

# If You Can Dream It, You Can Do It!

Capital Area Transition Fair  
April 22, 2022



# Kelly – Sibling and Professional



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Soon, the bus will stop coming....



Now is the right time to start planning for your life after high school.



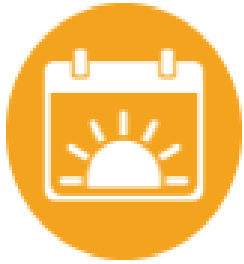


# Where Do I Start?

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Talk with your teachers, parents, transition counselors, and friends about what you really enjoy.





## Daily Life & Employment

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

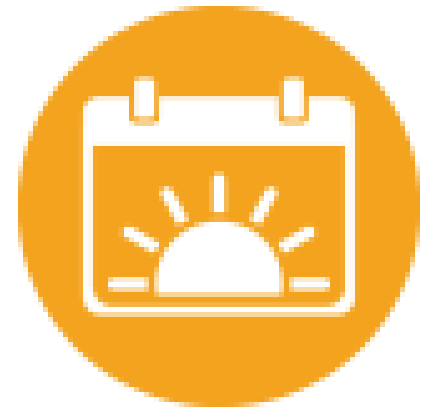


# Let's Brainstorm!

## What does your ideal day look like?

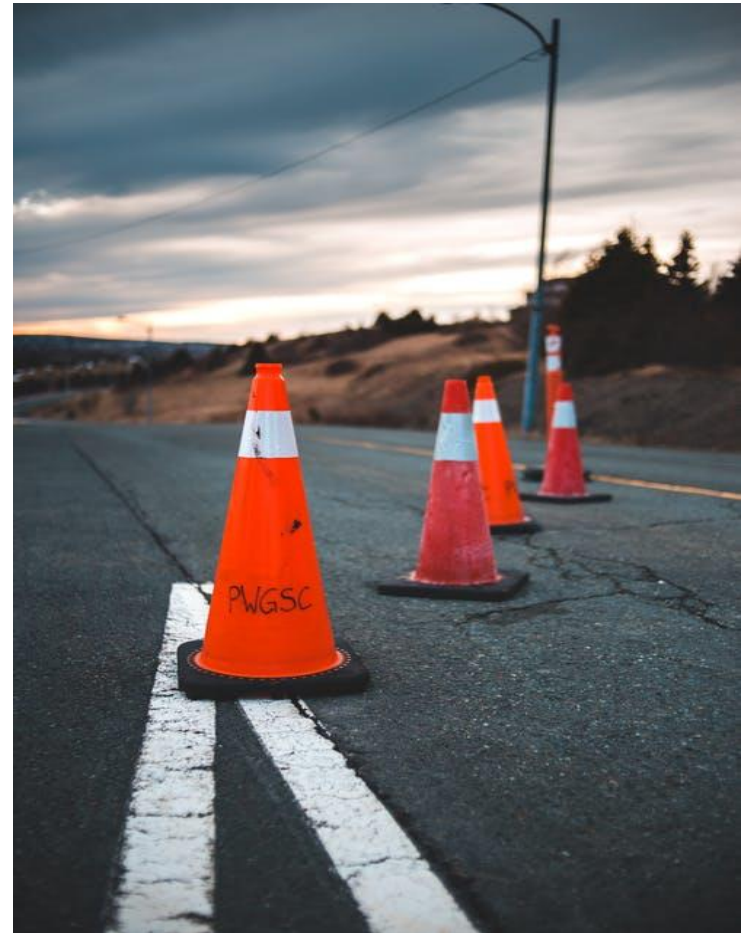


What do you want to do during daytime (school) hours when school is over for good?





What makes a bad day for you  
(things to avoid)?







# What Do You Enjoy?

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What Do You Enjoy?

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# What Are Your Conditions for Success?



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What are your  
conditions for  
success?





