



Transition Newsletter

Oct 2023

You're off to Great Places!
Today is your day!
Your mountain is waiting,
So...get on your way!
-Dr. Seuss



RESOURCE HIGHLIGHT



I'm Determined! will give you different opportunities to practice skills associated with self-determined behaviors. The website has great information to help you undertake a measure of control in your life, help set and steer the course rather than being a silent passenger on your transition journey.

The website has a variety of resources available to use, for free, to help you transition into employment, independent living, post-secondary schooling, by showing you how to increase your self-advocacy skills.

For more information, check out their website at:
imdetermined.org/youth/

This is informational only. DHS is neither supporting nor endorsing this website. Please determine for yourself if you wish to use it and proceed accordingly.

Self-Advocacy 101

What is Self-Advocacy?

Self-advocacy is “the process by which a person controls their own life”. In other words, it’s a way for YOU to communicate YOUR needs so you can thrive in any environment you encounter.

Students that learn how to be a good self-advocate are more likely to do well in school, work, and life in general!

In the past, you probably have relied on your parents or other adults to make many of the decisions that have been made but it’s now time for you to become more vocal about what YOU want and need.

Self-Advocacy Tips

- ◆ Be an active participant in meetings that involve you!
 - ◇ Listen to what is being discussed
 - ◇ Ask questions when you don’t understand
 - ◇ Take notes so you can remind yourself later what was discussed
 - ◇ Share your past successes
 - ◇ Understand your disability and communicate how you learn best
- ◆ Clearly express what your needs are
 - ◇ What supports have you found helpful?
 - ◇ What supports haven’t been helpful?
- ◆ Set realistic goals for what you want to achieve
 - ◇ What do you want to improve on?
 - ◇ What do you want to learn?
 - ◇ What do you want to be doing in five years?
 - ◇ Where do you want to be living in five years?
- ◆ Get enough information to make informed choices
 - ◇ Do you know what community resources are available to support you?
 - ◇ Who can help you accomplish your goals?
- ◆ Seek advice from a trusted family member or adult
 - ◇ Do you know when to ask for help?
 - ◇ Do you know how to ask for help?



What happens after high school?

Services available to you after high school are based on eligibility. Now is the time to understand what you need and how to vocalize those needs in a way that will benefit you.

Whether you decide to go onto college or straight into work, you will have to seek out the community resources to get supports. As your VR counselor, I can help you learn more about those resources and explain what you would need to share with them to access their services.

Self-Advocacy:
Know Yourself,
Know What You
Need, Know How
to Get It



contact me

Name:

Phone:

Email:

DHS.SD.GOV



Transfer of Rights at age 18

Do you know that when you turn 18 years old, you are seen as an adult and are in charge of making all your own decisions? For some students, extra help from someone you trust is needed to ensure that the right financial, medical, and legal decisions are being made. And there are a few options available to those that may need some additional supports.

Supported Decision Making (SDM): The process of assisting persons with a disability to make their own decisions, so they can develop and pursue their own goals, make choices about their adult life, and exercise some control over the things that are important to them.

Representative Payee: Another individual acts as the receiver of the United States Social Security Disability or Supplemental Security Income for a person who is not fully capable of managing their own benefits.

Power of Attorney: This option doesn't require a court hearing. This option consists of a notarized document with specific reasons (medical, financial, etc.) stated, doesn't require a court hearing, and the person with the disability retains authority to make decisions.

Limited Guardianship: Provides a guardian with decision-making authority and responsibility over only selected areas that the person has been determined by the court as unable to manage. For example, a limited guardianship might only apply to health care decisions.

Conservatorship: Individual is appointed with decision-making authority to manage, protect, and preserve the protected person's estate and finances.

**UPcoming
EVENTS**

TSLP—Let's Talk Work

A one-day conference for high school students who have a disability focusing on employment.

10/11/23—McLaughlin, Redeemer Lutheran

11/2/23—Mitchell, Highland Conference Center

11/7/23—Sioux Falls, Sanford Research Center

11/9/23—Ft Pierre, AmericInn Conference Center

11/15/23—Aberdeen, Boys & Girls Club

11/28/23—Rapid City, Rushmore Hotel & Suites

Learn more at: bit.ly/LTWflyers

Transfer of Rights continued...

We know this is a lot of information and we're sure you have questions. Luckily, there are a number of great resources available to help you and your family make a decision that will allow you the supports AND independence you need.



bit.ly/Alternativestoguardianshiptool
(PDF download from TSLP.org)

bit.ly/SDGuardianshipGuide
(PDF download from SDparent.org)

drsdlaw.org/video/

FREE COLLEGE APPLICATION PERIOD



OCTOBER 1 - NOVEMBER 30, 2023

Students may apply to South Dakota's public technical colleges and universities free of charge for two months each fall. During the free application period, you are encouraged to explore and apply to any of the public technical colleges and universities.

Who can participate?

Residents from South Dakota, students attending a SD high school, transfer students, and more may participate in the free college application period.

PARTICIPATING INSTITUTIONS

Below are the participating colleges:

Note: Mitchell Technical College, Southeast Technical College and Western Dakota Technical College never charge application fees.



To learn more, go to:

ourdakotadreams.com/exploring-colleges/free-college-application-period/

