


**Transition –
Take Action
NOW!**

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GLENBROOK DISTRICT 225

The Team

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Glenbrook South is a public school of 3000 students in the north suburbs of Chicago. We have almost 300 students receiving special education supports

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**Take Action Now!
Transition To-Do's**

Here is what you can expect to learn today!

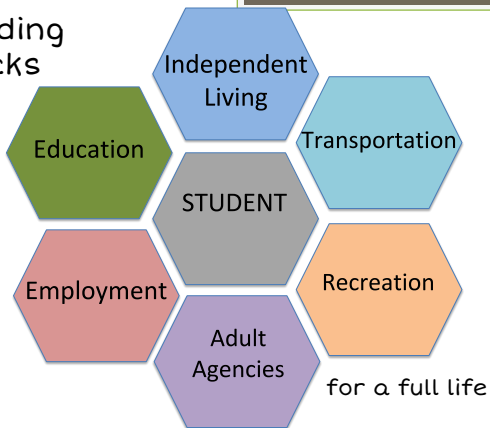
- Timelines for transition planning
 - At school
 - At home
- Strategies for families and school teams to take
- Ways to include person-centered planning in your approach

Getting Started

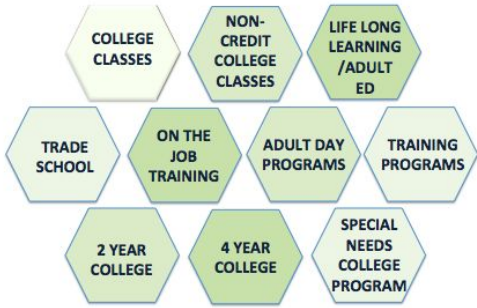
- o Set goals
- o Research your goals.
- o Learn the **requirements** for achieving your post-high school goals.
- o Is your goal **achievable**?
- o Work with your educational team to create an IEP that aligns with your post-high school transition goals.

BUILDING BLOCKS

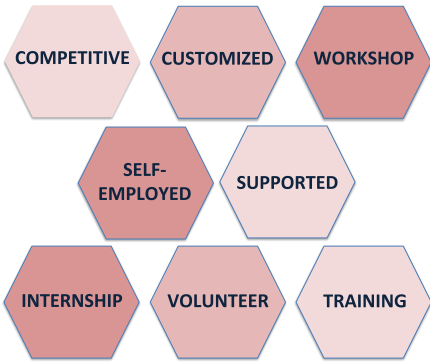
Building Blocks



Education



EMPLOYMENT



TIMELINES

Timeline- Freshman year

At School

- o Active participation in IEP meeting
- o Use building-wide supports
- o Understand your learning style
- o Manage school schedule with independence
- o Join a club, team, or volunteer in the community.

At Home

- o Organize school materials
- o Check homework
- o Do basic chores
- o Follow a hygiene routine
- o Build social connections and natural supports

Timeline- Sophomore year

At School

- o Understand your disability, strengths, weaknesses
- o Take an active role in IEP
- o Course of study
- o Complete Transition assessments

At Home

- o Summer programs and camps
- o Volunteer in the community
- o Evaluate the need for adult agencies/services
- o Begin discussions about post-secondary education/training

Timeline- Junior year

At School

- o Attend college nights and CHOICES
- o Obtain State ID or Driver's License
- o Take the ACT/SAT/DLM

At Home

- o Job Shadow/Part Time Job
- o Go on college visits
- o Add more chores to your routine
- o Order the pizza!