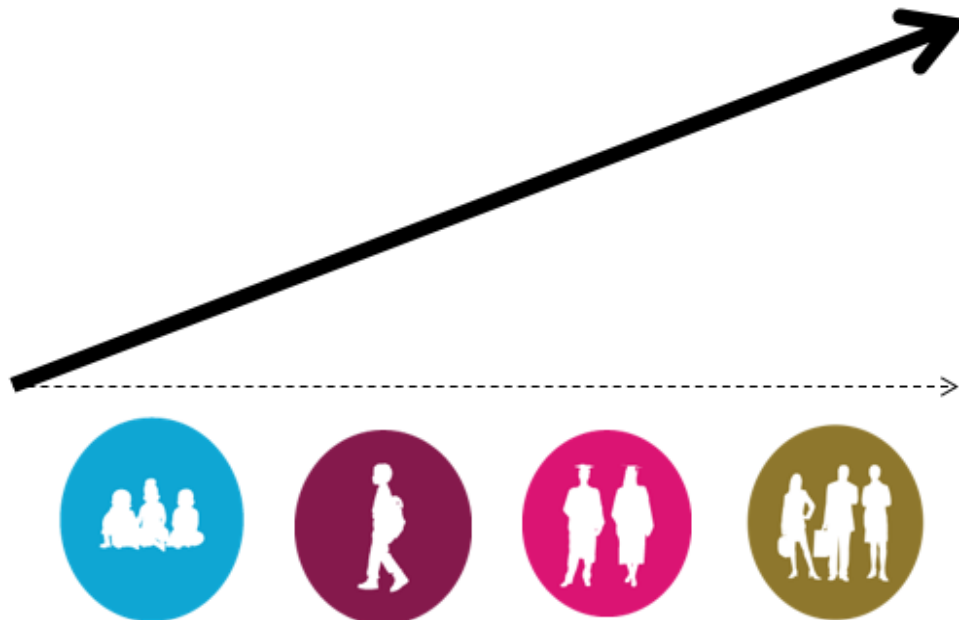
What Are Your Strengths?



# What Are Your Strengths?



## Life Stages and Trajectory Toward the Good Life



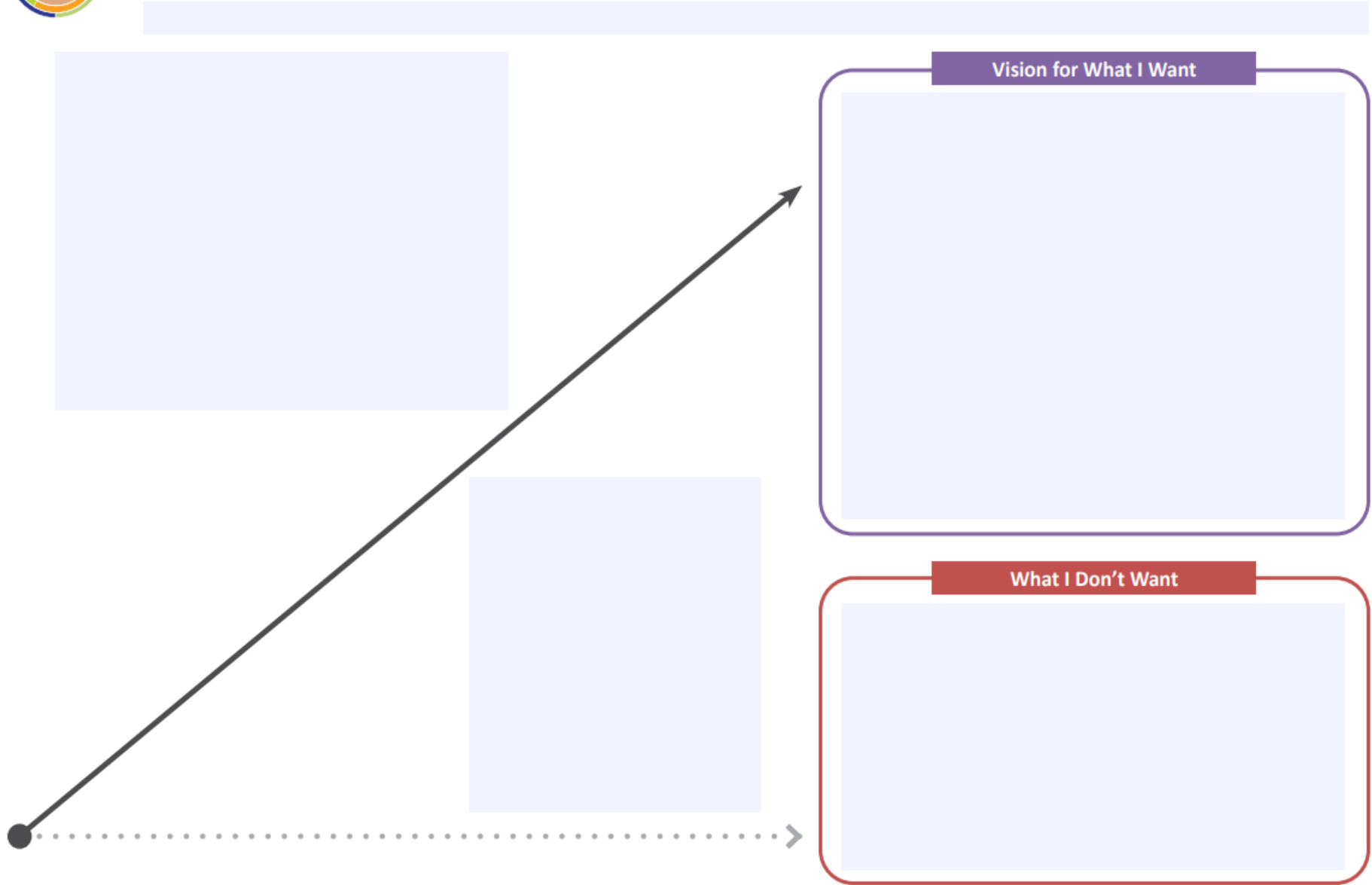
What would my  
good life look  
like?

