

# Neurodiversity in Transitioning to College or Employment



# Essential Life Skills for All Teens

## Independent Living Skills

### At Home Skills

- Locate Housing options
- Arrange Rent, Utilities, Phone
- Basic Routine Maintenance
- Clean, Vacuum, Dust
- Find a Circuit Breaker/use it
- Locate, use Water Furnace Shut-off
- Fix Basic Plumbing

### Financial Literacy

- Understand Gross/Net pay, Deductions
- Make a Budget – stick to it
- Use a Bank and/or ATM/ On-Line Banking
- Open, Use, Balance Checking Account
- Apply for Credit Card, use wisely
- Benefits Planning
- Saving Account,
- Keep track of documents file taxes

### Citizenship

- Register to Vote, Vote
- Comply with Laws, Regulations
- Be Environmentally Responsible
- Participate in Community Activities
- Volunteer

### Use Technology at Work, Home, Socially

- Use Social Media Responsibly
- Know Cyber Presence
- Cell Phone Message & Ringtone should Leave a Good Impression
- Validate Sources of information
- Maintain Safe Identity
- Maintain Current Knowledge of Technology/Applications

### Food Skills

- Plan, shop for Healthy Diet.
- Prepare, Store Food
- Cook Balanced Meal
- Use Kitchen Appliances

### Personal Appearance Skills

- Basic Clothing Repair (buttons, hems)
- Iron Garments
- Fold, put away Clothes
- Laundry – Follow care labels, treat stains
- Maintain Personal Appearance

### Health and Wellness

- Basic First Aid
- Maintain Healthy Diet
- Use Medication Safely
- Routine Exercise
- Make Healthy Lifestyle Choices
- Maintain Hygiene/Grooming
- Be aware of Personal Safety

### Self Determination & Self Management

- Know Yourself – Your Strengths, Limitations
- Manage Your Time
- Set Priorities
- Monitor Your Performance
- Balance Your Responsibilities and Priorities.
- Adapt and Accept Change
- Advocate for Yourself to Meet Your Needs
- Learn from Mistakes

**Believe in Yourself**

### Be A Lifelong Learner: Be curious & interested to learn new things or apply old info in new ways

- Seek Opportunities to Learn – in Classroom, with Computers, with Books, with People
- Learn From and With Others – Share what you Learn – Recognize You are Not "The Expert"
- Take in Information – Analyze it, join it with other information, then apply it

## Transportation Community Access

### Drive/Maintain Car & Driver's License

- Buy Car, Buy Insurance
- Registration
- Pump gas
- Maintain Vehicle Oil, Fluids
- Maintain, Change Tires,
- Follow Traffic Laws/Safety

### Use Public Transportation

- Know Schedules
- Know Routes, Pick-up Points
- Know Options (Bus, Taxi, On-demand)

### Community Access

- Know Options
- Read a Map/ Use GPS
- Know Landmarks
- Community Orientation

### Social / Recreation

- Explore Social/Recreational Opportunities
- Pursue Hobbies, Recreational Interests
- Develop, Maintain Healthy Friendships
- Develop, Maintain Healthy Family Relationships

### Postsecondary Options

- Explore Options -- Job Center, Web Postings
- Explore Postsecondary Education Options
- Apply Decision-Making Skills
- Use Labor Market info. to guide choices
- Develop Resume
- Submit Applications/Resume on-line
- Interview skills

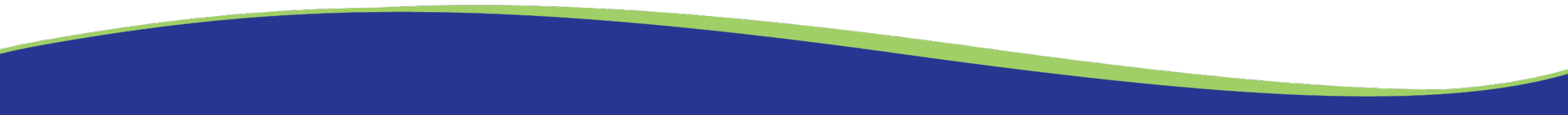
### Employability Skills

- Communication Skills (Listen, Speak, Customer Service)
- Interpersonal Skills (Leadership, Social Skills, Teamwork)
- Personal Qualities / Work Ethic
- Thinking Skills (Analyze, Prioritize, Visualize, Problem Solve)
- Application of Core Academic Skills
- Use of Technology
- Manage Resources, Time
- Understand Value of Lifelong Learning
- Be Adaptable

