

INDEPENDENCE

A Newsletter for Transitioning Teens

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STUDENT SPOTLIGHT

"I never thought I could be successful in college", says Kassie White, a sophomore at Ivy Tech State College-Lawrenceburg. Like many students, school did not come easy to Kassie. A graduate of Rising Sun High School, Kassie lacked confidence to believe that she could attend college. She knew higher education was important if she wanted to get a good job, but she couldn't see herself being successful in the classroom. Fortunately for Kassie, her guidance counselor and several teachers believed otherwise. They encouraged her to think beyond high school and continued to point out her success. She was also encouraged by the personal story of a former Rising Sun police officer who was able to turn his dreams of school and police work into a reality. "If he can do it, so can I", believed Kassie. Kassie attended the Career Center her last two years of high school. She took classes in computers and landed a job working at Hummel Insurance. She graduated from Rising Sun High School in May 2002 and enrolled at Ivy Tech in August of the same year. At first she was not sure what she wanted to study. Kassie started with Early Childhood Education, but decided to switch to Office Administration. She didn't feel pressured to decide a program right away.

With a busy schedule away from school, Kassie has been attending Ivy Tech on a part-time basis. Her advice for anyone still in high school is to take more courses in Math. Kassie wishes she would have taken Algebra to prepare her for the math classes in college. She also wishes she had worked harder, used the library more, and read more while in high school. Kassie says that she believes she has been successful at Ivy Tech because she feels motivated by good teachers to learn more. It might be more work, but Kassie believes that she is learning more and that the explanations seem more relevant. "I am so glad I came here", says Kassie.

PREPARE FOR TRANSITION

1. Talk to your parents about your hopes, plans, and dreams for the future.
2. Inform your special education teacher of your goals so that these can be discussed at case conferences.
3. Ask your parents to attend your case conference if they don't already. They can help you to express your thoughts.
4. Ask questions about training you will need or where you will need to go for training, and what you need to do to prepare for the career training.
5. Talk to other students and parents who have already faced transition and find out who or what helped them.
6. Keep a file with all of your IEPs, any contacts you have made, test scores, etc. When you make contacts, write down what was discussed.
7. Work as a part of a team. Don't try to face all of the transition issues on your own. Ask for and accept help.

CHECK THIS OUT!

FOR CHILDREN UNDER THE AGE OF 18, THE PARENTS' INCOME AND RESOURCES ARE NOT USED TO DECIDE IF THE CHILD IS ELIGIBLE FOR A MEDICAID WAIVER!

Why take any chances? If you have a child with a disability **CHECK OUT THE MEDICAID WAIVER!**

Medicaid Waivers help people with disabilities:

- * to become involved in the community.
- *to develop skills.
- *to form relationships
- *to become more independent

There are 3 kinds of waivers::

Autism Waiver

Developmentally Disabled Waiver

Support Services Waiver

A MEDICAID WAIVER IS NOT INCOME BASED AND IS NOT THE SAME AS TRADITIONAL MEDICAID!

The Developmentally Disabled Waiver may provide:

- Physical Therapy
- Respite Care
- Occupational Therapy
- Music Therapy
- Health Care Coordination
- Transportation
- Speech Therapy
- Family/Caregiver Training
- Prevocational Services
- Personal Emergency Response Systems
- Enhanced Dental Services
- Behavior Management
- Crisis Intervention
- Adult Day Services
- Adult Foster Care
- Environmental Modifications
- Expenses of Unrelated Caregiver
- Community Habitation
- Supported Employment
- Specialized Medical Equipment
- Specialized Medical Supplies



The Early Bird Gets the Worm!

MEDICAID WAIVERS HAVE A WAITING LIST! SO DON'T DELAY YOUR APPLICATION!

