

Puzzle Pieces

Putting Together the Picture of Adult Life

May 10, 2016



Transition

- o The goal of transition is that young people will transition as seamlessly as possible to rich, meaningful adult lives with the supports in place for them to be successful.



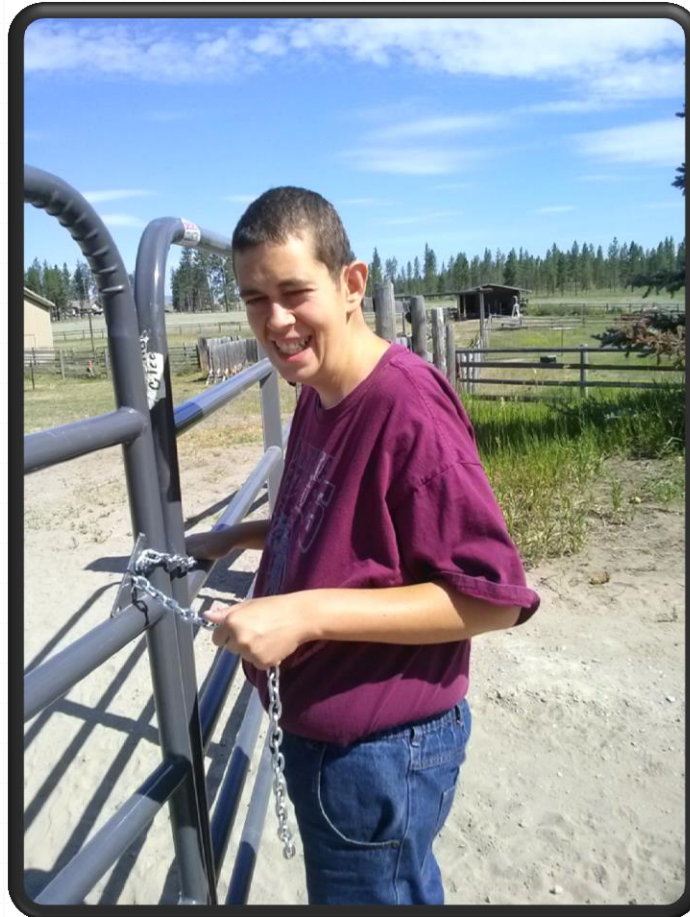
Transition to ????

- o What will the young person's day look like when they no longer go to school?
- o Will they work?
- o Where will they live?
- o What will they do for fun?
- o Will their day be full?
- o Who will provide supports that the school and parents provided before?

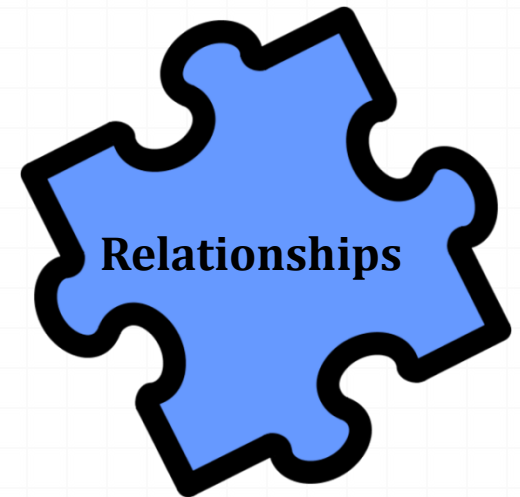
Preparing for a Smooth (ish) Transition

- ◊ Have a clear vision of the outcome
- ◊ Support the person to self-manage and initiate as much as possible
- ◊ Understand their ongoing support needs
- ◊ Inventory existing supports available
- ◊ Connect to services
- ◊ Creatively blend support to meet needs
- ◊ Offer opportunities for exposure and experience...and even failure
- ◊ Most of all, have HIGH EXPECTATIONS

Maclaen Burningham



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Relationships

- Relationships are important.
- When you're in high school you see your friends every day.
- You go to classes together, you eat lunch together and you hang out together.