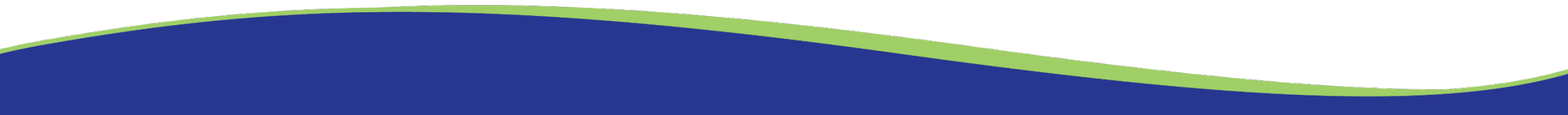


Retrieved From :  
<https://www.calcareercenter.org/Uploads/Links/Essential%20Life%20Skills%20for%20all%20TeensR.pdf>

# The “Shoulds” of Transition

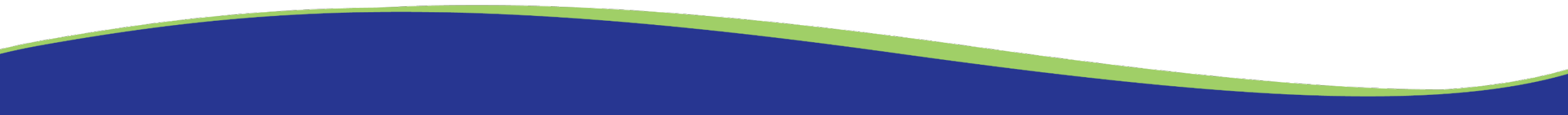
- **Include** and **focus** on the individual
  - **Respect** the individual and team members
  - Give priority to the expressed **choices** and **preferences** of the individual
  - Emphasize **strengths**, **abilities**, and **capacities**
  - Include **consensus building** and **creative problem solving**
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# Preparing for Meetings- Parents

- Have careers and college ideas prepared in writing.
  - Keep a folder of diagnosis, evaluations, IEPs and other paperwork.
  - Help student understand what to expect and their role in meetings.
  - Identify potential accommodations/support needs.
    - What worked in the past?
    - What can translate to a work or higher education setting?
  - Prepare yourself to “let go.”
    - Encourage supported and informed decision making.
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# Resources

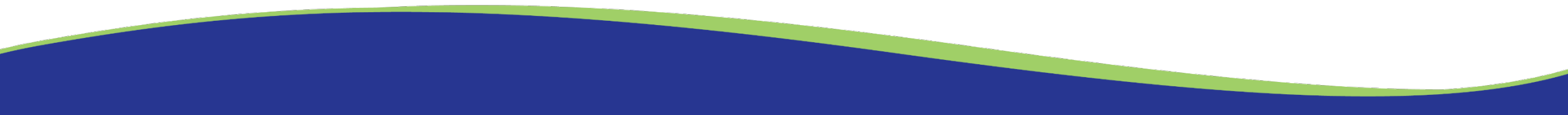
# Vocational Rehabilitation

- A federal-state program that helps people who have physical or mental disabilities obtain or maintain a job
  - Employment Services
  - Discovery
  - Pre-Placement Training
  - Customized Employment
  - Job retention, and more.
  - For more information: <http://www.rehabworks.org/customers.shtml>
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# Vocational Rehabilitation

- Transition services under the Work Innovation Opportunity Act
- Students can participate as early as 14 years of age.
  - Work-readiness training (20 or 40 hours)
  - Assessment and counseling about careers
  - Counseling and guidance about training and education after high school
  - Work-based learning experiences
- For more information: <http://www.rehabworks.org/stw.shtml>

# Think College

- Information on inclusive higher education options for students with intellectual disabilities
  - Webinars and training related to transition
  - For more information: <https://thinkcollege.net>
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# Center for Autism and Related Disabilities

- Free community based program
- Services are delivered wherever families, professionals, schools, agencies or businesses are located within their 14-county region in southwest Florida.
- Consultation
- Training
- Technical assistance
- Public awareness and community events

For more information: <http://card-usf.fmhi.usf.edu/>

# The Learning Academy Services

## 30 Week Transition Program

- USF student mentor
- Individualized Applied Learning Experiences (ALE)
- Career exploration
- Self-advocacy
- Independent living skills

## Employment Services

- Multiple county coverage
- Voc. Rehab. vendor
- Individualized services
- Intentionally small
- Services include, Employment, Supported Employment, Pre-Placement Training , and more.

## Technology Training

- Tech2Work- 12-month credentialing training in IC3 and Robotics Process Automation. Provides workforce development skills.
- Automation program: 3-month credentialing training in RPA.

