

A Good Life Doesn't Just Happen!

Blending Dreams & Teams to Plan for Your Child's Adult Future

1. Vision

1. My greatest fear for my child is:

2. My vision of my child's worst possible day 5 years from now:

3. My vision of my child's best possible day 5 years from now:

4. My short, medium and long range goals for my child:

5. My child's goals/dreams for his/her own future:

6. I believe these are some of the barriers to accomplishing these goals:

7. I believe these steps are necessary (safeguards) to prevent the "Worst Day" from happening:

8. I believe these steps are necessary to make the "Best Day" happen:

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2. Relationships

9. I can ask these people to become part of my child's personal network (consider family, friends, church, neighbors, school & work):

3. Home

10. In my perspective, some of the differences between a house (group home, nursing home, state school, institution) and a home that are important are:

11. Where should my child live when he/she becomes an adult?

12. Where does my child want to live when he/she becomes an adult?

13. These are some of the barriers to control over my child's environment [as an adult]:

4. Contributions

14. These are some of my child's gifts:

15. My child can do (and enjoys doing) these things:

16. Some opportunities/places for my child to contribute his/her gifts to the family, circle of friends, community, and world are:

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17. <u>My child may be interested in these types of volunteer activities:</u>
18. <u>My child may be interested in these areas for summer part-time work:</u>
19. <u>My child currently has these responsibilities/chores at home:</u>
20. <u>My child can learn how to do these chores at home:</u>

5. <u>Choices</u>
21. <u>What choices does my child have now?</u>
22. <u>What experience does my child have (now) with decision-making?</u>
23. <u>What decisions can my child make independently?</u>
24. <u>What decisions can my child make with support?</u>
25. <u>How does my child communicate his/her decisions?</u> (verbal, non-verbal, behavior)

6. <u>Wills & Estate Plans</u>	<u>Yes</u>	<u>No</u>	<u>Ask for info*</u>
My child will need a legal guardian at age 18.			
My child already has a legal guardian.			
I need additional information on the subject of guardianship.			
My child has a "special needs" trust.			
I need information on estate planning.			
I need a referral to a lawyer or estate planner.			

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<u>Transition Supports & Services</u>				
<u>School</u>				
The year my child plans to graduate.				
Number of years my child has left in school.				
My child is currently involved in these programs/receiving these services through our local school district:		<u>Yes</u>	<u>No</u>	<u>Ask for info*</u>
Vocational instruction in classroom.				
<u>C</u> ommunity- <u>B</u> ased <u>V</u> ocational <u>I</u> nstruction: CBVI (Off-campus internships (unpaid))				
VAC (Vocational Adjustment Counselor)				
Supported Employment Program (Job Coach)				
19+ Program				
Transition Planning through Visual Transition Plan, Person Centered Plan, ARD, IEP, other tools				
<u>Funding & Services</u>		<u>Yes</u>	<u>No</u>	<u>Ask for info*</u>
My child receives services through a Medicaid Waiver Program, or is on the Interest Lists.				
My child currently receives services/funding through	Our local MHMR Center http://consolidation.mhmr.state.tx.us/			
	SSI/Medicaid http://www.hhsc.state.tx.us/medicaid/cs/Medicaid_FAQ.html			
	Medicaid http://www.hhsc.state.tx.us/medicaid/			
	DARS (Department of Assistance & Rehabilitative Services) http://www.dars.state.tx.us/			
	Arc of Texas (REAL Life) http://www.thearcoftexas.org/programs/reallife.asp			
	Our local Arc Chapter http://www.thearcoftexas.org/chapterservices/locate.asp			
	Other (specify):			

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<u>Other Tools for Transition and Building Quality of Life for Adulthood</u>			
I need additional information on these topics	<u>Yes</u>	<u>No</u>	<u>Ask for info*</u>
Self-determination			
Self-advocacy			
Visual Transition Planning/Person Centered Planning/other planning tools			
Networks, intentional communities			
Work skills and work experience through volunteering			
Conferences and workshops on transition topics			

***Asking for help: 3 primary sources:**

1. Your local school district (special education - transition coordinator, diagnostician, etc.)
2. Education Service Center (find yours at: <http://www.tea.state.tx.us/ESC/>)
3. Texas Parent to Parent (www.txp2p.org 866-896-6001 t/f)