

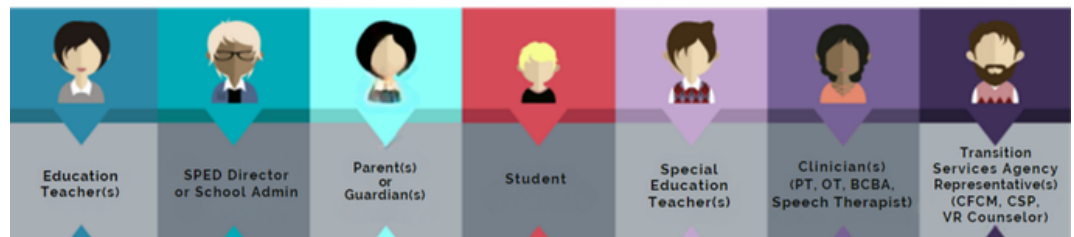
Transition Newsletter

SUPPORT SERVICES FOR AFTER HIGH SCHOOL

If you are nearing the end of your high school experience, it's possible that your IEP services could continue through an 18-21 transition to adult program. These programs are spread throughout South Dakota so it's important to talk to your IEP team to learn what is available in your area, if any.

These 18-21 transition to adult programs are provided to students who have completed the academic requirements for high school but may need more time to learn the skills necessary for employment and adulthood based on their individual needs as a result of their disability. Typically, IEP services after high school require specially designed instruction and support in the transition to adulthood. The goal of these programs is to provide students with the skills and resources necessary to live and work as successfully and independently as possible within their community.

Student's IEP Team



Some students might need continued supports once IEP services have ended. South Dakota has waiver programs available for supported living programs to help lead successful and as independent as possible lives.

Residential Services—Help for people to live as independently as possible and to support health and safety needs. Care ranges from around-the-clock support to intermittent daily check-ins.

Shared living—Residential living option where a person with an intellectual or developmental disability lives with someone who wants to share a life and provide supports.

Companion care—Intermittent support from a paid helper to build social skills and increase independence

Supported living in the home—Services to assist a person to live in their home with minimal supports from paid help.

**To learn more about these services, contact Dakota at Home:
1-833-663-9673 or dakotaathome.org**

RESOURCE TO CONSIDER

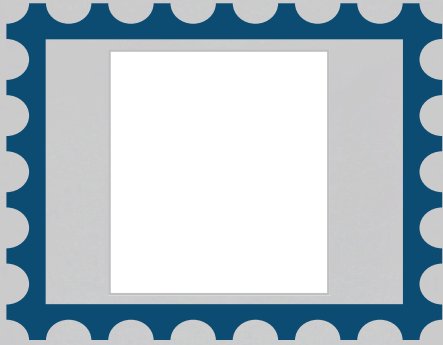
Do!

Do! Simple To Do List

The Do! app gives you the look and feel of a paper to-do list, complete with unique paper and pen sound effects. Plus, tasks are easy to add and view thanks to the Today widget for your device. To help organize your to-do list, you can add a color-coding system, perfect for keeping track of bathroom cleaning tasks versus kitchen cleaning tasks. Do! is free to download for Android and iOS devices with in-app purchases. The premium option removes ads and allows for unlimited task groups.

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.

contact me



DHS.SD.GOV

You're off to
GREAT PLACES!

Today is
YOUR DAY!

Your mountain
IS WAITING

So...get on
YOUR WAY!

-Dr. Seuss-

PREPARING TO LIVE ON YOUR OWN...

There are many things that you could be doing now to prepare yourself for your future. Here are just a few skills that you can start working on now to become more ready for your big move in the future!

PERSONAL CARE

- Practice good personal hygiene, taking showers and brushing teeth regularly without prompts.
- Take part in activities to stay physically fit, like a daily walk around the neighborhood.
- Understand the dangers of smoking/vaping, drugs, alcohol, unprotected sex, and how to recognize abusive behaviors.
- Know when to seek medical care and how/when to take medication.
- gottransition.org/youth-and-young-adults/

LAUNDRY

- Learn what supplies are needed, how to sort dirty, wash and dry, fold, and store properly after they've been cleaned—consider writing up simple instructions to have in your laundry room to reference.
- bit.ly/laundryin16simplesteps

KEEPING A CLEAN HOUSE

- Learn what supplies you should have handy and helpful tips to keep your living areas tidy as well as print some to-do lists to remember things.
- bit.ly/lifeskillscleaning

FOOD PREPARATION

- Learn what items belong in a cabinet, fridge or freezer and how long items will last.
- Help the person who typically cooks in your house make meals so you can learn how to follow a recipe while learning valuable cooking safety tips along the way.
- accessiblechef.com or search **CookAbility** on YouTube

INDEPENDENT SKILLS TRAINING

You can always reach out to the SD independent living centers to request an Independent Living (IL) assessment. A meeting will be held to discuss the outcome of the assessment to determine a training plan that includes hands-on training to build those daily-living skills. Training can include cooking, budgeting, organizing, and more depending on your needs!

Contact me and I'll get you started with them!



INDEPENDENT LIVING CHOICES

Opening doors for people with disabilities

ilchoices.org