For more information:

<http://learningacademy.fmhi.usf.edu>

<http://tech2work.cbcs.usf.edu>

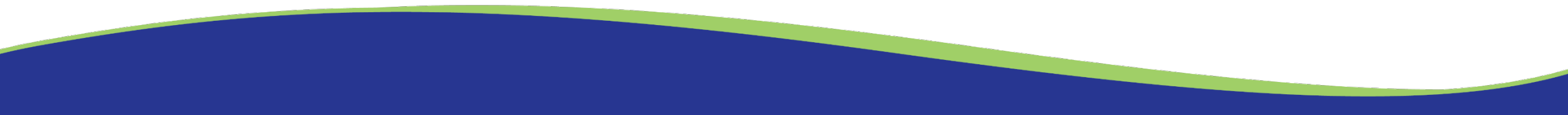
# Disability Rights Florida

- Guardianship
- Social Security
- Assistive Technology
- Transition Plans and IEPs

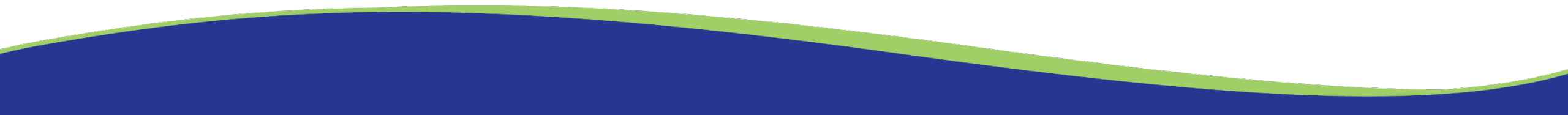
For more information: <https://disabilityrightsflorida.org>



# Choosing the Right College

- Considerations
    - Program of Study
    - Size
    - Distance
    - Community composition
    - Support available
  - There is no 'perfect' college environment.
  - Some of the challenges equally affect 'neurotypicals' and simply cannot be avoided.
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# Students with Disabilities Services

- Available in every college and university.
  - Determines eligibility for accommodations for students with disabilities.
  - Serves as a resource to faculty in helping them understand their obligation in providing equal access.
  - Student must be their own advocate.
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# Agency for Persons with Disabilities (APD)

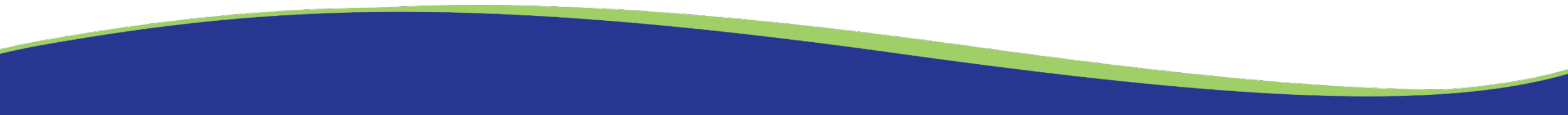
- Supports people who have developmental in living, learning, and working in their communities.
  - \*Currently a waitlist for services
- APD Employment Enhancement Project
- Supported Living Program
  
- For more information: <https://apd.myflorida.com>

# Division of Blind Services

- Helps blind and visually impaired individuals achieve their goals and live their lives with as much independence and self-direction as possible.
- Transition services
- Independent living programs
- Vocational Rehabilitation programs

For more information: <http://dbs.myflorida.com>

# Additional Resources and Key Players In Transition

- Transition Specialist
  - Post Secondary Education Personnel
  - Service Providers – Therapists, Psychiatrists, ABA, OT, etc.
  - Paraprofessionals
  - Others significant to the realization of the post-school outcomes
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# Join our eLibrary!

CARD-USF offers a free\*, specially curated digital library collection to all registered families and professionals in our community. Our library features neurodiverse fiction and non-fiction.

\*Created with funds from the Autism Specialty License Plate program. Gifts to support additional digital content can be made to CARD's [Karen A. Berkman Autism & Innovation Fund](#) through the USF Foundation.



Check out our website or email [autismlibrary@usf.edu](mailto:autismlibrary@usf.edu) for more information!



<https://usf.to/CARDlibrary>



*Florida's First Choice for Autism Support*

## Center for Autism & Related Disabilities at USF

Phone: (813) 974-2532

Español: (813) 974-2297

Toll-Free: 1-800-333-4530

Email: [card-usf@usf.edu](mailto:card-usf@usf.edu)

Website: <https://usf.to/autism>



**Counties Served:** Charlotte, Collier, DeSoto, Glades, Hardee, Hendry, Highlands, Hillsborough, Lee, Manatee, Pasco, Pinellas, Polk, and Sarasota