

PLAN THE POSSIBILITY

An Informative, Interactive Journey



disability**rights** | WISCONSIN

INTRODUCTION

This booklet will tell you about the transition from high school to life after graduation. It will explain what transition is, and what steps you can take to help plan for your future. If you'd like more information, talk to your case manager or IEP Team.

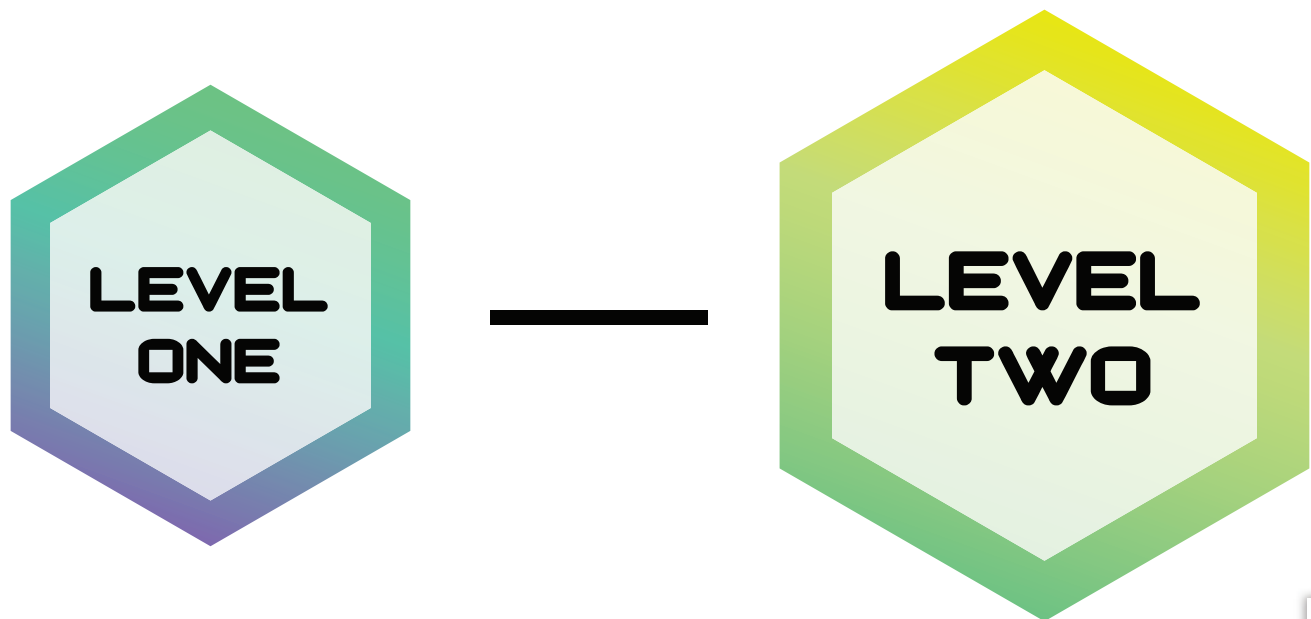
You see that dreamy, starry stuff below? That's the **future stream!** Follow the directions inside these boxes and we'll help you navigate through it to better plan for your future.

LEVEL ONE: WHAT IS TRANSITION?

The word “transition” means to change from one thing to the next.

FOR EXAMPLE:

After middle school you transition to high school. When you move from one level of a video game to the next, you are making a transition.



LEVEL TWO: WHY IS TRANSITION IMPORTANT?

If you stay on the first level of a video game, you will never reach the end. Once you master the first level, you transition to the next one. It's important to plan the steps of how you will reach your goals for the future.

There is a law that says students in Special Education must start to plan for their future by age 14. This is also called Transition. The law is called the **Individuals with Disabilities Education Act**, or **IDEA**. It protects the rights of students who have disabilities. *In Wisconsin, this plan is called your Postsecondary Transition Plan (PTP). It is a legal part of your Individualized Education Program (IEP)

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List one of your goals for the future:

Write down below some individual steps to your goal. How will you get there?

STEP ONE

STEP TWO

STEP THREE

STEP FOUR

3

LEVEL THREE: WHO WILL HELP WITH MY POST-SECONDARY TRANSITION PLAN?

Your school and family can help you get through each level of planning for your future. It's good to share your thoughts and dreams with friends and family. Talking about your ideas can help you think of other possibilities, too.

Just like getting stuck in a video game, you might feel stuck not knowing what to do next.

Ask your teachers or IEP team who else can help. They will tell you about other resources. They will also help you with a plan called the **PTP**.

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Get to the **PTP** level by writing down three people who can help you transition!

NAME

NAME

NAME

LEVEL FOUR: WHAT IS THE PTP?

PTP stands for Post-Secondary Transition Plan. It is the plan our state requires for students with disabilities when they reach age 14. Check out **www.WITransition.com** to view questions that will help you think about your future and what you'd like to do. You can ask a teacher or your family if you need help with this. Print the form out and bring it to your IEP meeting. It's good to think about what you want to say before the meeting, so you can remember to talk about what's important to you. Your team will help you decide what levels, or steps, you need to complete to meet your transition goals.

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- **What would you like to do in the future?**
- **What skills do you need to learn?**
- **What classes should you take?**

These things will be listed in your plan. Just as video games have rules, there are rules to guide you in finding a job.

One new rule is called WIOA.

POWER UP!

You have recieved the WIOA power up

LEVEL FIVE: WHAT IS WIOA?

