities. Many are offering modified Associates degrees or certifications in areas of special interest. The Federal requirements and supports for students with disabilities in college varies greatly from High School. Click on the links below to learn more about this growing area of inclusion.

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>I'm Thinking College</u></a></p>	<p>Watch this video to hear students with intellectual disabilities talk about their college experience.</p>

College and Other After High School Learning Opportunities Cont...

Website Link	Link Description
<p><a href="#"><u>Think College</u></a></p>	<p>Think College is a national organization dedicated to developing, expanding, and improving inclusive higher education options for people with intellectual disability. Think College supports evidence-based and student-centered research and practice by generating and sharing knowledge, guiding institutional change, informing public policy, and engaging with students, professionals and families.</p>
<p><a href="#"><u>The Transition: Differences Between High School and College</u></a></p>	<p>This link provides information, activities and resources to help you understand and prepare for the transition from high school to college. Watch video interviews with college students with disabilities discuss their experience, learn more about scholarships and financial aid and understand the importance of self-advocacy as you experience changes in your rights and responsibilities at the college level.</p>
<p><a href="#"><u>National Collaborative on Workforce and Disability - Making My Way Through College</u></a></p>	<p>Making My Way Through College is a guide for any student pursuing a degree, certificate or license at a two year or four year college or university. This guide helps you prepare to be successful in college and helps with the transition from college into the working world.</p>
<p><a href="#"><u>Transition to College Resources</u></a></p>	<p>This resource provides a list of links in the form of articles, fact sheets and infographics related to transitioning into college.</p>
<p><a href="#"><u>7 Fascinating Facts: Disability Support Services in College</u></a></p>	<p>Disability support services differ from high school to college. Read these 7 facts to understand what accommodations are available to you and who and what steps you need to take to ensure that you receive those accommodations.</p>

College and Other After High School Learning Opportunities Cont...

Website Link	Link Description
<p><a href="#"><u>Preparing for Postsecondary Education: What Families Need to Know</u></a></p>	<p>Watch this short video to understand how families can help support their young adults during the transition to college. Families can encourage their young adult to become a strong self advocate and help them realize what accommodations they may need in order to have a successful experience in college.</p>
<p><a href="#"><u>DREAM (Disability Rights, Education Activism, and Mentoring)</u></a></p>	<p>DREAM (Disability, Rights, Education, Activism, and Mentoring) is a national organization for and by college students with disabilities. The organization advocates for disability culture, community and pride. Watch this video that provides advice for college students with disabilities from college students with disabilities.</p>
<p><a href="#"><u>Workforce Recruitment Program (WRP)</u></a></p>	<p>The Workforce Recruitment Program (WRP) is a recruitment and referral program for students with disabilities. This program allows employees to search candidate applications and resumes from students that were interviewed and accepted into the program. The employers can search the WRP database and contact these candidates for temporary and permanent jobs throughout the year.</p>

## College Scholarships and Financial Aid for Students with Disabilities

Financial aid for college for students with disabilities is becoming more common and available. Check out the resources listed below to see which ones you may qualify for.

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>Scholly</u></a></p>	<p>Scholly is a website that is designed to be helpful before, during and after college. As a member you can receive personalized scholarships to apply for, edit your scholarship essays and college papers with the editing section and you can use the math companion that solves any math problem and breaks down step by step how to solve that problem so you understand how the answer was found.</p>
<p style="text-align: center;"><a href="#"><u>Affordable Colleges On-line</u></a></p>	<p>Search for scholarships specifically targeting students with disabilities. Some scholarships are specific for a certain type of disability and others are more general and broad. There is also a section to help you navigate other financial aid resources.</p>
<p style="text-align: center;"><a href="#"><u>Grants for Students with Disabilities</u></a></p>	<p>Learn about foundations and associations that are dedicated to funding grants and scholarships to students with disabilities and explore the colleges and universities that have highly regarded programs for students with disabilities.</p>
<p style="text-align: center;"><a href="#"><u>Scholarships.com</u></a></p>	<p>Fill out a profile on this site to receive a list of scholarships available for students with disabilities and other related scholarships to apply for.</p>
<p style="text-align: center;"><a href="#"><u>Fast Web</u></a></p>	<p>More resources for available scholarships and financial aid help for students with disabilities.</p>
<p style="text-align: center;"><a href="#"><u>Pell Grants</u></a></p>	<p>Federal Pell Grants are awarded to undergraduate students and are better than loans because they do not have to be paid back. Learn more about pell grants and how to apply.</p>

## Other Ways to Learn the Skills You Need Along the Way

Below are some online resources that can be accessed from home or the local library. These sites do not require enrollment in a formal higher education program. They can be used to further your education prior to enrollment or develop your expertise in a subject of interest for personal gain.

