

**THE 3Rs OF TRANSITION TO  
ADULTHOOD: RESPONSIBILITY,  
REGULATION AND RELATIONSHIPS**





PREPARING STUDENTS WITH  
AUTISM AND LEARNING DIFFERENCES  
FOR COLLEGE, CAREER AND LIFE



SELF-  
ADVOCACY

SOCIAL  
SKILLS



WELLNESS



CAREER  
COACHING  
&  
CAREER TIPS



SELF-  
MANAGEMENT



COLLEGE  
SUPPORT

SUPPORTED  
APARTMENT LIVING



Summer and Weekend experiences for teens and young adults with  
Autism, ADHD and LD



A summer or weekend at Transitions could  
change your life!

Career Coaching ~ College Credit ~ Life Skills ~  
Friendships ~ Fun Activities

[Learn More](#)

Full year, summer and weekend  
programs for 16-27 year olds

- In the U.S., only 16.8% of the population with disabilities was employed. (Bureau of Labor Statistics 2014)
- Only 17% of young adults with ASD/LD between 21 and 25 years old have lived on their own. (The American Academy of Pediatrics study 2012)
- Employment levels of people with disabilities are low, and those who are employed tend to be in lower paying occupations. (DOL 2014)

**THE PROBLEM**

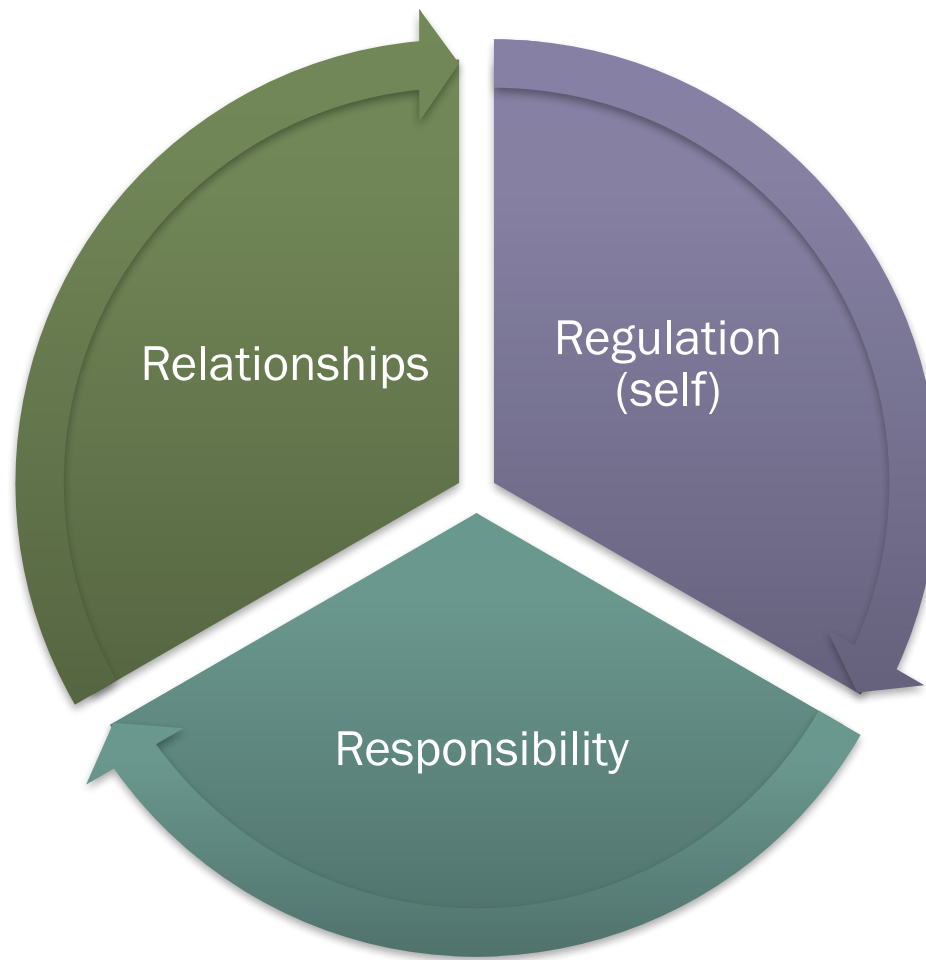
- **Transition into adulthood – “Falling off the Cliff”**
- **School supports end at high school**
- **Supports for more capable students are very limited and have to be student driven**
- **Limited postsecondary education options for students that need life and social supports**
- **Lack of supports for non-cognitive challenges at work**