Timeline- Senior year

At School

- Increase Independence
- Ask for accommodations
- Make appointments with teachers

At Home

- Visit programs/colleges
- Have an overnight college visit
- Look into disability services at colleges you're interested in

STRATEGIES

At Home Strategies

- Organize school materials
 - Routine for backpack
- Check homework
 - Using a planner/Google Calendar
 - Know how to check grades online
- Do Chores
 - Identify chores around the household that the child is solely responsible for
- Follow a Hygiene Routine
 - Enforce regular routines
- Build social connections and natural supports
 - Connect with peers at home or in local community programs

More At Home Strategies

- o Summer programs and camps
- o Volunteer in the community
- o Evaluate the need for adult agencies/services
- o Discuss post-secondary education/training
- o Visit agencies and educational opportunities
- o Grocery Shopping/Bill Paying

School Strategies

- o Active participation in IEP meeting
 - o Self-directed IEP, complete transition assessments
- o Person-centered planning
 - o Hold a MAPS or PATHS meeting for person-centered planning
- o Use building-wide supports
 - o Tutoring center, seek out related service providers at school
- o Understand your learning style
 - o Know your IEP accommodations!
 - o Learn study strategies
- o Manage school schedule with independence
 - o Check email and manage calendars
 - o Independently document homework
- o Join a club, team, or volunteer in the community.

RESOURCES

Take Action Now! Resources & Links

- o Understanding your disability, strengths, weaknesses
 - o [Me! Self-Determination Curriculum](#)
 - o [Choice-Maker Curriculum](#)
- o Taking active role in IEP
 - o [Self-Directed IEP](#)
- o Complete Course of study
- o Transition assessments
 - o [Tennessee Transition Assessments](#)

Take Action Now! More Resources & Links

- o More information
 - o [Choices](#)
 - o [Options](#)
 - o [BEST](#)
 - o [Transition Action Network for Mental Health](#)
 - o [Glenbrook Transition](#)
 - o VISIONS
- o More information
 - o [Transition Coalition](#)
 - o [NTACT Transition Toolkit](#)
 - o [Landmark College Readiness Assessment](#)

Getting Ready for Independence

Social Thinking

10 Levels to Living Independently

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10 Steps to Independent Living

1. Establish consistent sleep routines
2. Help student take their medications on a schedule
3. Establish and maintain a healthy diet
4. Provide student opportunities for exercise and stay active
5. Move students toward independence with hygiene routine
6. Establish social connections with same-age peers
7. PLAN to get organized
8. DO what you planned
9. Learn new information taught in college
10. Connecting leisure time to budgeting

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Independent Living Classes

- Drivers Education
 - (co-taught year long or semester)
- Alternative transportation training
 - <https://www.jslisf.com/>
- Independent Living Class
- Consumer Education
 - (year long, co-taught or semester)
- Health
 - (year long, co-taught or semester)
- Adaptive PE

Employment Readiness

- o Career assessment and interest inventory (job interests)
- o Learn the training and qualifications of the career/job. (Is it realistic for you?)
- o Talk to friends and family about their jobs and careers (Arrange a job shadow)
- o Create a resume and cover letter
- o Memorize your social security number and other demographic information!
- o Volunteer Opportunities
- o Internships
- o Paid entry level jobs

Offered at the Glenbrooks

- o Work Study Class
- o Work Study On The Job
- o Work Study Summer Program
- o Individual Job Coaching/Job Experiences
- o GBS Connects Career Day

Educational Readiness

- o Evaluate the Course of Study
- o Elective Classes in area of interest
- o Utilize natural supports
- o Learning to utilize Google Classroom
- o Take ACT/SAT or Dynamic Learning Map

Available at Glenbrooks

- Titan Learning Center
- ACT/SAT Preparation Classes
- ACAP
- ServSafe Certification
- Partnership with Community College

FOR PARENTS

Parents as a Resource

- Connect with your friends and family for possible job opportunities and support
- Connect with adult agencies
- Create life skills opportunities in the home
- Foster independence in all environments
- Become the case manager outside of school

ADULT SERVICES

Adult Services



- DRS
 - Department of Rehabilitation Services
- JVS
 - Jewish Vocational Services
- NSSSED
- PUNS
 - Prioritization for Urgency of Needs of Services
- SSI/ SSDI
 - Social Security Funding
- Social/Employment Agencies

Questions? Contact Us!

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