Website Link	Link Description
<a href="#"><u>Lynda.com &amp; LinkedIn Learning</u></a>	Lynda.com is now LinkedIn Learning. A leading online learning platform that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals. Many libraries have subscriptions to their services so they can be used for free.
<a href="#"><u>edX.org</u></a>	An online learning destination, offering high-quality courses from the world's best universities and institutions to learners everywhere.
<a href="#"><u>GCFLearnFree.org</u></a>	This program has helped millions around the world learn the essential skills they need to live and work in the 21st century. From Microsoft Office and email to reading, math, and more, GCFLearnFree.org offers more than 180 topics, including more than 2,000 lessons, 800+ videos, and 55+ interactives and games completely free.
<a href="#"><u>Skills Commons.org</u></a>	Offers classes in specific areas of employment. Your FREE and OPEN digital library of Workforce Training Materials Preparing the Workforce for 21st Century Employment.

## Customized Employment

Customized employment or as it was formerly called - job carving - is proving to be a great way to find and maintain employment long term for some individuals. Customized employment also provides support when you are first learning a new job and ongoing support as changes happen. Take a moment to watch the videos below and then review the articles listed to get a better understanding of how this support works and when you can ask for it.

Website Link	Link Description
<a href="#"><u>Gifts and Possibilities - Denise Bissonnette</u></a>	In this video, Denise Bissonnette talks about the idea of possibility thinking. This focuses on people putting aside their preconceived assumptions and focuses on the gifts and possibilities that every person has to offer to see how best to apply their gifts in the right job/career.
<a href="#"><u>Job Development vs. Job Placement - Denise Bissonnette</u></a>	In this video, Denise Bissonnette talks about the difference between job development and job placement. She explains that job development focuses on the real needs, abilities and interests of the person that makes sense to an employer versus trying to make a person fit the need of a position.
<a href="#"><u>The Essential Elements of Customized Employment for Universal Application</u></a>	Customized Employment (CE) is a way of personalizing the employment relationship between a candidate and an employer in order to meet the needs of both. Read this publication to learn more about CE and its essential elements.
<a href="#"><u>Customized Employment Q &amp; A</u></a>	If you are unfamiliar with customized employment (CE), this questions and answers resource page is a good place to start.
<a href="#"><u>Q &amp; A on Customized Employment: Parent Questions Answered!</u></a>	This questions and answer resource page is specifically designed for parents who may have some concerns about Customized Employment and if their child is ready to work in the community.



## Video Resumes

A video resume is a recording promoting a job seeker. A video resume is a great opportunity to make a great first impression. It allows you to show your actual skills in action, helps overcome bias, and allows for others to speak of your skills and strengths. Use the links below to learn more about video resumes and how to create one of your own.

Website Link	Link Description
<a href="#">Understanding and Creating a Video Resume and Professional Portfolio</a>	This link provides sample video resumes and some great ideas for your portfolio. Check out how to create a video resume with your Ipad.
<a href="#">How to Create a Successful Video Resume</a>	Use this link to follow step-by-step instructions on how to create a successful and professional video resume.
<a href="#">Tips for Creating a Video Resume (and when you need one)</a>	Understand the do's and don'ts of creating a video resume. Gain some helpful tips and learn how a video resume can be a helpful add-on to your application.
<a href="#">Make Your Own Video Resume</a>	Biteable is a website where you can choose and edit an already made video resume. Here you can select a template that matches your style and professionalism.

## Sites for Finding Additional Employment Resources

Here are some additional resources that focus on the transition from school to employment.

Website Link	Link Description
<a href="#">YES! Youth Employment Solution Center</a>	The YES! Center's mission is to improve competitive, integrative employment outcomes for transition aged youth and young adults with developmental disabilities. Read more to get information on what to consider during the employment planning search process.



Additional Employment Resources Cont...

Website Link	Link Description
<p><a href="#">PACER's National Parent Center on Transition and Employment (Video Series)</a></p>	<p>Watch the Voices of Experience video series featuring youth, parents, and employers on what they've learned throughout the transition process.</p>
<p><a href="#">Project Search</a></p>	<p>Project Search is a school to work transition program for high school students with significant disabilities. This particular link takes you to the Children's Hospital in Colorado, however Project Search is a nationwide program. Watch the video about Destinee who experiences blindness and does not have use of her legs, is exceeding at her job at the blood donor center.</p>
<p><a href="#">The Association for People Supporting Employment First</a></p>	<p>The Association for People Supporting Employment First's (APSE) mission is to advance employment equity for people with disabilities. They believe that everyone can and should work, and have the dignity of determining their career path. Follow this link to learn more about employment first and to understand the policies being promoted by APSE to create an inclusive workforce.</p>
<p><a href="#">Office of Disability Employment Policy (ODEP)</a></p>	<p>The Office of Disability Employment Policy is the only non-regulatory federal agency that promotes policies and coordinates with employers and all levels of government to increase workplace success for people with disabilities. Their mission is to develop and influence policies and practices that increase the number and quality of employment opportunities for people with disabilities.</p>
<p><a href="#">The LEAD Center</a></p>	<p>LEAD is a collaborative of disability, workforce and economic empowerment organizations dedicated to improving employment and economic advancement outcomes for all people with disabilities.</p>



Additional Employment Resources Cont...