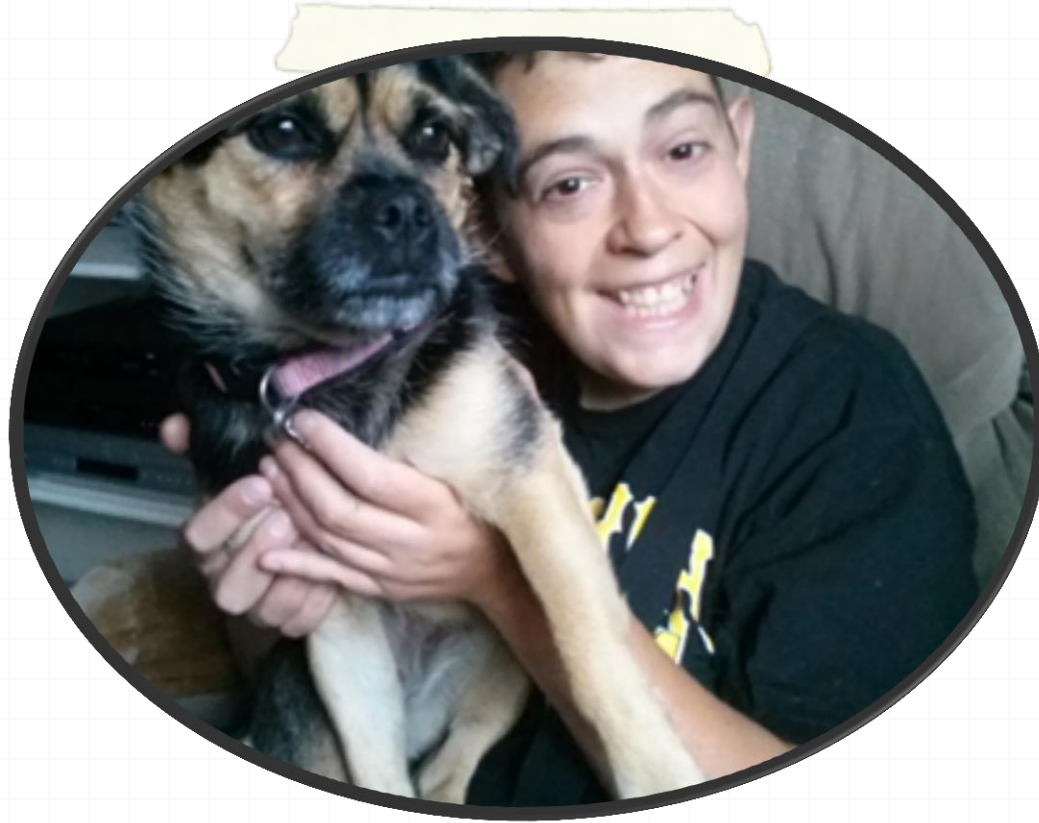


After Graduation...



- But after graduation, you don't see your friends every day.
- Some may move away. Job schedules may conflict or you may not be able to get around to see them.
- It can get pretty lonely.
- So it's important to maintain relationships. It's easy to lose contact.





There are lots of ways to help keep your relationships going.



Use the Phone

- o One thing that I have done is call friends and talk to them on the phone.
- o I went to Pittsburg, Pennsylvania for a couple of months over a year ago. I made friends there.
- o We agreed to stay in contact through phone calls since we live so far apart.
- o We have also sent each other gifts during holidays.
- o Visiting on the phone has kept us close.

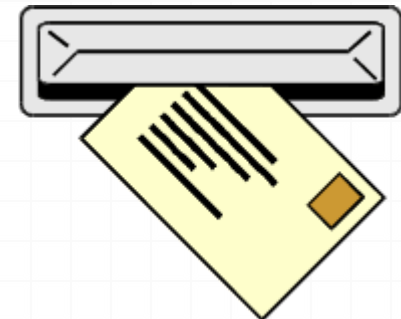
Or whatever works for you...

- Some of you may use e-mails, texts or whatever works best for you.
- If you have made some friends at a conference, you can maintain those friendships, too. It makes coming to future conferences even more fun, knowing you'll see those friends again.



How about mail?

- o How many of you like getting a birthday card from a friend in the mail? I know I really like that. One thing great about this is you can look at it whenever you want or need to. It helps me at times when I may be feeling lonely or sad.
- o So, when YOU are the one sending the letter or card, your friend is going to feel the same way.



Hanging Out

- o Another way of maintaining or building friendships is by inviting friends to hang out with you at your home, or go hang with them at their house.
- o I love WWE. I have friends that like it too. We plan monthly parties to get together to watch! We have a blast!



Don't Forget Your Family

- o If some of you will be moving out of your family's house, you may think that's great...which it is...but remember to maintain that relationship, too.
- o Your family was there for you first, and will be there for you. Build that relationship by showing and telling them how much you love and care about them. From now until forever.

