


2018 Pennsylvania Community on Transition Webinar Series

Webinar 3







Charting the LifeCourse for Everyday Lives

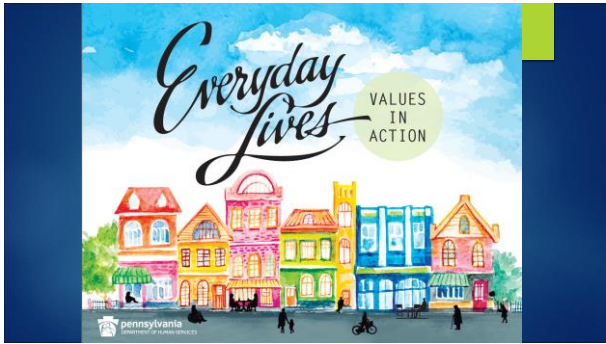
Today:

- ▶ National Community of Practice: Supporting Families throughout the Lifespan – Focusing on the Post-Secondary Education and Training uses
- ▶ Foundational beliefs of the LifeCourse Framework and how they support the transition journey
- ▶ LifeCourse tools – Applicability when helping a student envision and plan for their post-secondary dreams and goals.
- ▶ Resources by the Life Domains





Core Belief:
All people have the right to live, love, work, play and pursue their life aspirations in their community.



Everyday Lives: our framework for change



VALUES IN ACTION


1 Assure Effective Communication	7 Develop and Support Qualified Staff
2 Promote Self-Direction, Choice and Control	8 Simplify the System
3 Increase Employment	9 Improve Quality
4 Support Families throughout the Lifespan	10 Expand Options for Community Living
5 Promote Health, Wellness, and Safety	11 Increase Community Participation
6 Support People with Complex Needs	12 Provide Community Services to Everyone

MY ODP

Supporting Families Throughout the Lifespan

4. SUPPORT FAMILIES THROUGHOUT THE LIFESPAN

The vast majority of people with disabilities in Pennsylvania live with their families. Families need support in order to make an everyday life possible. Families need information, resources, and training. They need connections with other families and support services. Listening to people with disabilities and their families is key to providing supports that help them achieve an everyday life.



Community Access

10. EXPAND OPTIONS FOR COMMUNITY LIVING

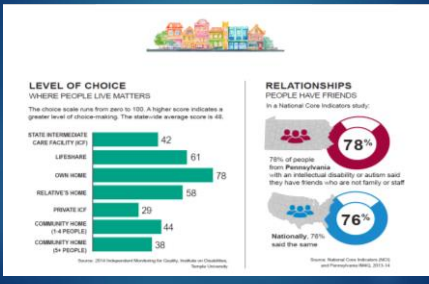
Expand the range of housing options in the community so all people can live where and with whom they want to live. Listening to people with disabilities and their families, providers, and support coordinators will help people locate affordable and accessible housing, find housemates, and identify housing resources/supports and other government benefits that, when blended with natural supports, will promote an everyday life.

11. INCREASE COMMUNITY PARTICIPATION

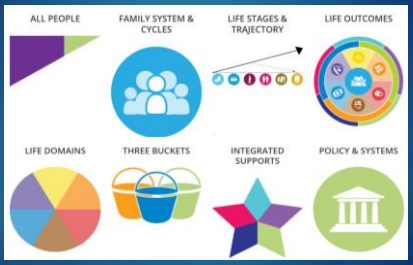
Being involved in community life creates opportunities for new experiences and interests, the potential to develop friendships, and the ability to make a contribution to the community. An interdependent life, where people with and without disabilities are connected, enriches all of our lives.



Level of Choice and Relationships



The Life Course Principals



The most powerful force in changing transition outcomes for young people with significant disabilities is not ultimately found in the transition plans we craft, the educational services we offer, the instruction we provide, or the systems we build, but rather in the expectations and aspirations individual parents hold for their sons and daughters. All of these other efforts are no doubt essential, but absent families equipped with a clear and compelling vision for a "good life" after high school, we are missing something utterly essential.

- Erik Carter
"What Matters Most: Research on Elevating Parent Expectations"

Link: Support to Families Parent Expectations Resource

LifeCourse can help us have **high expectations** and envision the kind of life that will be fulfilling and where we can make a difference.

Barriers

- ▶ Historically, people with disabilities did not have many chances to work in their communities.
- ▶ Low expectations and focus on limitations rather than strengths.
- ▶ Low employer expectations – subminimum wage.

Moving Forward

- ▶ The LifeCourse framework and Tools breakdown these barriers – beginning with a **dream**.
- ▶ Empowering the person and their family.