What is my  
VISION?

What do I NOT  
want to see  
happen?



# LIFE TRAJECTORY | EXPLORING



Vision for What I Want

What I Don't Want





### What has helped?

List things that have happened in the past that have helped you get closer to your good life and job/career visions.

### What has gotten in the way?

List things that happened in the past that stopped you or got in the way of your good life or job/career visions.

### My Vision for a Good Life and Job/Career

My vision for a job or career

My vision for a good life

### Dislikes

What I don't want for my job or career

What I don't want in my life



## Technology

- Online resume builders
- i-Pad or smart phone
- Computer
- Online classes
- Social media to connect and search for jobs
- Apps to help learn job skills or stay safe
- Vehicle or home modifications
- Calendar to keep track of schedule
- Alarm clock or app
- Electronic reminders
- Calculator
- Direct deposit and automatic bill pay

## Personal Strengths & Assets

- Has chores and responsibilities at home or school
- Uses alarm to wake up and get ready for school or work
- Knows how to access and use public transportation
  - Has had summer job or other work experience
    - Able to communicate needs
    - Uses a debit card

## Relationships

- Job shadow family member
- Spend day with friend at their college or trade school
  - Ask family friends, teachers what kind of job they think you would be good at
- Start carpool or ride co-op
- Ask neighbors, friends or family about doing odd jobs for them
- Ask same age peers about their summer or part time jobs
- Ask friends and family about jobs or education plans after high school

# My Employment Goal

- Visit businesses to learn about jobs
- Visit colleges or technical schools
- Attend career day or job fair at school or in community
- Talk to school counselor about your job interests
- Go to bank and open a student or joint bank account
- Explore local transportation options
- Learn to use public transportation
- Participate in community theater, after school clubs, sports, scouts, boys/girls clubs