**THE PROBLEM**



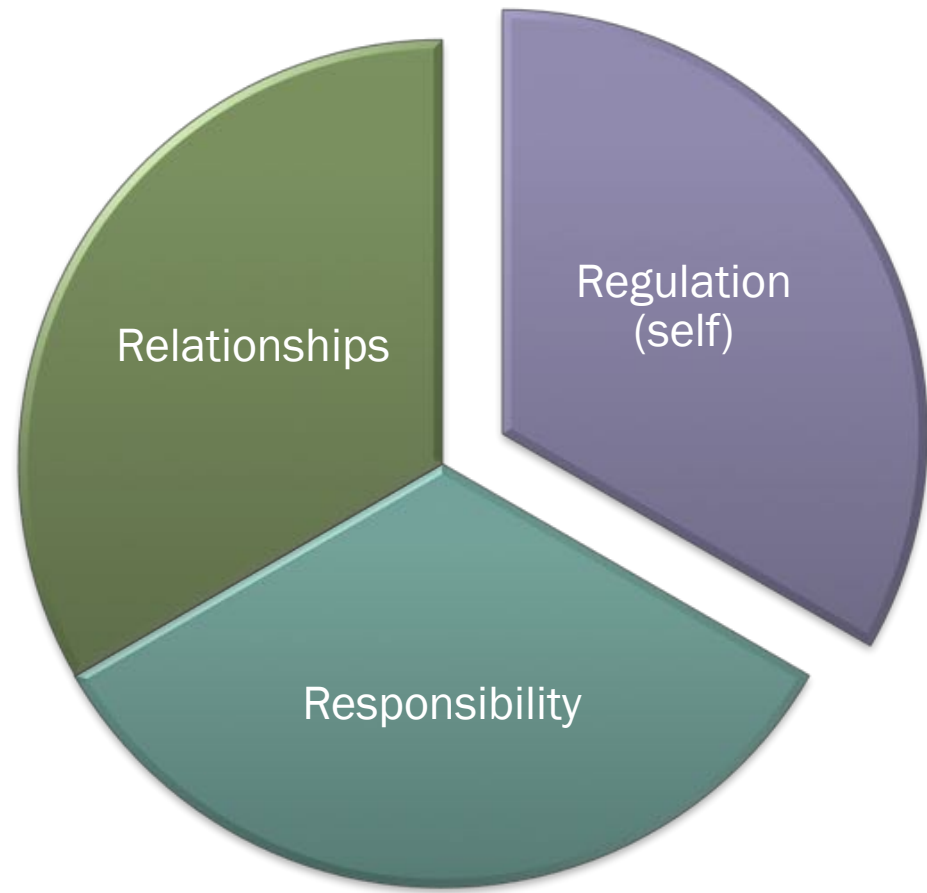
- **Why Transitions?**
- **Founded to provide an option to conquer this cliff**

**CONQUERING THE CLIFF**



## THE 3Rs OF TRANSITION

- Self-Management
- Executive Function
- Organization
- Time Management
- Building Skills to Tolerate Stress
- Flexible Thinking
- Accepting No, Accepting Disappointment
- Skills for Handling the Change & the Unexpected
- Transitioning from Preferred to Less Preferred Activities



