

EMPLOYMENT

This area focuses on the development of work related behaviors and seeking employment.

- *Define / Investigate career options
- *Prepare for work
- *Identify agency assistance

ACTIVITIES

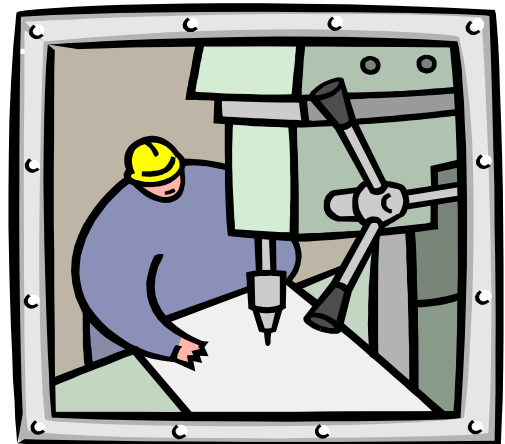
- *Research career interests using MOIS, MY DREAM EXPLORER, or CAREER CRUISING
- *Research career interests by taking assessments on learning, interests, abilities, parent interviews
- *Meet with adult workers in the career field of _____
- *Participate in career awareness program in the _____ grade
- *Meet with MDCD/RS counselor and discuss services/eligibility
- *Learn/visit a local Workforce Development Center
- *Contact the Commission for the Blind and Visually Impaired to obtain employment
- *Practice completing job applications and interviewing skills
- *Attend the Futures Transition Conference to research employment opportunities
- *Participate in job shadowing at _____
- *Participate in a career fair



*Complete interest/aptitude/vocational testing

- *Obtain a picture ID
- *Reapply for SSN card if unable to locate
- *Compile a career exploration notebook
- *Participate in vocational, career, and technical education courses
- *Visit the Vocational Center
- *Participate in a volunteer experience at _____
- *Observe people working in different occupations in the community such as _____
- *Interview people working in different occupations in the community such as _____

- *Identify and understand occupational safety issues
- *Obtain a work permit
- *Participate in a part time job at _____
- *Participate in Vocational Training as an Unpaid Trainee or Student Learner (paid) at _____
- *Explore job qualifications/requirements for a job of interest
- *Develop a resume
- *Learn to deal appropriately with problems on the job
- *Identify a mentor in the work setting
- *Investigate job coach services
- *Explore advancement opportunities at the job
- *If on Supplemental Security Income, write a Plan for Achieving Self-Support (PASS) and submit it to SSA to obtain funding for a job coach or funding for transportation to and from a job
- *Other _____



INSTRUCTION

Activities/strategies that are necessary to prepare for and take part in college, continuing education, further skill training, adult living, etc.

***Coursework**

***Educational Experiences**

***Skill Training**

ACTIVITIES

- *Visit or apply to college; investigate enrollment process, financial aid, and entrance exams, scholarships and student support services
- *Visit or apply to MAISD Voc Ed program with or without supports
- *Obtain information and/or enroll in continuing and adult education
 - *Investigate cosmetology school; truck driving school, Ross Medical, and Noortheok
 - *Obtain necessary documentation for support services/accommodations in college
 - *Identify learning style, accommodation needs, assistive technology
 - *Learn about student rights under Section 504 of the Rehab Act and ADA law



- *Enroll in an adult living course, career course, transition course, and self-advocacy/self-determination, parenting classes
- *Learn about time management and organization
- *Take GED pre-test (TABE)
- *Apply for Big Brother/Big Sister to help with homework and mentoring
- *Take a First Aid/CPR class
- *Contact local Health Department for educational opportunities
- *Attend post-secondary institution fairs, Futures Conference and presentations by speakers at school
- *Explore on the job training through supported employment or IVT's
- *Develop a plan with MDCD/RS for education/employment
- *Mobility training (Muskegon Area Transit System)
- *Participate in study groups or peer mentoring
- *Investigate military options for training
- *Investigate summer school to make up graduation requirements
- *Take classes through local 4-H program
- *Take anger management classes at local agency
- *American Red Cross for office assistant training
- *Children's Resource Network/4C for Childcare/provider training
- *Michigan Indian Employment and Training Services for assistance (1/4 American Indian)
- *Michigan Youth Challenge Academy – military like setting for at risk youth
- *M-TEC for various training opportunities
- *Other _____