## Community Based

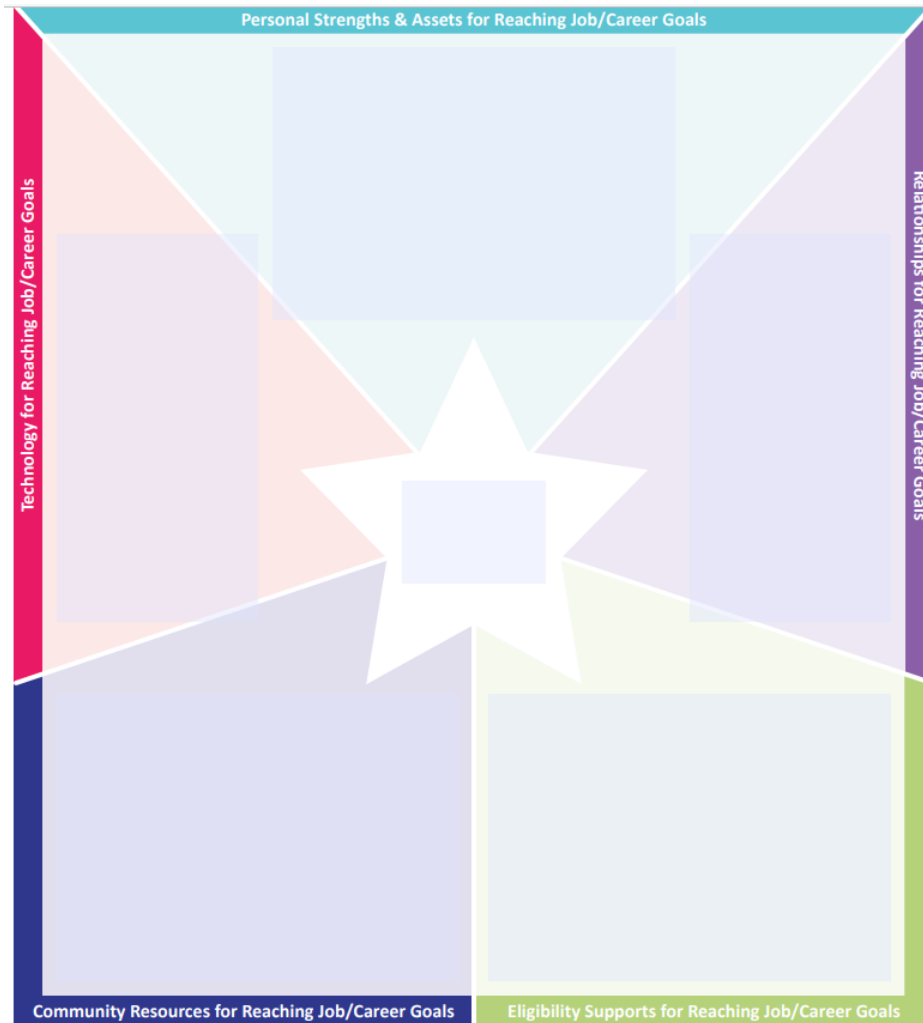
- Vocational Rehabilitation or Independent Living Center for job exploration or assistance
  - Area Career Center for job interest and skill assessment
  - IEP or Transition plan to learn skills and work experience
    - IEP to develop a Circle of Friends
- Agencies or providers who offer social skills classes
  - Special Olympics or Challenger sports programs
    - Disability specific social groups
  - DDD system personal care supports
    - Job coaching

