

# Transition Bootcamp

## Charting the Lifecourse Recap: using the tools to brainstorm transition activities for your student during COVID

Hosted by:  
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Ohio Family 2 Family

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The footer of the slide contains five logos: Cincinnati Children's (with tagline 'changing the outcome together'), University of Cincinnati (with tagline 'CINCINNATI'), UCCEDD/LEND (University of Cincinnati Center for Excellence in Developmental Disabilities, Leadership Education in Neurodevelopmental and related Disabilities), Ohio Family 2 Family (with tagline 'OHIO Family 2 Family'), and OHIO P2P (Ohio Parent to Parent Statewide Mentoring & Support Program).


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# Welcome

How will this “virtual” session work?

- Participant video functions are turned off
- Microphones are muted
- Please enter your questions or comments in the chat box
- This webinar is being recorded and will be available to access, along with a pdf of the slides, within two weeks on our website at: [www.ohiof2f.org/training-materials](http://www.ohiof2f.org/training-materials)
- Please complete an evaluation before you leave

Thank you!



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## Charting the Lifecourse recap

### Lifecourse Framework

**Our core belief:** *All people have the right to live, love, work, play and pursue their own life aspirations.*

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## Focusing on ALL people...

### Ohioans with disabilities

Category	Percentage	Count
Is Active, Not on a Waiver	49%	89,737
Enrolled Waiver Services	29%	
Enrolled Waiver Services	20%	
ICF/DD	2%	

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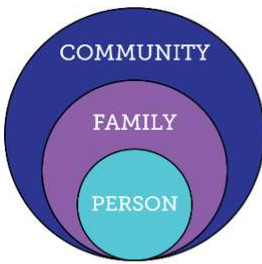
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## Recognizing the person within the context of their family




Everyone exists within the context of family and community





Traditional Disability Services





Integrated Services and Supports within context of person, family and community











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## Holistic Focus Across Life Domains



**Daily Life and Employment**  
(school/education, employment, volunteering, routines, life skills)



**Healthy Living**  
(medical, behavioral, nutrition, wellness, affordable care)



**Community Living**  
(housing, living options, home adaptations and modifications, community access, transportation)



**Safety and Security**  
(emergencies, well-being, legal rights & issues, guardianship options & alternatives)



**Social and Spirituality**  
(friends, relationships, leisure activities, personal networks, faith community)



**Citizenship and Advocacy**  
(valued roles, making choices, setting goals, responsibility, leadership, peer support)











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## Support from Three Buckets

**Discovery & Navigation**  
*(Info and Training)*

**Connecting & Networking**  
*(Talking to Someone that has been there)*

**Goods & Services**  
*(Day to Day, Medical, Financial Supports)*

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## Trajectory of experiences across the lifespan

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## Trajectory as Planning tool

**Life Trajectory Worksheet**

**Past Life Experiences**  
LIST past life experiences and events that supported your vision for a good life.

**Write down your own**

**LIST past life experiences that pushed the arrow toward things you don't want.**

**Future Life Experiences**  
LIST current/ future life experiences that continue supporting your good life vision.

**LIST life experiences to avoid because they push you toward things you don't want.**

**VISION for a GOOD LIFE**  
LIST what you want your "good life" to look like...

**What I DON'T Want**  
LIST the things you don't want in your life...

[www.ohiofamilytofamily.org](http://www.ohiofamilytofamily.org) is a supporter of the UMAC/CAL/UCEDD. Also a member of [www.cincinnatichildrens.org](http://www.cincinnatichildrens.org). ©2019/2020

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## Integrated Services & Supports tool

**CHARTING the life course**

**Integrated Services and Supports**  
People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)  
 Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD. [mofamfamily.org](http://mofamfamily.org) | MAY 2014

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## The Lifecourse Framework

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## Questions

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# Put on your thinking cap and get creative!