DAILY LIVING SKILLS

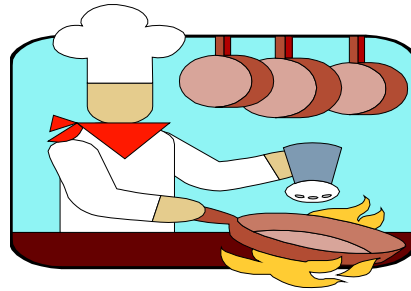
This area focuses on activities that adults do most every day

Develop independent living skills

*Cooking *Budgeting *Cleaning *Hygiene *Medical *Transportation

Actions to Meet Goals:

- *Call utility companies about security deposits (gas, water, electric, telephone, cable, etc.)
- *Practice reading bills from the phone, gas, and electric companies
- *Improve minor home repair skills
- *Visit community agencies that provide daily living skill training to adults, DACIL – Center for Independent Living - [830-0099](tel:830-0099)
- *Assist or independently prepare one meal a week
- *Assist parent with grocery list and shopping for items on a prescribed budget
- *Increase knowledge on nutrition and physical fitness
- *Learn basic food storage guidelines, refrigeration time guidelines
- *Learn safe and sanitary meal preparation...salmonella prevention
- *Plan menu at home once a week
- *Purchase food and prepare meals
- *Increase money skills, budgeting skills; compose a budget to live independently
- *Prepare an initial housing budget (down payment, furniture, bath towels, cleansers, utilities, etc.)
- *Cost compare for household items
- *Learn appropriate tipping in restaurants
- *Develop emergency procedures for use at home
- *Improve personal safety skills, first aid skills, emergency assistance/emergency
- *Select a primary care physician and dentist
- *Know your medical coverage/physician/dentist and how to contact
- *Schedule and keep medical appointments
- *Understand directions for taking medications
- *Develop a personal fitness routine
- *Enroll in prenatal care classes
- *Investigate the cost of auto ownership
- *Investigate car insurance costs by visiting an insurance agency
- *Learn to use community transportation; MATS, taxi, Go Bus
- *Practice following directions and maps
- *Manage daily time schedule
- *Improve organization skills by maintaining a calendar of upcoming events/appts
- *Improve personal hygiene/grooming skills
- *Take childcare classes
- *Take courses in foods, family life, child development and life management
- *Learn skills necessary to purchase and maintain clothing...mending, laundry, and ironing
- *Learn to use washer and dryer
- *Learn house cleaning and cleaning solutions



ADULT LIVING

Activities/strategies/services, that focus on adult living skill that are done occasionally such as registering to vote, filing taxes, obtaining a driver's license, renting or buying a home, accessing medical services, insurance, and accessing adult services.

Activities

- *Call (3) apartments in want ads; inquire about cost, what utilities are included, deposits
- *Investigate housing options, apartments, home ownership, shared housing, foster care, and supported living
- *Develop a contact list of agencies that provide residential supports in Muskegon
- *Call the Muskegon Housing Commission 722-2647 (Section 8) Info



- *Meet with and interview adults with disabilities and their families who are receiving community supports
- *Visit/tour a variety of adult housing options with supports
- *Contact CMH case manager to be placed on residential service waiting list
- *Explore possible adaptive or assistive technology for independent living
- *Identify pre-occupancy needs; furniture, kitchen ware, linens, staples
- *Meet with a potential landlord
- *Apply for disability card for reduced fees with MATS Bus
- *Register for the draft and learn about public service obligations/opportunities
- *Register to vote and learn about the election process
- *Contact Community Mental Health (CMH) Access 720-3200
- *Contact DACIL, Disability Awareness Center For Independent Living 830-0099
- *Contact the Commission for the Blind and Visually Impaired (616) 356-0185
- *Contact Social Security Benefits and options 759-2525
- *Contact Family Independence Agency (FIA) 733-3700
- *Explore guardianship issues and estate planning – Arc/Muskegon 777-2006
- *Explore insurance issues/needs
- *Explore possible adaptive or assistive technology for independent living
- *Join the local YMCA, health club, or community recreation center
- *Learn about consumer skills, rights, and responsibilities
- *Learn expectations for eating in restaurants
- *Learn about managing/maintaining/performing simple repairs on a home and obtaining
- *Obtain a driver's license
- *Learn about ways to purchase/lease a car and maintain vehicle
- *Learn to access community resources such as library, post office, county building
- *Meet with social worker to discuss interpersonal skill development
- *Obtain assistance to complete a tax return
- *Obtain information on managing personal health and fitness
- *Open a bank account and manage finances/budget/bills
- *Open a checking/savings account
- *Plan for vacation/leisure activities
- *Select a primary care physician and dentist
- *Schedule and keep medical appointments

COMMUNITY EXPERIENCES

Activities/strategies listed below that are generally provided outside the school building and that prepare and encourage the student to participate in community life.