The Lifecourse Framework:

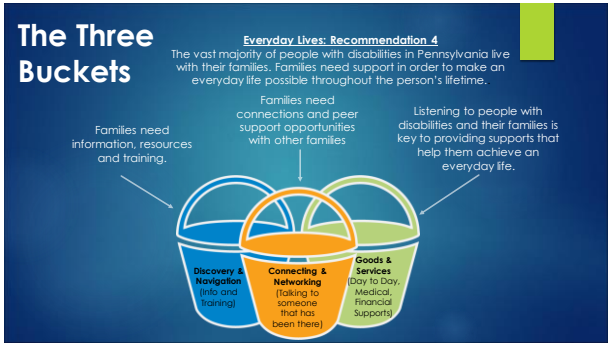
- ▶ Starts with the LifeCourse principles
- ▶ Conversation starters
- ▶ Problem solvers
- ▶ Encouraging creation and ownership of a vision for an everyday life
- ▶ Can be used by anyone in any setting
- ▶ Focused on all stages of the lifespan



The Life Course Framework












Everyday Life Domains




Daily Life and Employment
(school/education, employment, volunteering, routines, life skills)




Healthy Living
(medical, behavioral, nutrition, wellness, affordable care)




Community Living
(housing, living options, home adaptations and modifications, community access, transportation)



Safety and Security
(emergencies, well-being, legal rights & issues, guardianship options & alternatives)



Social and Spirituality
(friends, relationships, leisure activities, personal networks, faith community)



Citizenship and Advocacy
(valued roles, making choices, setting goals, responsibility, leadership, peer support)

Resources

- ▶ Your IEP for Transition
- ▶ Office of Vocational Rehabilitation
- ▶ Employment services – job coaching, job finding, Discovery (ADEPT)
- ▶ Career Link
- ▶ Works for Me
- ▶ Post secondary school – College, technical schools
- ▶ Home and Community Based Waivers
- ▶ Centers for Independent Living
- ▶ Social Security Administration: SSI and SSDI
- ▶ PA Family Network- Workshops and Mentoring



Daily Life & Employment

What a person does as part of everyday life – school, employment, volunteering, routines, & life skills.

Resources

- ▶ IEP for Transition – Independent Living supports
- ▶ Centers for Independent Living
- ▶ Home and Community Based Waiver Services-own a home, LifeSharing, Group Homes, Home modifications
- ▶ Housing Authority – HUD: Section 8, Vouchers, etc.
- ▶ Self Determination Housing Project of PA
- ▶ Transportation services
- ▶ PA Family Network- Workshops and Mentoring




Community Living

Where and how someone lives – housing and living options, community access, transportation, home adaptations and modifications.

Resources

- ▶ PA Secondary Transition Guide
- ▶ Got Transition
- ▶ National Youth Transition Center
- ▶ PA Medical Home Project:
- ▶ Transition Healthcare Checklist: (search for Transition to Adult Living in PA)
- ▶ Your Local Hospitals and Medical Community
- ▶ PA Family Network- Workshops and Mentoring



Healthy Living

Managing and accessing health care and staying well – medical, mental health, behavioral health, developmental, wellness and nutrition.

Resources

- ▶ Special Needs Registry – emergency responders
- ▶ Yellow Dot – information notice to look in the glove compartment
- ▶ PA Assistive Technology Foundation
- ▶ APPs and other GPS technology
- ▶ Legal Decision Making – Power of Attorney, Guardianship and Supported Decision Making
- ▶ Self Advocacy Skill development – IEP goals and other resources
- ▶ PA Family Network- Workshops and Mentoring



Safety and Security

Staying safe and secure – emergencies, well-being, guardianship options, legal rights & issues.

Resources

- ▶ Community Centers
- ▶ Volunteer groups
- ▶ Social Media
- ▶ Library
- ▶ Faith Communities
- ▶ Fire Department
- ▶ Hobbies and Clubs
- ▶ [Link to Friendship Circle](#)
- ▶ [Link to Meetup](#), a social website to find others with similar interests.
- ▶ Home and Community Based Waivers
- ▶ PA Family Network- Workshops and Mentoring




Social and Spirituality

Building friendships, leisure activities, personal networks, and faith communities.