Website Link	Link Description
<p><a href="#"><u>The National Collaborative on Workforce and Disability for Youth (NCWD/Youth)</u></a></p>	<p>NCWD/Youth assists state and local workforce development systems to better serve all youth, including youth with disabilities and other disconnected youth. The NCWD/Youth is composed of partners with expertise in education, youth development, disability, employment, workforce development and family issues. Their mission is to ensure that transition age youth are provided full access to high quality services in integrated settings to gain education, employment and independent living.</p>
<p><a href="#"><u>Job Accommodation Network (JAN)</u></a></p>	<p>JAN is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. They also offer one-on-one guidance on workplace accommodations, the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities.</p>

## Health and Safety

These resource guides and websites can help you and your family make a health care transition plan so you can take more control of your health care decisions.

Website Link	Link Description
<p><a href="#"><u>Got Transition?</u></a></p>	<p>Got Transition's goal is to improve transition from pediatric to adult health care through new and innovative strategies.</p>

Health and Safety Cont...

Website Link	Link Description
<a href="#">Envisioning My Future - Health Care Transition</a>	<p>This is a guide for youth/young adults to start planning their health care transition. Starting at age 12. This guide takes you through three stages: Responsibility, Practicing Independence and Taking Charge of your health care transition. There is also a tips for parents section within each of these three stages for additional information.</p>
<a href="#">Supporting Transition to Adulthood in the Medical Home</a>	<p>This article explains the importance of the health care transition (HCT), barriers encountered during the transition, outcome evidence of successful transition and more.</p>
<a href="#">Family Voices</a>	<p>An organization of family and friends of children and youth with special healthcare needs and disabilities. They promote families at all levels of healthcare to improve healthcare services and policies for children.</p>

### Socializing and Building Relationships

Every person has a right to have relationships with other people. This might lead to dating and falling in love with someone special to you. Here are some links for thinking about dating and building adult relationships. There are dating sites for matching people who have disabilities. Be a careful consumer and check the dating site out before you sign up. Find out about your community and how you can meet people and have fun at the same time.

Website Link	Link Description
<a href="#">Connecting With Your Community</a>	<p>Looking for ways to get connected to your community? This resource page provides a list of ideas to help improve and get connected with your community.</p>

## Socializing and Building Relationships Cont...

Website Link	Link Description
<a href="#">Dating Website</a>	Dating4Disabled is an online dating service for people with disabilities. You can use this site to find love or friendship.
<a href="#">Love, Dating, Relationships and Disability</a>	Follow this link to read first hand about the experiences and advice on dating, marriage, intimacy, and friendship from people with disabilities.
<a href="#">Tips for Dating with a Disability</a>	Get ten tips for dating with a disability by Ellie Smith, who has Erb's Palsy.
<a href="#">Healthy Dating -- Keeping Tabs® On Your Relationships</a>	You can purchase this booklet to help understand what a healthy relationship should be like and how to avoid a relationship that is emotionally and physically harmful.

## Transportation

Transportation is important to think about for work and play. These links will tell you about transportation in your state and county. You have a right to public transportation if your community has public transportation. People with disabilities also have the right to fly on airlines under the Air Carriers Access Act.

Website Link	Link Description
<a href="#">AccessNow</a>	AccessNow is an app that allows you to search specific locations to see if they meet your accessibility needs. You can join the community by rating locations for accessibility that have not yet been discovered. You can also filter and discover accessible places around the world.

Transportation Cont...

Website Link	Link Description
<a href="#">iMove</a>	iMove Around is an app that supports independent mobility of visually impaired people. With this app you can know the address of where you are and the points of interest around you, you can share your location with others, and you can create customized messages associated with a location.
<a href="#">Lyft</a>	Lyft has an access mode that, when enabled, allows passengers to request a vehicle that is specifically outfitted to accommodate people in wheelchairs.
<a href="#">Uber</a>	Uber also provides services to those with accessibility needs. Whether it's wheelchair access, bringing along a service dog, or functionality of the app for people that are blind and deaf, Uber is making strides to provide transportation for everyone.
<a href="#">Maps.Me</a>	Maps.me is a navigation app that you can use without being connected to the internet. You can also book hotels and explore different cities using the travel guide catalog.
<a href="#">Transportation and the Americans with Disabilities Act</a>	Equal access to transportation is one of the protected rights under the ADA. This link provides answers to the most frequently asked questions about transportation and the ADA.
<a href="#">Transportation as a Civil Right</a>	This article talks about the disparity between the public transportation system and the people who need it most. For low-income families and people with disabilities that rely on public transportation systems, there are still many barriers that prevent them from employment and access to fresh foods. The article argues that when conversations about transportation policy begins, those that are directly impacted by these decisions need to have a voice at the table.