***Government *Social *Recreational
*Leisure *Shopping *Banking *Transportation**

ACTIVITIES

- *Attend and participate in local government activities (Council meetings, school board meetings, city/council public hearings)
- *Attend school functions (sport events, dances, plays, concerts, pep assemblies)
- *Call Arc/Muskegon to learn how to ride the MATS Bus 777-2006
- *Call Arc/Muskegon to receive community calendar of events 777-2006
- *Contact Volunteer Muskegon 722-6600
- *Identify different living/housing options
- *Investigate participation in church/temple or social/recreation events
- *Investigate participation in community civic and social organizations (Lions Club, Rotary, Elks, Jaycees, Kiwanis, etc.)
- *Investigate participation in community sports teams or organizations (softball, bowling)
- *Investigate participation in Special Olympics 689-5481
- *Join a community recreation center, YMCA, fitness center
- *Join an exercise class or Yoga
- *Learn about 4H Club or Junior Achievement
- *Learn how to use pay phones
- *Practice pedestrian/parking lot safety
- *Join a community team or organization (church group, self-advocacy club, Toastmasters, Alcoholics Anonymous, bowling League)
- *Join the Leisure and Recreation Club (LARC) 773-5355 x16
- *Initiate outings with friends once a month, weekly
- *Learn about and visit potential places in the community to shop for food, clothes, etc.
- *Learn about the community symphonic organization (West Shore Symphony) 726-3231
- *Learn about transportation options in the community, MATS, GO Bus, taxi
- *Learn to ride a skateboard, roller blade, bike or other outdoor activity
- *Visit/learn the Chamber of Commerce upcoming community events
- *Observe a courtroom or jury duty process
- *Obtain a state ID card or driver's license
- *Open a bank account
- *Register to vote
- *Register with the selective service
- *Tour apartments for rent
- *Visit and learn about the Muskegon Art Museum, Hackley Hume House, County Museum, USS Silversides, and Milwaukee Clipper
- *Visit and learn about the Muskegon Health Department
- *Visit the mall and food court with a provider; identifying stores and meals of choice



*Learn about community

RELATED SERVICES

Activities/strategies in this area should consider the current and projected related service needs and what services will continue beyond school.

*Identify who or what agency might provide those services

*Identify how the student and parent can access those services

*Connecting the student and parent to those services before graduation

This type of planning, discussion and identifying should make the move from the school services to adult agency services as seamless as possible.

Activities

- *Contact Disability Awareness Center for Independent Living (DACIL) 830-0099
- *Contact Goodwill Industries of West Michigan, Inc. 739-9010
- *Contact Deaf and Hard of Hearing Connection 737-4414
- *Contact Commission for the Blind (616) 356-0185
- *Contact Community Mental Health (ACCESS) 720-3200
- *Contact Social Security Administration, benefits/options 759-2525
- *Contact Michigan Rehabilitation Services (MRS) 773-9151
- *Identify and visit potential post school providers of recreation therapy, physical therapy, speech therapy, or occupational therapy and potential funding sources.
- *Learn to use a guide dog effectively
- *Apply for a mentor through a local, non-profit agency for counseling of substance abuse or support group
- *Engage in conversations using an augmentative communication device
- *Interview a job coach for assistance with learning job tasks
- *Investigate/Apply for Supplemental Security Income (SSI)
- *Write a plan for Achieving Self-Support (PASS) and submit to SSA to obtain funding for transportation to and from a job
- *Identify possible sources of support for coping with difficult life situations
- *Complete an assistive technology evaluation
- *Contact/visit CMH Skills Building Center, Kandu
- *Interview and select an adult provider
- *Obtain a driving capability assessment from Mary Free Bed
- *Receive orientation and mobility training
- *Explore options for modified transportation
- *Apply for MATS Handicapper Discount Fare Card, Certification of ADA Para-transit Eligibility, and Register with Go-Bus.
- *Interview and select an adult provider

FUNCTIONAL VOCATIONAL EVALUATION

A functional vocational evaluation is an assessment process that provides information about job or career interests, aptitudes, and skills. Information can be gathered through observations, formal or informal measures in the setting where the job is performed

- *Participate in a community-based situational vocational assessment/work experiences
- *Meet with school counselor to affirm vocation interests
- *Provide opportunities for job sampling in the community
- *Contact Goodwill to provide a functional vocational assessment
- *Collect functional information regarding the student's vocational interests and abilities
- *Meet with school counselor to affirm vocational interests and align graduation plan