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Be a friend worth knowing!

- These are just a few simple ideas, I know you can come up with some of your own.
- Just know that it does take time and effort to keep relationships going as you move into adulthood.
- Don't just sit around waiting for something to happen.
- Be a friend worth knowing!





Mathalia Stroethoff



My name is Mathalia Stroethoff.



I volunteer at Missoula Children's Theater.



I hand out programs and clean-up after the show.

I build House in Guatemala.

☞ I deliver boards to the siding crew.



☞ At the end of the week we dedicate the house and give the keys to the family.



I work in The Writing Center at The University of Montana.



I help with data entry by
entering log-in slips.

I work at Ink Realty Group.



- ❧ I make photo copies.
- ❧ I prepare listing files.
- ❧ I help with recycling.



I work at Bean & Boutique.

∞ I have many tasks at the Thrift Store.



Life-long Learning.



✧ I took a watercolor painting class at Adult Education.

Jan Stroethoff



Mom's Perspective.

œ Preschool

- œ Potholders
- œ Chores

œ Elementary School

- œ Violin lessons
- œ Swim Team

œ Middle School

- œ Walking and riding bus

œ High School

- œ Volunteering
- œ Working in Community
- œ FFA



Adult Life!



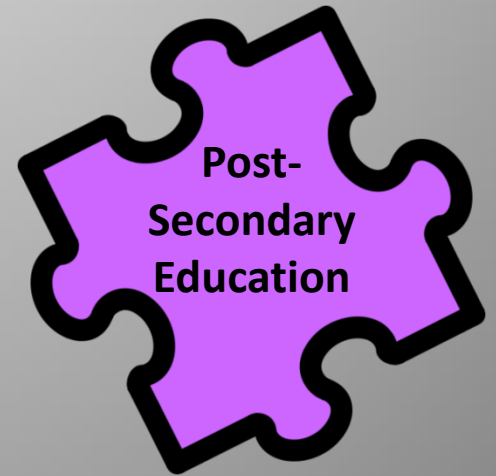
œ Resistance

œ Strategies

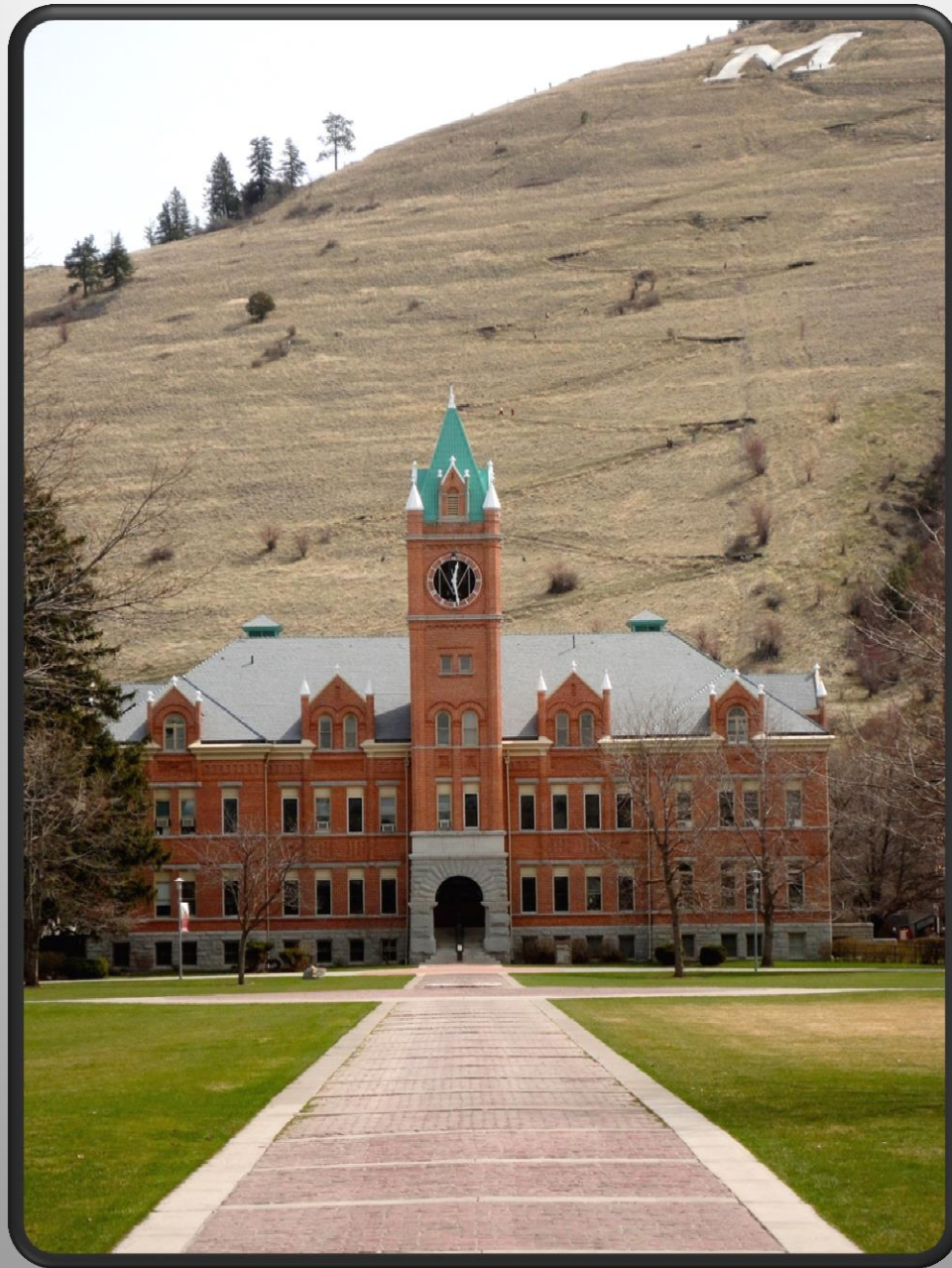
œ Gaps

œ Opportunities

Introducing Sierra Lode!









Montana Vocational Rehabilitation

College Tuition Funding Source











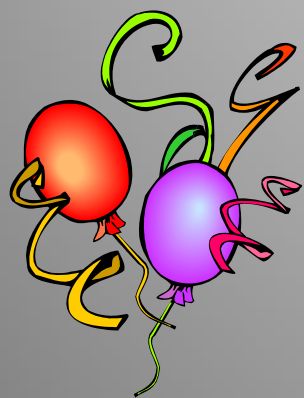
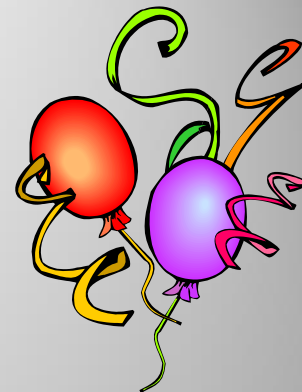
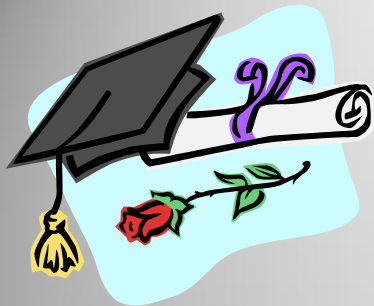
HEART OF CAMPUS

JUST TWO YEARS AFTER THE UNIVERSITY'S FOUNDING IN 1893, THE OVAL WAS DESIGNED AS THE CAMPUS CENTERPIECE. CROSSING ITS LAWN WAS DISCOURAGED UNTIL WALKWAYS WERE BUILT WITH BRICKS THAT ORIGINALLY COBBLED DOWNTOWN STREETS. THE WALKING MALL'S AXIS BEARS A SEAL WITH THE SCHOOL MOTTO, "LUX ET VERITAS" (LIGHT AND TRUTH), ANCHORED BY POINTS HONORING UNIVERSITY SCHOLARS, PRESIDENTS, DISTINGUISHED ALUMNI, HONORARY DOCTORATES AND THE GRIZZLY MASCOT.

THE UNIVERSITY OF MONTANA
ALUMNI ASSOCIATION

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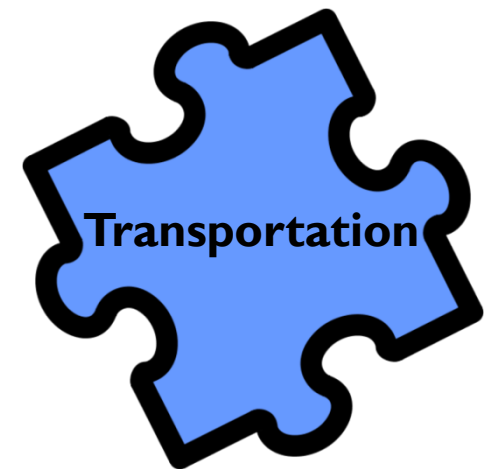




COLLEGE
GRAD!!!