Transportation Cont...

Website Link	Link Description
<a href="#">Air Passengers with Disabilities</a>	The Air Carriers Access Act explains the rights of people with disabilities to be airline passengers.

## North Star Resources to Help You Recalibrate

The resources below are national organizations that have led the way in creating a new vision for inclusion and redefining independent living. These organizations are like north stars that you can contact to assist you with recalibrating course and course corrections as you are completing your journey to adulthood. Use them like radar systems that air travelers use to determine their direction and to get critical information on where you are going.

Website Link	Link Description
<a href="#">HEATH Resource Center at the National Youth Transitions Center!</a>	The HEATH Resource Center is a web-based clearinghouse that serves as an information exchange of educational resources, support services and opportunities.
<a href="#">Center for Parent Center Hub</a>	The Center for Parent Information and Resources can connect you to your state's Parent Training and Information Center (PTI) or Community Parent Resource Centers (CPRC).
<a href="#">RAISE Center</a>	The National Resources for Advocacy, Independence, Self-determination and Employment (RAISE) Technical Assistance Center works with the seven (7) Rehabilitation Service Administration (RSA) funded Parent Training & Information Centers to develop and disseminate information and resources that increase their capacity to serve youth and young adults with disabilities and their families.

North Star Resources to Help You Recalibrate Cont...

Website Link	Link Description
<p><a href="#"><u>Rehabilitation Service Administration (RSA)</u></a></p>	<p>RSA's mission is to provide leadership and resources to assist state and other agencies in providing Vocational Rehabilitation (VR) and other services to individuals with disabilities to maximize their employment, independence and integration into the community and the competitive labor market.</p>
<p><a href="#"><u>PACER National Parent Center on Transition and Employment</u></a></p>	<p>PACER's resource library has a list of books, trainings, and handouts on a plethora of topics related to transition and employment.</p>
<p><a href="#"><u>Centers for Independent Living</u></a></p>	<p>Centers for Independent Living (CIL) are consumer-centered, community-based, cross disability, non-residential, private non-profit agencies that provide Independent living services. Use this link to learn more about CIL's and what services they provide that may help you on your transition journey.</p>
<p><a href="#"><u>Directory of Centers for Independent Living (Hosted by the ILRU)</u></a></p>	<p>Use this link to find the Center for Independent living that's closest to you.</p>
<p><a href="#"><u>National Council on Independent Living (NCIL)</u></a></p>	<p>NCIL advances independent living and the rights of people with disabilities by building their capacity to promote social change, eliminate disability-based discrimination, and create opportunities for people with disabilities to participate in the legislative process to affect change. NCIL promotes a national advocacy agenda set by its membership and provides input and testimony on national disability policy.</p>
<p><a href="#"><u>The ADA (Americans with Disabilities Act) and Transition</u></a></p>	<p>Follow this link to see a list of ADA questions and answers from PACER.org related to transitioning to adulthood. The topics covered are: self-advocacy, jobs and job training, post-secondary education, community participation, recreation and leisure and home living.</p>

North Star Resources to help you Recalibrate Cont...

Website Link	Link Description
<p style="text-align: center;"><a href="#"><u>Lead Center</u></a></p>	<p>Here is an article that lists accommodations, and community resources for banking, child care, education, employment and housing. It is a comprehensive list with a wide variety of applications.</p>
<p style="text-align: center;"><a href="#"><u>Accessible Education Materials (AEM) Center</u></a></p>	<p>The AEM Center provides resources and technical assistance for educators, parents, students, and others interested in learning more about accessible educational materials</p>
<p><b>National Center on Accessible Educational Materials</b></p> <ul style="list-style-type: none"> <li>- <a href="#"><u>Workforce Development</u></a></li> <li>- <a href="#"><u>Higher Education &amp; AEM</u></a></li> </ul>	<p>Accessible Education Materials (AEM) are print and technology based educational materials that are designed or enhanced in a way that makes them usable across the widest range of learner variability, regardless of format. Use the links on the left to learn how AEM is used to expand and advance opportunities in workforce development and in post-secondary education.</p>
<p style="text-align: center;"><a href="#"><u>American Association of People with Disabilities (AAPD)</u></a></p>	<p>AAPD works to increase the political and economic power of people with disabilities. Use this site to learn about what AAPD advocates for and learn about the different initiatives and programs being offered.</p>