

Transition to Adulthood

From a Student Perspective

Helping Students with Disabilities
Reach for Higher Dreams

By Stephen Hinkle

After High School Transition

Characteristics of Transition:

- 18-30 Years Old
- Finished High School
- Early Stages of Adulthood
- Moving onward and upward

Essential Elements:

- College and Higher Education
- Work and Internships
- Supported / Independent Living
- Adult Life Activities

High School Prep for Transition

Issues to Consider:

- Diploma or certificate?
- College Bound or not?
- What does the student want to do in society?
- Job Possibilities / Field of Employment?
- Living Considerations in the near future and independent living skill needs?
- Recreation / Leisure Activities / Hobbies?
- Other Goals?

High School

Graduation Requirements:

- English
- Math
- Science
- History
- Computers
- Creative / Performing / Practical Arts
- Physical Education
- Foreign Language
- Exit Exam in Some States

There are many Possibilities for those with special needs to have a quality life!

- Community College
- 4-Year University
- Vocational / Technical College
- Graduate School
- Internships
- Employment
- Military Service
- Live on their Own
- Live with Roommates
- Live in College Housing (Dorms, Apts. etc)
- Relationships
- Marriage
- Recreation
- Adult Social Activities
- And many more!

Evaluating College Possibilities

- It is a good idea to go visit colleges the student is interested in attending
- Colleges do vary in many ways from programs offered, to sizes of campuses, to campus culture of living and learning
- Admission requirements for students with special needs differ from college to college, too
- It is a good idea to check out a college's disability services they provide when visiting

Supported & Independent Living

Living Options:

- Apartment Rental
- House Rental
- Owning their Own House or Condo
- Dormitories and other College Housing
- Other Options

Supported & Independent Living

Independent Living Skills:

- Cleaning
- Housekeeping
- Gardening
- Cooking Meals
- Maintenance and Repair

Other Issues:

- Budget / Money
- Paying Bills
- Daily Routines (Trash out, etc)
- Roommate / Spouse Cooperation

Jobs And Internships

- Let the Person with the disability choose their work field and path, and help them get there.
- System should provide training and job support.
- Job-Coach relationship should be productive and comfortable for the person in training, and know the field of work well
- Jobs offered to people with disabilities should not be limited to lower level jobs only.

Adult Life

- Friendships, and Dating
- Fitness
- Leisure Activities (Movies, Clubs, Sports, Groups, Lifestyles, Church, etc).
- Roommates and living with others
- Mid to Long Term Relationships
- Interacting in Society
- Marriage, Children, and beyond