

To-Do Tips for Families: Adolescence Through Adulthood

Based on the CT Core Transition Skills

Self- Advocacy/ Self- Determination



- By phone, email, or remote face-to-face contact, explain why the worksheets/IP goals aren't working and that you are going to work on some of the following skills instead.
- Complete some of the Charting the LifeCourse Tools together (especially the One-Page Personal Profile, the LifeCourse Trajectory, and the Integrated Services Star that you can find at <https://www.lifecoursetools.com/lifecourse-portfolios/>)
- Explore the resources of the Self Advocacy Resource and Technical Assistance Center (SARTAC) at <https://selfadvocacyinfo.org/>
- Figure out what your cell phone, tablet, or other device can do to help you: a) remember things, b) do things on time, c) connect with others, d) keep you entertained in your free time, e) keep track of important information

Staying Healthy



- Exercise every day. You can find a lot on YouTube that teaches yoga and other exercises that can be done at home. You can also take walks outside!
- Try some of the activities in the booklet <https://www.fda.gov/media/95613/download>
- Make your own book about your health and health-care needs

Daily Living



- Perform daily chores at home with increasing independence
- Take care of pets
- Explore smart home technology to see if there is anything that could help increase independence (see, for example, <https://assistivetechology.oakhillct.org/> or <https://www.youtube.com/watch?v=uTUKuDHFcoA>)
- Plan and make healthy meals with what you have at home
- Order things your family needs from Amazon.com

Social Networking



- Use Zoom to connect with friends
- Join a self-advocacy group that meets on-line (KASA, People First of CT, a local group of a provider agency)
- Call relatives and family friends daily (especially older one)
- Learn to use (and use) social media safely
- Contact a leader in your faith community and/or a neighborhood service organization and ask if there are any people who would like a card or phone call or drive-by parade
- Organize a neighborhood virtual party where everyone stays home, shares something like all eating pizza or celebrating someone's birthday, and connects by Zoom
- Practice using your communication device if you have one

Employment



- Go on the CT Department of Labor and explore all the different types of jobs. You can start here:
<https://www1.ctdol.state.ct.us/lmi/index2.asp>
- Virtually visit an American Job Center (AJC) near you
<https://www.ctdol.state.ct.us/ajc/FactSheets.htm>
- Start using the AJC resources to, for example, create a resume
- You can also learn more about finding work at
<http://www.ctdol.state.ct.us/progsupt/jobsvce/tpsonjob.htm>
- Look up specific jobs on YouTube or listen to interviews of people who have those jobs to find out what they are really like

Transportation



- Study for the DMV Learner's Permit test (you can download a free app developed by the State of CT Department of Motor Vehicles)
- Look at bus and train schedules. Decide how you would get from home to someplace you want to go like the mall.
- Make a chart of how much you have to pay for Über, Lyft, taxi service, gas

Lifelong Learning



- Learn how to make something by watching a YouTube video or following written directions
- Take an on-line class (try <https://www.khanacademy.org>)
- Read a book (<https://readanybook.com/>)
- Watch an episode of the History Channel, National Geographic, Animal Planet

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