## Eligibility Specific

# How to Make it Happen



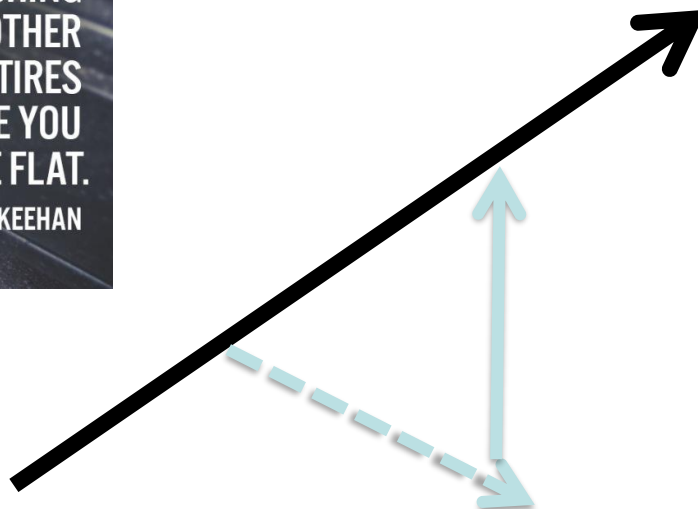
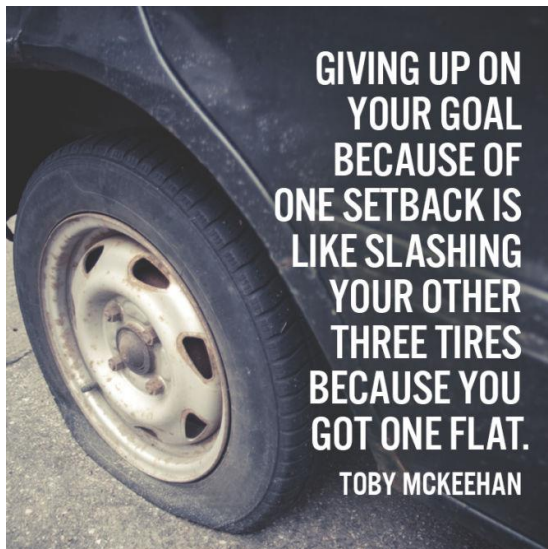
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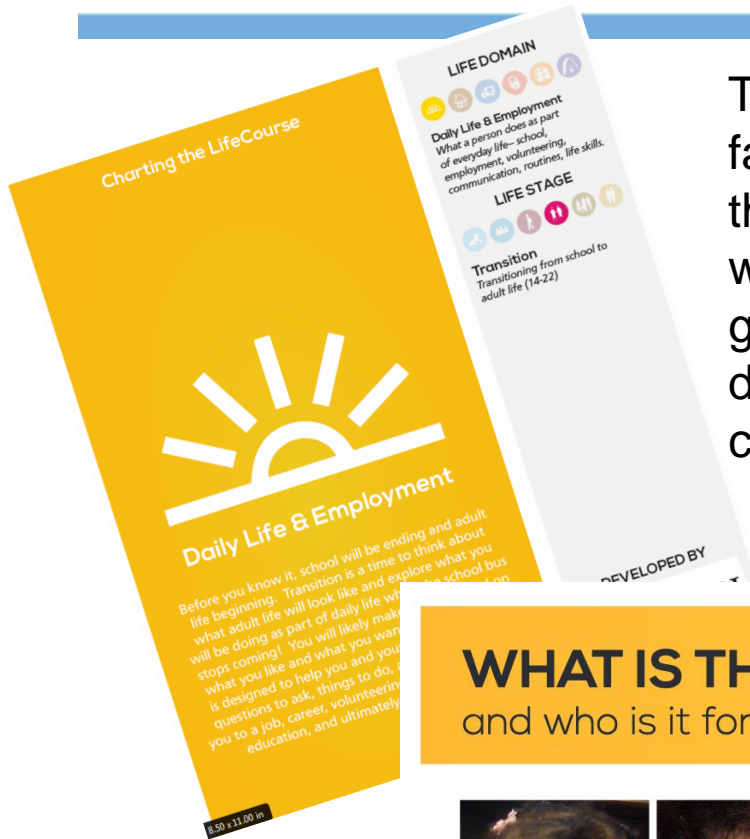
# Our paths are not always straight



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This guide is intended to help individuals, their families, or other people to support a person in thinking about what he or she likes and wants to do when transitioning to adulthood and beyond. The guide helps think about questions to ask, things to do, and resources to access that lead to a job, career, volunteer position, or continuing education.