Tracy Fillbach



Transportation Options

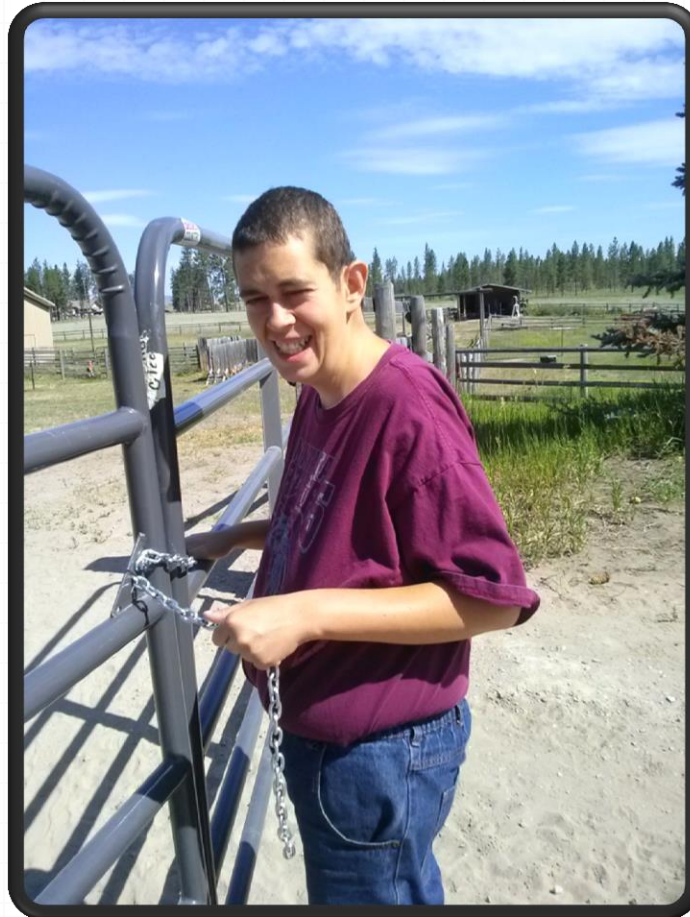
- Friends
- Bus
- Walking
- Senior transit
- Paratransit
- Ride share
- Carpool
- Pay others for gas
- PASS to buy car for work
- Telecommuting
- Vans/buses owned by religious or other institutions



Want to get your license?

- **The Adapted Illustrated Montana Driver Manual**
- http://opi.mt.gov/Programs/DriverEd/Index.html#gpmI_5

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Health Care

- When someone says “Health Care”... usually we think about going to the doctor.
- But that is only a part of it.
- I would like to talk a few minutes about the health care that you can do yourself. I am talking about exercise.





Exercise?!?

- Some people don't even like the word exercise. I think I may have felt this way too a while ago.
- Exercise isn't just doing a bunch of "jumping jacks" or running for miles, although it could be, if you like doing that sort of thing.



Exercise can be fun!

- You can exercise in really fun ways. Often we may not even think of it as exercise.
- For example, just dancing to your favorite music in your home is good for you.
- Jammin' in your car is great, even if other drivers may wonder what you're doing...do it anyway.



Get Creative

- Get creative when you get together with friends.
- Instead of sitting around playing video games or whatever, try a walking scavenger hunt or go to a playground...they aren't just for kids. You could even bring a kid along. The exercise is good for them too.



Walk...

- When you go shopping, don't spend time looking for the closest place to park. Park further out and get the benefit of those extra few steps. I've heard my mom tell my dad that this will also get less scratches on your car.



Walk with a Friend

- o I personally have a dog that needs to take walks. This makes my dog happy and helps me too.
- o If you don't have a dog you can offer to walk a neighbor's.



Be Consistent

- o I have benefited so much from consistent exercise. I lost weight and have been able to participate in things I wasn't able to experience before.
- o One of my most recent accomplishments has been climbing cliffs.
- o My last annual check-up had my doctor saying I had some of the best blood work he ever has seen. I know it is because I made the decision to be healthy through exercise and fun activities.