The Autism Waiver may provide:

- | | |
|------------------------------------|------------------------|
| Adult Day Services | Respite Care |
| Assistive Technology | Occupational Therapy |
| Behavior Management | Habilitation |
| Crisis Intervention | Day Group |
| Caregiver Training | Physical Therapy |
| Supported Employment | Medical Equipment |
| Medical Supplies | Prevocational Services |
| Supported Living Services | |
| Speech/Language Therapy | |
| Personal Emergency Response System | |
| Environmental Modifications | |

The Supported Services Waiver Provides all the services offered by the Developmentally Disabled Waiver except:

Residential Habilitation/ Support and Environmental Modifications



Call the ROD Special Education Office to get more information about Medicaid Waivers. 812-623-2212 Ask for Lisa Peck

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Transition begins long before I walk out of the doors of the high school my senior year. **GOING TO COLLEGE OR TRAINING BEYOND HIGH SCHOOL ?**

4-5 Years prior to exiting high school, you should:

- * Pinpoint your interests.
This can be done through completing career/interest inventories.
- * Find out the requirements for training and/or education.
- * Learn about options for college, vocational/technical schools, or job training.
- * Practice good communication skills.

Talk with your teachers, counselors, and parents about your interests and needs.

- * Know what your disability is and what accommodations you need.

Speak up at your conferences and say what YOU NEED.

- * Learn and use good decision-making skills.

- * Participate in community activities and make friends beyond your school and neighborhood.

- * Find out about types of transportation in your community.

- * Learn how to budget your money and spend it wisely.

- * Learn to state/write your personal information.

- * Get a personal ID card.

- * Find out about:
Medicaid
Medicaid Waivers
Social Security
Vocational Rehabilitation
Bureau of Developmental Disability

THINK ABOUT.....

* Make contact with the DISABILITY SUPPORT SERVICES OFFICE at the college/vocational school.

* You will need to provide proof of your disability. Some things you may need are:
a current evaluation,
a statement/letter from your doctor,
your last I.E.P. from high school

* Take only a small number of classes at first.

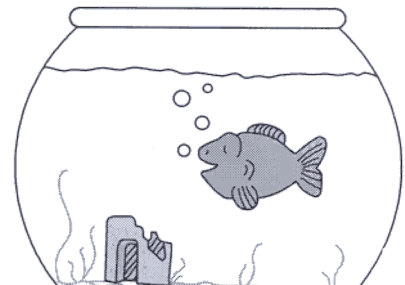
* Know what kinds of opportunities are offered at the college/school to help with study skills, tutors, etc.

Once you are out of high school you will have to seek out this help. Most of the time, no one will come to you and ask you if you need help.

* Contact the college/school at least 3-6 months prior to going to find out about financial aid, student loans, and Pell Grants.

* If you leave school make sure that you contact the school to Officially Withdraw. Otherwise, you will earn an "F" instead of an incomplete, which may be made up later.

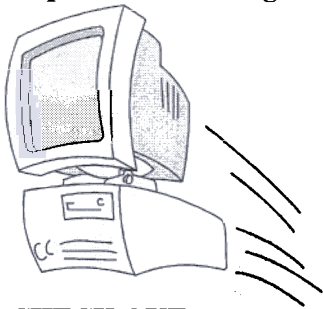
**DON'T BE A FISH OUT OF WATER!
PLAN AHEAD FOR
COLLEGE/TRAINING AFTER HIGH
SCHOOL!**



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FOR MORE INFORMATION....

Association on Higher Education and Disabilities (AHEAD)
<http://www.ahead.org/>



CHECK OUT.....

The Indiana Career and Post Secondary Advancement Center website at:
www.icpac.indiana.edu



To get a handbook, Supported Education: Providing Services for Students with Psychiatric Disabilities, call:
410-337-9580

Independence

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COOPERATIVE
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Topics of Focus

- *Student Spotlight
- *Prepare for Transition
- *Check Out the Medicaid Waiver
- *Types of Medicaid Waivers
- *Going To College or Training Beyond High School?
- *Transition Planning 4-5 Years prior to Senior Year



CONTACT INFORMATION

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(877)396-3271

WEBSITES FOR INFORMATION

www.rodspecial.ed.org

www.nhrehab.org

www.thearc.org

www.arcind.org

www.safesitter.org

Indianapolis Resource Center for Independent Living, Inc. (IRCIL)
(800)484-4167

New Horizons Rehabilitation, Inc.
PO Box 98
Batesville, IN 47006
(812)934-4528