Resources

- ▶ Participate in your Transition IEP and your other planning meetings
- ▶ Register to Vote, Carry a state ID
- ▶ Join local Civic Associations
- ▶ Neighborhood Watch groups
- ▶ Volunteering. Involved in local politics
- ▶ Self Advocacy groups – PYLN, SAU1, Speaking for Ourselves
- ▶ Centers for Independent Living
- ▶ Arc of PA and their chapters
- ▶ Disability advocacy groups
- ▶ PA Family Network- Workshops and Mentoring



Citizenship and Advocacy

Building valued roles, making choices, setting goals, assuming responsibility, and driving how one's own life is lived.






PA OVR



Pennsylvania Office of Vocational Rehabilitation

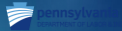


Connect with OVR 

Connect with OVR 

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OVR's Mission

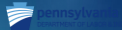


To assist Pennsylvanians with disabilities to secure and maintain employment and independence.

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OVR Services (1 of 2)



OVR services are available to individuals who:

- ▶ Have a disability,
- ▶ The disability causes substantial problems in preparing for, obtaining, or maintaining a career,
- ▶ Want to work.

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OVR Services (2 of 2)



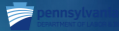
Services available to OVR Customers:

- Diagnostic Services
- Vocational Evaluation
- Counseling & Guidance
- Pre-Employment Transition Services
- Restoration Services
- Placement Services
- Supported Employment
- **Financial Aid for Training**
- Assistive Technology
- Business Services

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Funding for Training



It is OVR's policy to provide for the reasonable financial support of customers in their attendance at colleges and universities.

Costs allowable for consideration of support include *tuition, fees, books, supplies, room and board, and transportation.*

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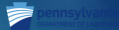
Types of Training



- ▶ **College/University** – any program offered by an accredited college or university that results in the awarding of an associate's, bachelor's, master's, doctoral, law or medical degree.
- ▶ **Business Trade or Technical (BIT)** – any program offered in the facilities approved by the Dept. of Ed or Dept. of State that results in the awarding of a certificate, diploma or associate degree.
- ▶ **Non-Traditional Training** – includes correspondence, distance learning/online, or other traditional methods of training.

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Training Guidelines



- ▶ The student must have graduated from high school and/or successfully completed secondary education under an IEP.
- ▶ OVR requires all customers to maintain full-time status in order to graduate within the expected time limits established by the school.
- ▶ OVR customers must maintain at least a 2.0 cumulative GPA (or a higher GPA if required by their school or major).
- ▶ Students must maintain federal academic progress to be eligible for federal and OVR aid. The institution makes this decision.
- ▶ All customers seeking OVR sponsorship for training must complete and submit a FAFSA yearly.

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Agency Involvement: IEP Process

Special Education Transition Planning - Assessments, Interact/Preference, Academics, Activities to Support Postsecondary Education, Employment, Independent Living	Before, During, and After High School
OMHISAS - County-Based Mental Health Services (Child)	Before, During, and After High School
OVR - Early Reach Initiative Pre-Employment Transition Services (beginning age 14)	Before High School and early High School career
OVR - Pre-Employment Transition Services and Individual Cases (beginning at age 16)	During High School
OVR - Individual Cases	After High School
ODP - (D/A) Waivers - Based on capacity and eligibility	Before, During, and After High School
ODP - Adult Autism Waiver (AAW) and Adult Community Autism Program (ACAP) - Age 21 and older	After High School
OMHISAS - County-Based Mental Health Services (Adult)	After High School

The importance of having a vision of a good life

Having a vision sets the dream, the positive expectation for the future.
 But without a vision, there is no expectation of what the future might look like.

Life Course can help us plan and prepare for life's transitions and beyond by charting the way.



Life Course Tools

The slide displays three life course tool templates. The first is 'My LifeCourse Portfolio' featuring a 'ONE PAGE PROFILE' and 'My Life Stages'. The second is a 'Life Stages Worksheet' with a vertical timeline and a person icon. The third is 'Integrated Services and Supports' with a star in the center and surrounding text boxes.

Life Stages and Trajectory Toward the Good Life

The diagram shows a white arrow pointing from a purple cloud at the bottom labeled 'What do I know I DON'T want?' to a blue cloud at the top labeled 'What is my vision of an everyday life?'. A horizontal dashed line with icons (person, family, group) is below the arrow.

Trajectory Isn't Always Straight

The diagram shows a white arrow that dips down and then rises. A dashed yellow arrow points to the dip, which is labeled 'Incidents shouldn't become life sentences'. The arrow then points to a purple cloud labeled 'Getting back on track'. A photo of a group of people is on the left.