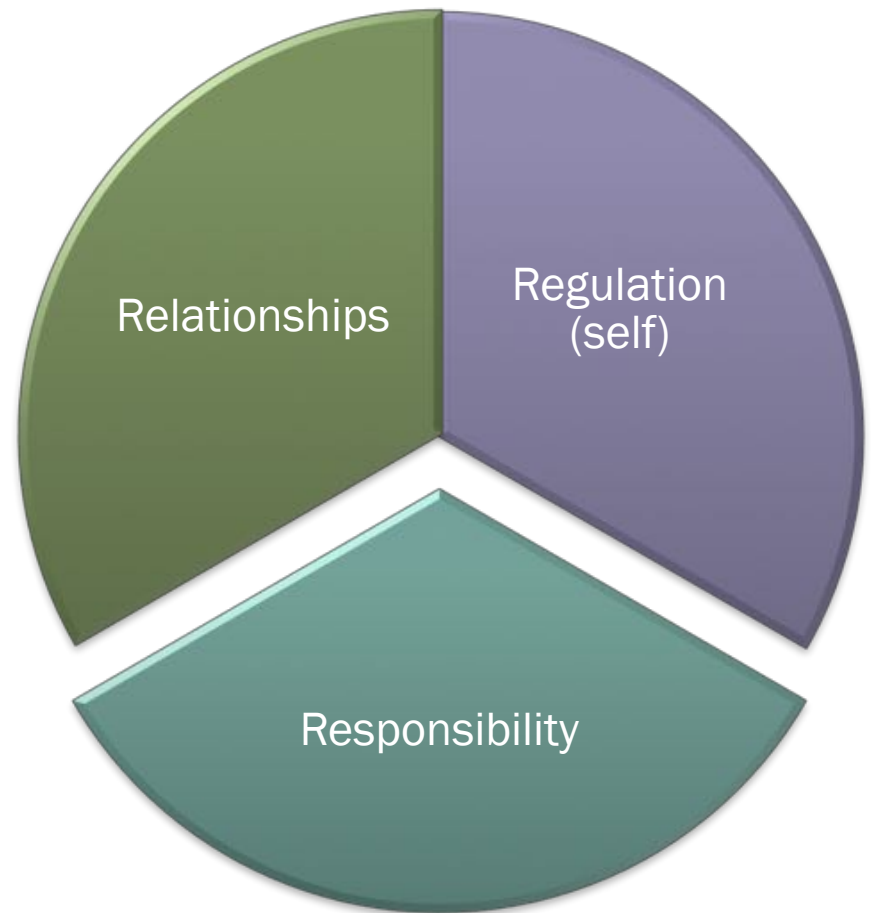
<https://executivefunctioningsuccess.com/>

**THE 3Rs OF TRANSITION: REGULATION**

- Executive Function
- Self-Advocacy: Seeking Help, Understanding Abilities and Disability
- Tolerance and Flexibility
- Problem-Solving Skills
- Making Choices, Setting Goals
- Handling down-time
- Taking Responsibility (Ownership/Pride)

Resource:

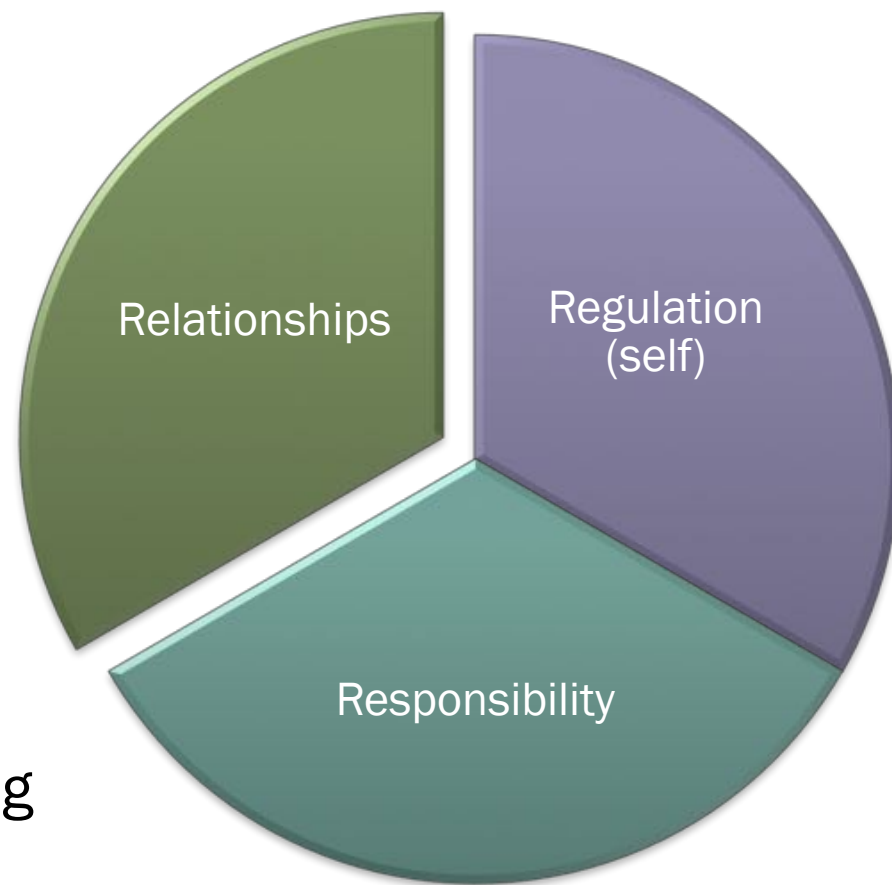
<http://www.going-to-college.org/>



**THE 3Rs OF TRANSITION: RESPONSIBILITY**

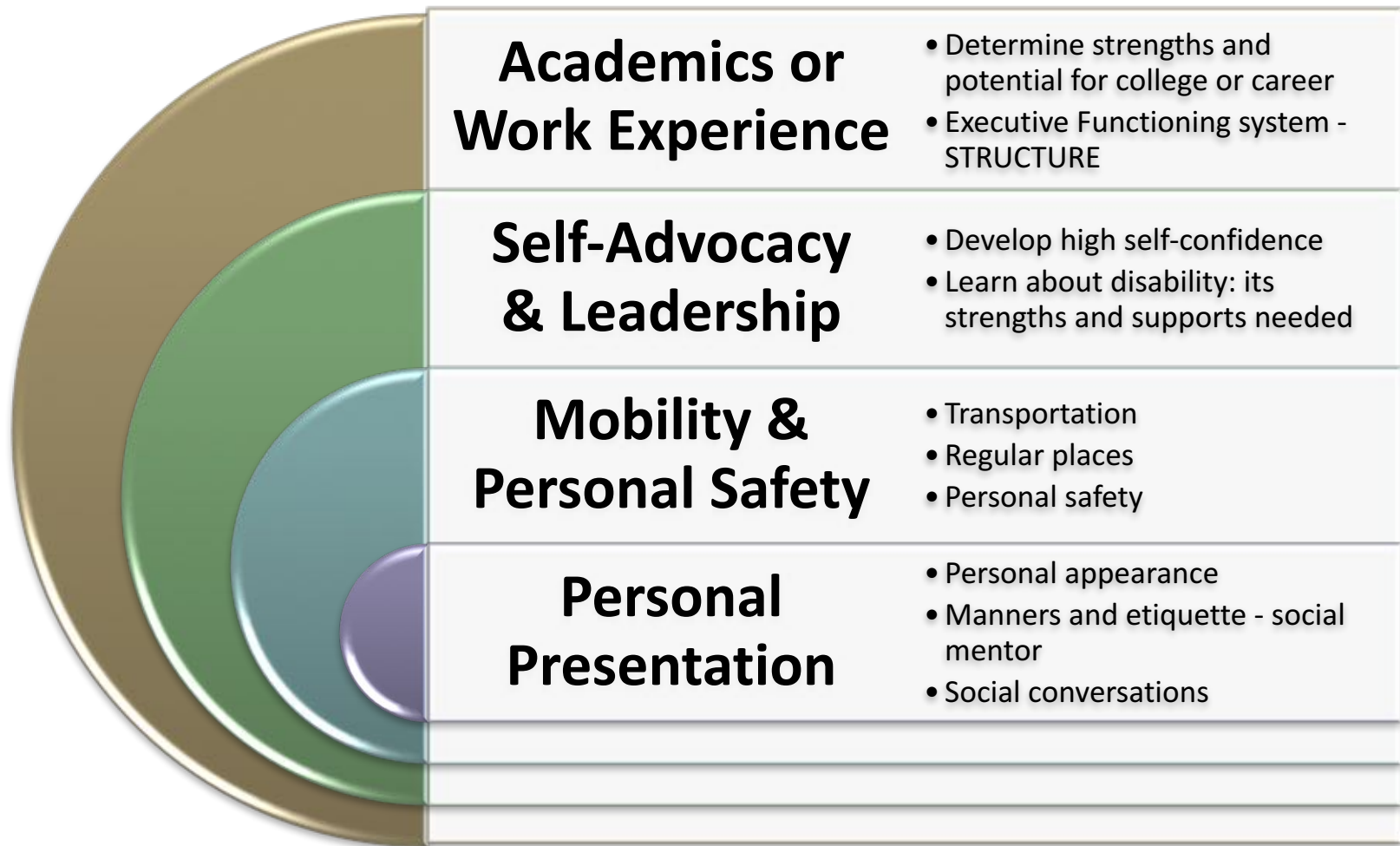


- Being Tolerant of Others
- Expanding Leisure Skills, hobbies and Interests
- Being okay with Trying New Experiences
- Having conversational topics
- Empathy
- Personal Hygiene
- Social Skills at Work too
- Allow for opportunities to be helpful instead of always being helped (enabling)