## It's 2020, people!!

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## Maria's career discovery star

**CHARTING the LifeCourse**

**Integrated Services & Supports**  
Possible next supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

**Technology**  
- Posted requests on Facebook for recommendations of area businesses to target

**Personal Strengths & Assets**  
- personable & friendly  
- a joy to have around

**Relationship Based**  
- friend from past summer camp program to be lead for the summer  
- friends & neighbors who know area business owners to recommend

**Eligibility Specific**  
- TIW - went virtual this year; will try to utilize next summer

**Community Based**  
- Buy-in and support from participating businesses

**Maria's Career Discovery experience**

Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)

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# Mark's job search trajectory

**LIFE TRAJECTORY | PLANNING**

**Past Life Experiences**  
List past life experiences and events that have supported your search for a good life.

- \*participated in musical theater for 8 years in H.L. and it was fun to be with friends and learn new things.
- \*LOVED my choir teacher Mr. Lehman! I want to make him proud.
- \*volunteered with my class at different places in the community like the food bank, the furniture bank.
- \*My old school traveled around Columbus and I learned new things every day!
- \*learned how to use COFA main bus, COFA Mainstream, Uber and Lyft to get around town with my classmates.
- \*like hearing about my friends that are at college and all the neat things they do with their roommates.
- \*struggles in tasks with repetitions and remembers are how I learn best!

**Moving Forward**  
List current or future life experience or goals that will continue to support your good life vision.

- \*Young Life!
- \*Cofa
- \*COFA Mainstream
- \*helping people
- \*people that understand that sometimes I need help sometimes.
- \*volunteer work
- \*Crown Plaza Hotel
- \*Toll Cost/COOD
- \*Mum
- \*Kagagn
- \*get better with Uber or Lyft

**Vision for What I Want**  
List what you want your "GOOD LIFE" to look like.

- \*Understanding boss
- \*flexible schedule
- \*working with people
- \*helping people
- \*tasks on work
- \*low stress
- \*I want to have my own apartment with a roommate or friend - (maybe one of my siblings)
- \*I want to have a girlfriend (one day)
- \*I want to look fancy at work or have a uniform
- \*like working around music or a place that allows me to listen to music
- \*clear expectations of my job and/or tasks
- \*making COFA Mainstream but being able to get around town more!


**What I Don't Want**  
List the things you don't want or what is not a "good life"


- I do not want to work in a fast paced place that changes too much.
- I do not want to be embarrassed in front of people.
- I don't like being late to meetings, appointments, work
- I don't want my boss to be upset with me because I don't know how to do things.

**Mark's Job**  
List things to avoid that could keep you from your good life vision or lead to what you don't want.

- \*loud, unexpected noises
- \*swearing
- \*being chaotic
- \*working with or around insects, pets or animals
- \*work that is not on a bus route
- \*high Paced Environments
- \*garages
- \*get stores
- \*fast food

Downloaded by The Changing the Lives of Kids Network - [www.ChangingTheLivesOfKids.com](http://www.ChangingTheLivesOfKids.com)  
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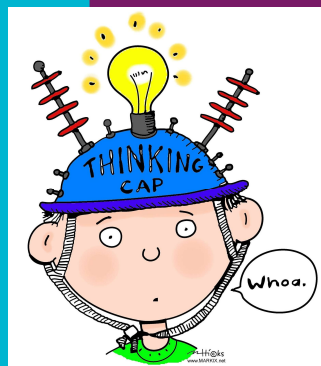








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# Put on your thinking cap and get creative!

# It's 2020, people!!



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## A few free online resources

### Life Skills:

- [Learningforapurpose.com](http://Learningforapurpose.com)

### Career Discovery:

- <https://nacdd.org/wp-content/uploads/2018/01/Career-Discovery-Guide-MODDC.pdf>

### Community:

- [Ymca360.org](http://Ymca360.org)
- Community Centers, Parks & Rec free programming
- Local zoo, science center, museum, theater or sports team

*Local agencies that offer waiver services can provide all three*



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## Mark your calendar!

The next Transition Bootcamp event presented by Central Ohio F2F will be on the topic of:

**Financial Planning** (trusts, SSI, STABLE accounts)

Speaker: Derek Graham, attorney with Resch, Root, Philips & Graham

Date & Time: Thursday, Oct. 22, 2020 – 7:00 p.m.

Register HERE: <https://www.eventbrite.com/e/central-ohio-transition-bootcamp-financial-planning-tickets-122270571571>



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## Connect with Ohio F2F

- Website – [www.ohiof2f.org](http://www.ohiof2f.org)
- Facebook – [www.facebook.com/ohiofamily2family](https://www.facebook.com/ohiofamily2family)
- Twitter - @OhioF2F



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