It really doesn't matter what
you do as long as you
consistently do it.

Malia Skinner

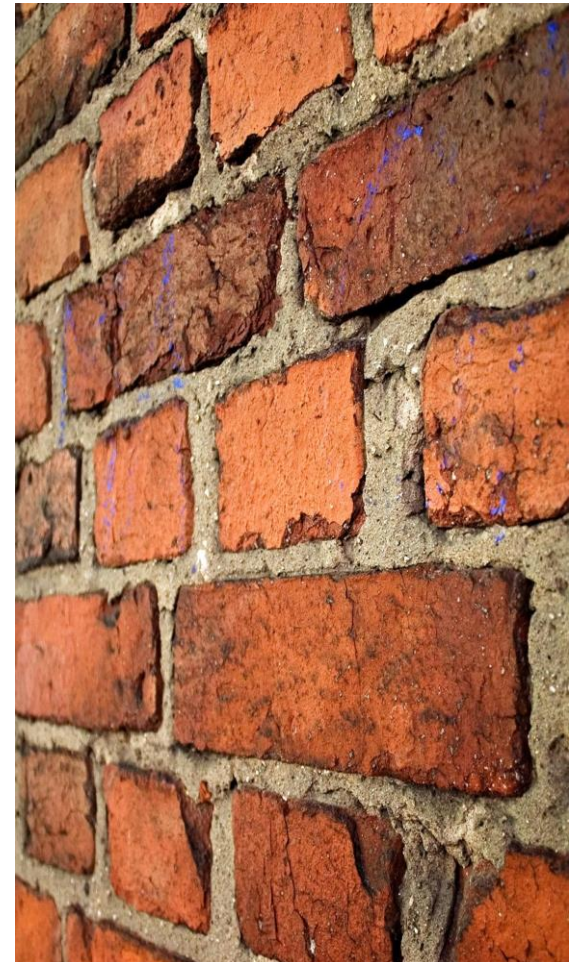


Malia Skinner's Life at Job Corps.

Puzzle Pieces Presentation

What Trade Do I Do?

I'm a bricklayer. I work on building walls; work with tile, stone, cement, and marble; and do concrete work.



—

Before I go into more details as a disabled bricklayer, let me give you a small tour of Job Corps and things I do for fun.

—

Here is a my space, aka room. Also, here is my wing.



Here is my Dorm RA
(Resident Assistant).
OH LOOK THERE'S THE
RANDOM ME :)





PIE EATING CONTEST


Here is me doing super dorm. Dorm competitions against other dorms.

Sapphire won, which is my dorm.



Meet My Input Brothers





**I have a lot of fun with
my brothers, boyfriend
(who I met here at Job
Corps), and my new
best friends.**





Meet Tristan

A best friend of mine who is weird but helps me keep going no matter how many times I've wanted to quit. :)

Ok, more friends later.

**Time to see a couple
projects I did in trade.**

Here's a brick wall I did...took forever.




And here's the last project (for now till I get more projects done). A coffee table for the Chair of Command (I did the tile on it).





That's about all I have. I do
have a few more things
before I go.



I did that art
piece in
high
school.

Don't judge - I
like drawing
creepy things!

Things I do for fun:

I draw, play pool, play video games, go on
a weekend pass with friends, hang with my
boyfriend, and watch movies like
Deadpool.



Well, that's my life living as an Autistic Asperger Syndrome Kid. It's fun. I'm learning new things everyday. Building projects. Making a huge difference in my life. This has been Malia Skinner.

Oh, to my fellow advisory council members, my nickname is Zappy. Malia DJ Zappy.

Well, see you guys later.

Thanks for everything. :)



Additional Resources



◦ Transition:

- Transition and Employment Projects

<http://ruralinstitute.umt.edu/transition/articles.asp>

- National Parent Center on Transition and Employment

<http://www.pacer.org/transition/>

◦ Housing:

- Disability Connection Newsletter April 2016

<https://content.govdelivery.com/accounts/USODEP/bulletins/1466288>

◦ Mental Health:

- Identifying and Treating Anxiety Disorders in People with Intellectual Disabilities

http://www.mayinstitute.org/news/topic_center.html?id=1838

- Developmental Disabilities and Mental Health

<http://ruralinstitute.umt.edu/transition/Handouts/Developmental-Disabilities-and-Mental-Health.pdf>

Questions?



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