LifeCourse Focuses on **day-to-day** experiences, relationships, supports, and resources that will **keep us moving toward our vision.**

- ▶ What happens everyday is important. Questions to consider:
- ▶ Are the experiences we are having today following the trajectory toward our dreams?
- ▶ What relationships and opportunities can help make this happen?
- ▶ Where can we be involved in community and build those contacts and experiences?
- ▶ What skills or training may be helpful in keeping me moving toward my vision of an everyday life?

The LifeCourse Tools lead people to think creatively and anticipate what's next.


Transition Planning and Resources

CHARTING the LifeCourse

Tool for Developing a Vision - Family

Having your own vision for your child's future is the first step in creating a plan to support that vision. This tool is designed to help you explore your own vision for your child's future and to share it with your family. It is a starting point for developing a plan to support that vision.

Area	What do you see for your child's future? (Write your vision here)	What resources do you have to help you achieve this vision?	What do you need to help you achieve this vision?
Education			
Employment			
Community			
Health			
Transportation			
Financial			
Legal			
Other			



Transition to Adulthood

Transition to Adulthood is a process that begins in childhood and continues through adolescence and young adulthood. It is a time of significant change and growth, and it is important to have a plan in place to support your child's transition to adulthood.

Charting the LifeCourse

Experiences and Questions Booklet
A Guide for Individuals, Families, and Professionals

Throughout our lives, we face questions and search for answers that will help us on our journey to a full and meaningful life. This is true for everyone, especially when there are barriers to our full participation in life.

Charting the LifeCourse is a resource that provides a starting point for the future. It is designed to help you think about the questions to ask yourself as you plan, explore, and prepare for your child's future. It is a starting point to help you plan your own life journey.

We hope this resource provides you and your family with the information you need to know when your child is young and when you are still planning, as he or she ages and grows into adulthood. From the experiences and questions we share here, you will see how we live in the future.

[Link to Life Course Tools Planning](#)

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Charting the LifeCourse

LIFE DOMAIN
Daily Life & Employment
What a person does as part of everyday life—school, work, family, and community.

LIFE STAGE
Transition
Transitioning from school to work (14-22)

DEVELOPED BY
MISSOURI EMPLOY ECONOMY
IN PARTNERSHIP WITH

Daily Life & Employment

Before you become a student, you will be working and doing other things. Transition is a time to think about what you will be doing as part of daily life when the school bus stops coming. You will think about the things that you will do and what you need to do. This booklet explains the things you need to know about daily life and how to get ready to do, and resources to help you get ready, including opportunities, challenges, and learning about your own community. This booklet is for you!

A Pennsylvania-Specific Daily Life and Employment Booklet is in development.

Anticipated for release in Spring 2019. Stay tuned!

Link to MY ODP

HOME | ABOUT US | SERVICES & CONTACT | TRAINING | RESOURCES | COMMUNICATIONS | ACCOUNTS/TOOLS

TRAINING SERVICES | SUPPORT | SEARCH

MY Flexible Employment Development System
The new Flexible Employment Development System is now available. Please visit MY ODP (myodp.com) to learn how to register.

MY Transportation Plan
Visit the My Flexible System Page, Customer Support and My ODP for more information.

My Account and Profile
Visit the My Flexible System Page, Customer Support and My ODP for more information.

SUPPORTING FAMILIES
OF PENNSYLVANIA
PENNSYLVANIA STATE TEAM

COMMUNITY OF PRACTICE
FOR THE NATIONAL CENTER OF FAMILY ASSISTANCE

Welcome to the Office of Developmental Programs Resource Center

LOG IN or REGISTER

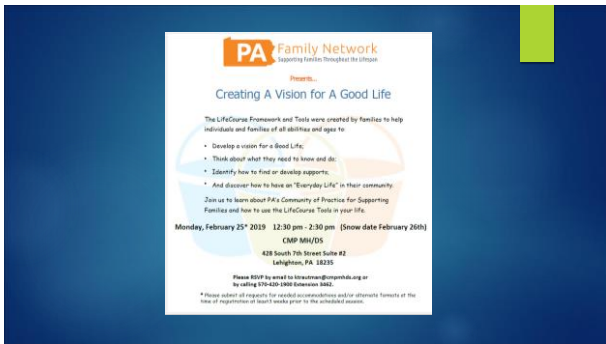
PA Family Network
Supporting families throughout the lifespan

Everyday Lives
VALUES IN ACTION

We can help students and their families feel empowered, heard and learn in a supportive inclusive environment together. All students should feel like they not only belong but have value...because it's the path to a good life.







QUESTIONS?

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[Link to MY ODP](#)

**PENNSYLVANIA
COMMUNITY OF PRACTICE
FOR SUPPORTING FAMILIES**

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