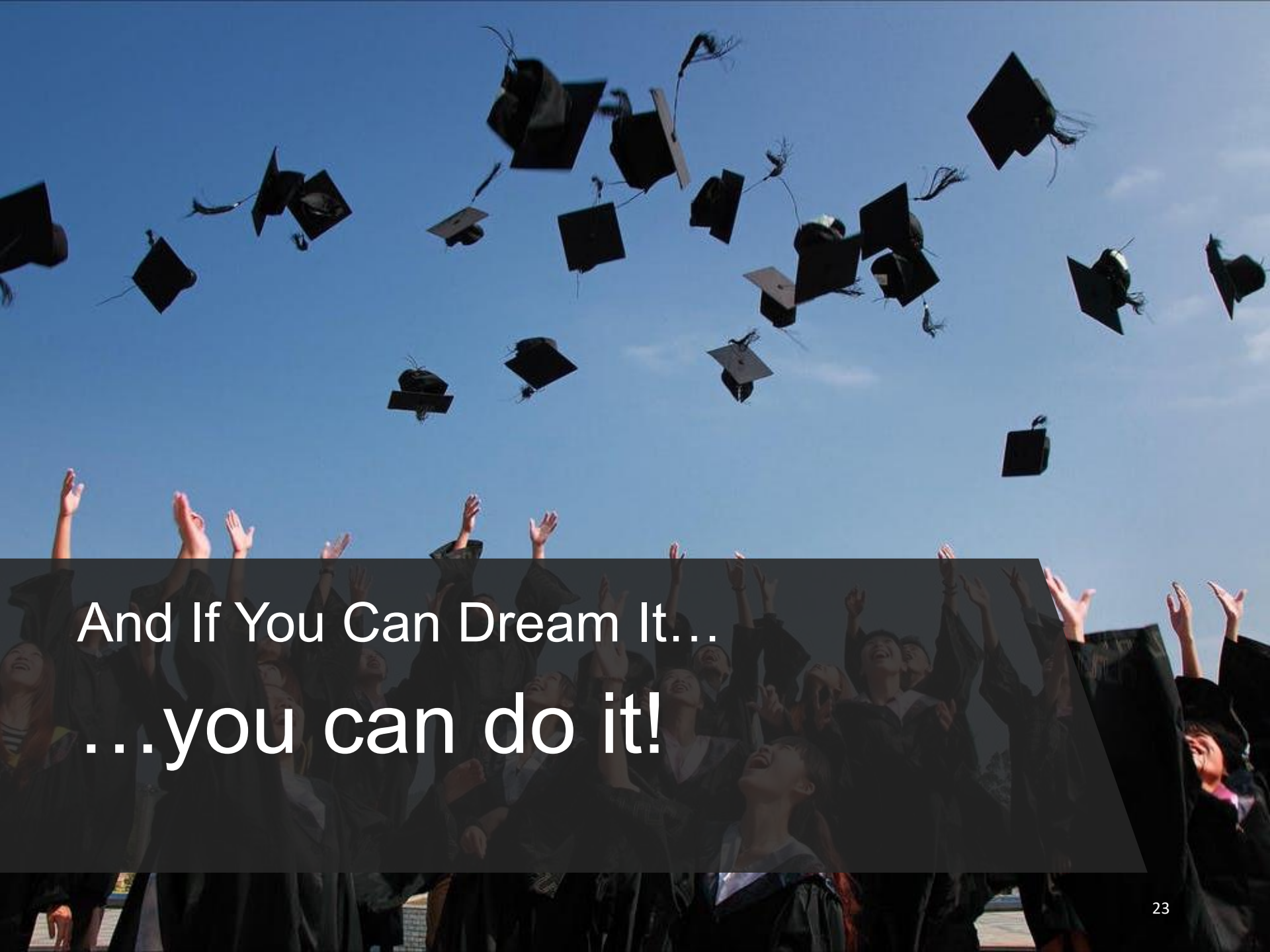
The full guide can be found [here](#).

**WHAT IS THIS,**  
and who is it for?



Envisioning an everyday life  
starts with a dream!



A photograph of a graduation ceremony. Numerous black graduation caps with tassels are flying through the air against a clear blue sky. In the foreground, the silhouettes of graduates in black gowns are visible, with many of them raising their hands in celebration. A semi-transparent dark grey banner is overlaid across the lower half of the image, containing white text.

And If You Can Dream It...  
...you can do it!

Thank you!



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