

# Educational and Training Options After Transition/High School

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# There are choices available!



**Transition to  
Adult Services**

**Pathways to  
Employment**

**Day Programs**

**Postsecondary  
Education**



# Transition to Adult Services

- From Individualized Education Plan (IEP) to Individualized Program Plan (IPP) and Person Centered Planning (PCP)
- RCEB Case Management: from Transition to Adult Services
- RCEB funding for adult services: Independent Living Skills (ILS) services, Supported Living Skills (SLS), Supported Employment (SE), Paid Internship Program (PIP)



# My Action Plan (MAP)

Date:9/22/20

By: Staff

Me: Karen "Lynn" Lingenfelter

My Goals and Dreams

My Interests



To retire!

To travel

To spend time with animals  
(volunteering)

To spend more time with family

To be a grandma!!!!

Love ebooks

Puzzles

Crafts

Hiking

Animals

Musicals/Plays

**Things to Know About Me****What is important to me?****What support and training do I need to be successful and work towards my goals?**

**Work/career interests:** Teaching, retirement

**My favorite activities:** Hiking, walking/playing with my dog, plays, musicals, working out, gardening, Audible

**Important Relationships:** my family, my dog and close friends

**Places I'd like to go:** Alaska, Wyoming, Africa, Australia, England, Ireland

**I enjoy doing:** Puzzles, spending time with family, hiking, spending time with animals, traveling, time with friends, laughing!

**I don't like:** bullies, germs, drama

**My accomplishments:** 30 years with the school district, Teacher of the Year Award, Community Advocate Award, an amazingly sweet, bright and thoughtful son!

My health

Time to myself as well as time with friends and family

My mom's health and well-being

My son's health and well-being and staying connected with him (regularly)

Advocating for my students

Supporting my staff

Having fun in life and laughing!

Being outside in nature

My best friend, Duke

Financial security

Stress management to keep me alive long enough to retire!

Support group for Workaholics!

Money to retire and to travel

Need my son to marry his long-time girlfriend and have babies!!!

# Pathways to Employment

- 1) RCEB Case Manager
- 2) Open DOR File
- 3) Refer to your IPP and / or Transition Plan
- 4) Explore training and placement options





# Paid Internship Programs- Group Model

## Includes

- Classroom instruction
- Job coaching
- Department rotation
- Resume building
- interview practice

## Benefits

- Develop soft skills
- Gain real work experience
- Explore career and interests
- Expand self confidence

## Covid-19: Remote options available

- Soft skills classes and assignments



# Paid Internship Programs-Individual Model



- This allows individuals to gain hands-on work experience
- Allows interns to meet qualifications for employment
- Provides a “foot in the door” to the workplace
- Opportunity to get to know other departments by way of personal introductions
- A step towards supported employment





# The goal of Supported Employment is Competitive Integrated Employment

## Customized Employment

- For individuals with significant life complexities and barriers to employment
- Relationship meets the needs of both parties
- Flexible schedule, customized job description

## Supported Employment

- Job development and on the job support
- Established job description
- Support may fade as employee becomes more independent at work





# Day Programs: in a center or out in the community

- Social/recreational skills
- Community integration
- Life skills
- Develop self advocacy
- Behavior management
- Vocational Training





# Referral to Day Programs: RCEB Case Manager

Explore different day programs

What are you looking for?

What kind of support and care do you need?

What is the focus?

Meet providers at Transition Faires

Visit day programs to see if this is a good fit for you

Transportation and logistics-Does this work for me?

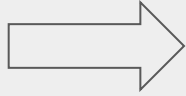




# Postsecondary Education Comparing the Options



**Community Colleges**



**Universities**



**Adult Education Schools**



**Trade Schools, Art Schools**





# Community Colleges, Universities UC/CSU, Private colleges

By law (ADA) offer Disability Support Services

**\*Accommodations not modifications\***

Now available: **NON-CREDIT CLASSES**

Services include

- Priority registration
- Academic, career and disability counseling
- Note taking
- Tutoring
- Extended test time
- Audio books, permission to record lectures
- Interpreters and captioning services
- Alternative media services



# Special Independent Living Skills Programs

## Campus inclusion experiences with independent living arrangements

- TAFT Community College: Transition to Independent Living (TIL)
- Wayfinders, Fresno State: College Living Experience (CLE)

## Colleges with programs specific to ASD

- College Internship Program, Berkeley
- Cal State East Bay: College Link program.

## Colleges with Specific Vocational Training

- College to Career: College of Alameda





# Adult Education Programs for Adults with Disabilities

These programs provide instruction to help students develop independent living skills, basic academic skills, social and communication skills and job training and paid internship programs

**\*\*No geographic limitations for enrollment**

Castro Valley Adult and Career Education, STRIDES program

Fremont Adult and Continuing Education, Noll Center

Mt. Diablo Adult Education, Paid Internship Programs, TOPS program, Life Skills, On Track Program

Oakland Adult Education, Project SEARCH Internship Program

Pleasanton Adult and Career Education, Project SEARCH Programs, Life Skills and Career Readiness

West Contra Costa Adult Education: Independent Living Skills, Occupation and Work Skills



# Adult School Programs

**Adult Basic Education:** Improve reading, writing, technology, and math skills to help prepare for college, pass employment eligibility tests, or meet your personal goals. Classes are free.

**High School Diploma:** Students can complete the classes they need to receive their high school diploma. Classes are free

**High School Equivalency Preparation:** Classes to help students prepare for the GED or HiSET Equivalency tests. Classes are free

**America's Job Centers of California:** Satellites on some campuses. Free career exploration and preparation classes and services.

**Lifelong Education:** Wide variety of fee based classes for adults and older adults in leisure activities, fitness, etc. and continuing education options.





# Career Tech Ed

**Apprenticeships:** Carpenters, Trade Careers Math, OSHA-10 Construction

## **Medical Training:**

Emergency Medical Technician, Certified Nursing Assistant, Medical Assistant, Surgical Technologist, Dental Assistant, Phlebotomy, Optical Assistant, Pharmacy Technician, Medical Billing and Coding, etc.

## **Office and Computer Training:**

Administrative Assistant, Data Analysis, Bookkeeping, Accounting, Computer Technician, Graphic Design, Microsoft Office Suite, Keyboarding and 10-key, etc.

**Other:** Paraprofessional, Home Care Assistant, Food Services, etc.



# Trade Schools & Art Programs/Schools

- Creative Growth Art Center
- Carrington for Health Care Careers
- Paul Mitchell School
- NIAD (Nurturing Independence through Artistic Development)
- The Stride Center
- Academy of Arts
- California College of Arts





# I can prepare for my future by working on...

- person centered plan
- communication & social skills
- self-advocacy
- time management
- travel training



**A LIFELONG LEARNER  
IS A LIFELONG  
WINNER.**

Matshona Dhliwayo