WIOA is the “Workforce Investment Opportunity Act.” It requires your school and DVR (Division of Vocational Rehabilitation) to work together to help you get ready for a job in the community. WIOA says you cannot be sent to a sheltered workshop or center where only people with disabilities work for low pay. This means you can get a job in your community, with real pay just like your friends and family.

WIOA also says that school districts and DVR must work together to provide **Pre-ETS**, or **Pre-Employment Transition Services**.

The **Pre-ETS** are activities to help you reach your goals for employment, further education or training and independent living. They are part of the PTP plan. There are six Pre-ETS areas the school and DVR will help with while you’re in high school.

Turn the page to
learn more about
Pre-ETS Activities.

LEVEL SIX: PRE-ETS

1) Job Exploration Counseling Services

You will learn about what interests you and what you might be good at. You will fill out surveys about what you like, learn about different kinds of jobs, or go to resource fairs to get more information.

2) Work Based Learning Experience

You should try out different jobs to learn more about them. You might watch others work, do a job at school, volunteer somewhere or learn how to be interviewed.

3) Post-Secondary and Higher Education Related Services

You might visit a college campus, take a class, or learn about what kinds of technology could help you communicate better or help you get a job. Ask your teacher about assistive technology.

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**Write down three jobs you would like to try,
or schools you want to attend!**

- 1.
- 2.
- 3.

LEVEL SIX: PRE-ETS

4) Social and Independent Living Skills Services at Home

Many students need extra help to learn how to care for themselves at home. It is important to learn personal care, how to get groceries and cook meals, how to keep track of money and pay bills, and how to clean and do laundry. These are just some of the things you'll need to know.

5) Social and Independent Living Skills Services in the Community

What will you need to know when you are in the community? It will be important to know safety rules, how to get where you need to go, and how to make appointments and find the help you need. What else can you think of that would help you to be on your own?

6) Instruction in Self-Advocacy

Self-advocacy means that you can speak up for yourself. It is important to let others know what you want or need. This is a skill everyone must learn so you can reach the goals you're setting.

Your family, school and DVR will work together to help you prepare for your future.

LEVEL SEVEN: WHAT DOES DVR DO?

The Division of Vocational Rehabilitation, or **DVR** for short, can help you find, keep and get better jobs. You will need to fill out an application for DVR. Your family or school can help you apply. If you need to learn more about how to do a job, DVR may help you get extra training and experience. They can even help pay for college and training.

The DVR will work with you and your school to help find the kind of job you want, and that you would be good at. DVR can also help you find a part-time job during high school to learn good work skills. Talk to someone from DVR. They will explain how they can help you meet your goals.

LEVEL EIGHT: WHAT IS LONG TERM CARE?

Some students think they could never have a job and choose where they want to live. **Long term care provides supports for persons with disabilities** who are able to live on their own when they have the support they need. You must be 18 and meet the guidelines to get services.

The **ADRC**, or Aging and Disability Resource Center, can help you find out if you qualify for long term care. Someone who works with long term care can also attend your IEP meeting to give you more information. Ask your case manager to invite them.

QUESTIONS TO ASK:

What If?

1. I don't know what I want to do when I leave high school?

Many people are not sure what they want to do. Most video gamers try many times before they learn how to master a game. Like them, you start at the beginning and just keep going! Think about what you like to do and what you are good at. Ask others for their ideas. Your plan can always change, so just start with an idea and see where it leads. You will review the plan each year at your IEP meeting.

2. I have not heard about the transition plan at school?

If your teacher or counselor has not talked to you about planning for your future, or about your PTP, ask to see it. Have them explain the plan to you and talk about it at your IEP meetings.

3. I disagree with the PTP plan?

This plan is about you, what you want to do after high school, and how to prepare for your goals. If you disagree with what is in your plan, you need to be your own advocate. Speak up for yourself and tell your team what you would like changed.

QUESTIONS TO ASK:

What If?

4. I don't think I could ever get a job?

You are not alone. Sometimes it's hard to imagine the future. Many people who have disabilities work at jobs they like. It may take some time, but don't give up! Talk with your family, school and DVR.

Video games can take several tries to master. As you play, you learn the direction you need to go - one level at a time. Your path in life may change too, but don't give up!

Even when you're not sure about your future or job, you can plan for the possibility and see where the levels lead you. The more steps you take, the closer you get to your goal.

5. I have more questions about transition, or planning for my future?

Questions are good! If there are things you don't understand, or want to know more about, just ask! That's what a good self-advocate does!

This booklet was made by Disability Rights Wisconsin (DRW) with grant money from the Otto Bremer Trust.

DRW helps protect the rights of people with disabilities in the state of Wisconsin. Learn more at <http://www.disabilityrightswi.org/>

You can contact DRW with questions or to ask for help using the information below.

RICE LAKE OFFICE

217 W. Knapp St.

Rice Lake, WI 54868-1608

715-736-1232

800-928-8778 Toll Free

715-736-1252 Fax

MADISON OFFICE

131 W. Wilson St. Ste. 700

Madison, WI 53703-3263

608-267-0214

800-928-8778 Toll Free

608-267-0368 Fax

MILWAUKEE OFFICE

6737 W. Washington St., Ste. 3230

Milwaukee, WI 53214-5651

414-773-4646

800-928-8778 Toll Free

414-773-4647 Fax

Watch the Video

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on  **YouTube** : <https://youtu.be/xBAvzvdG9DM>

For additional information and printable discussion sheets, please visit:

www.disabilityrightswi.org/plan-the-possibility