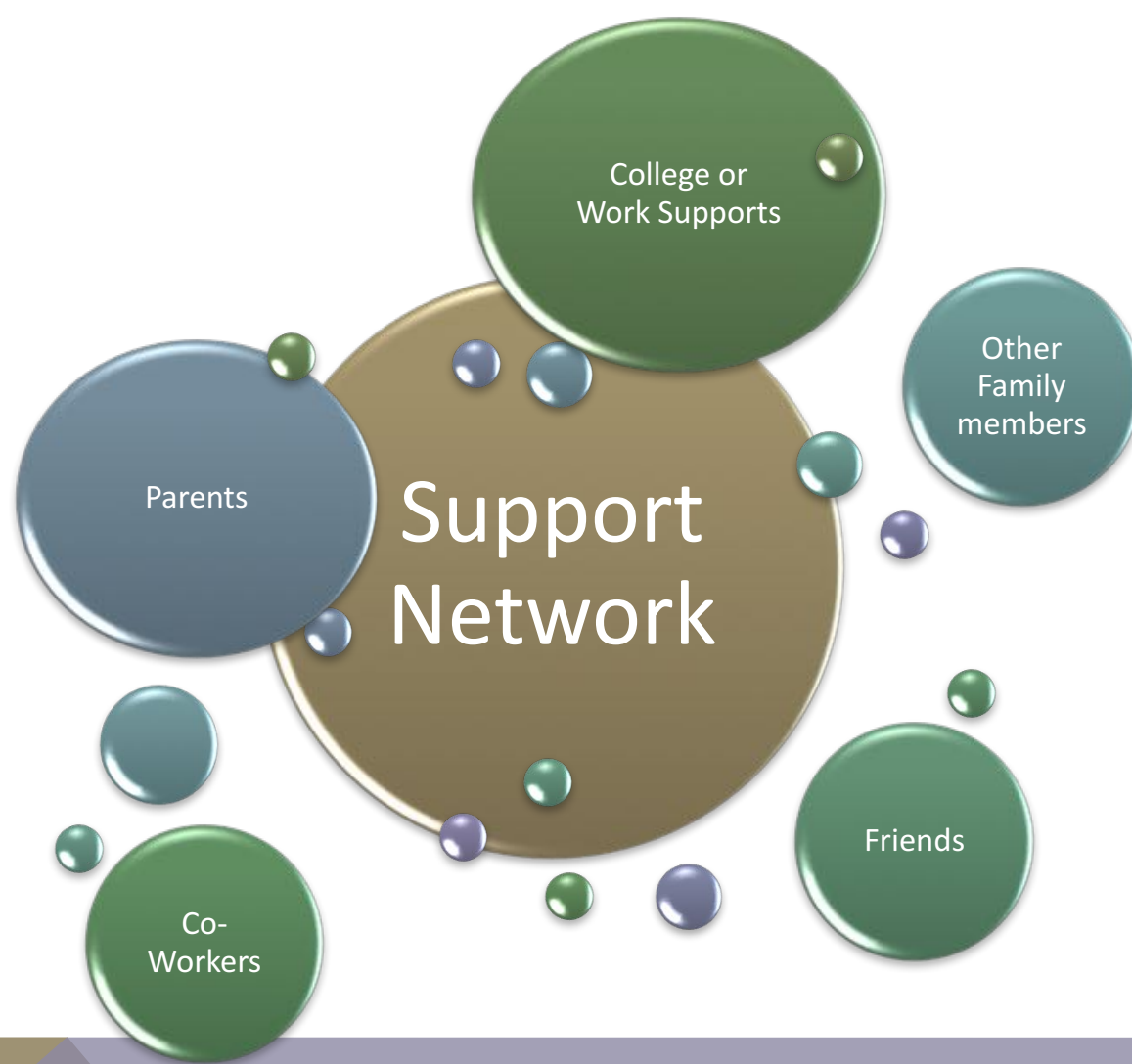


Resource:  
UCLA PEERS & Social Thinking

## THE 3R<sub>s</sub> OF TRANSITION: RELATIONSHIPS



**HOW DO WE PRIORITIZE FOCUS AREAS FOR OUR HIGH SCHOOL STUDENTS?**



**MOST WANT INDEPENDENCE  
BUT MATURITY IS DEVELOPING INTERDEPENDENCE**

**Personal Safety Curriculum:** parts of it can be adapted for use

<http://www.csb-cde.ca.gov/Documents/Safe%20and%20Sound%20Student%20Safety%20Curriculum%20Dec%202007.doc>

**Health related self-advocacy:** has an accompanying app; prepares health history and preparing for medical appointments

[http://www.wihd.org/wp-content/uploads/2015/03/2Myhealthmychoice\\_f.pdf](http://www.wihd.org/wp-content/uploads/2015/03/2Myhealthmychoice_f.pdf)

### **Money Management**

<http://www.nasdds.org/resource-library/self-advocacy/cents-and-sensibility-a-guide-to-money-management-for-people-with-disabilit/>

### **Independent Living Skills**

<http://experiencecele.com/test/autism/> - need to sign up to receive a very handy booklet

<http://autismldtoolkit.org/> - may be a little intimidating. Just focus on the middle chapters for skill development.

### **APPS:**

Friendmaker - social;

Wunderlist – will email daily list to gmail;

Google: Mail, Calendar, Maps – GPS & Public Transit, can send personalized directions;

Iphone Apps – Health, Find my friend;

Many fitness, nutrition and cooking apps;

Tile – to find things;

Use bank account with debit card and mobile app.

## **SUGGESTED RESOURCES:**

# QUESTIONS?

Visit [www.transitionsusa.org](http://www.transitionsusa.org).  
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