April’s Transition Focus is on Self-Advocacy

Transition is the term used for the time when you are changing from a student to an adult. You, your parents, others that know you well, and your school begin to plan for transition while you are still a student. Your parents and the school need to understand your wants and needs to make sure they are included in your plan. You need to talk to your parents and your teachers about how you can become more involved in making decisions about your educational program and your plans for the future. Take a look at this month’s newsletters for resources in building your self-advocacy and self-determination skills!

Adapted from the Texas Transition and Employment Guide

Did you know that previous LTISD Transition Newsletters are online?

Head over to the Lake Travis ISD Website and find them under the Special Services Section!

https://www.texastransition.org/
Student
Self-Advocacy:
Finding your voice!

Adapted from the Texas Transition and Employment Guide

When you turn 18, the law considers you an adult who has the rights and responsibilities of every other adult. You can still ask your parents, or others that you know well for help to make important decisions, or voluntarily enter into a supported decision-making agreement with a supporter or helper to make important decisions. Before graduating from high school, you and your parents need to talk about many things. Some of these things are getting a job, going to college, and where to live.

You can take a bigger part in making decisions for yourself by:
• getting training on how to make decisions on your own behalf
• learning how to speak up for yourself
• learning how to set goals
• working on steps to reach your goals
• making choices as a young adult
• speaking up in your meetings
• helping to plan your future

Self-Advocacy—Speaking for Yourself

Self-advocacy means speaking up for yourself. You should ask for what you need and want when making decisions about school, work or where you want to live.

Knowing yourself is your first step toward being a self-advocate. This means:
• talking about your needs, interests, likes, and dislikes
• knowing what you are good at and how you learn
• knowing what you want to do
• knowing what you have to do
• understanding your disability and how it affects your ability to work, learn, and live
• thinking about what you need to work, learn, and live
• learning your rights, responsibilities, and how to get help
• telling people what you need and want
• asking for help
• asking questions when you do not understand something
• speaking up in your admission, review, and dismissal (ARD) committee and other planning meetings
• helping to write your individualized education program (IEP)
Self-Advocacy— Resources (adapted from Texas Transition Website, April 2021)

**Autistic Self Advocacy Network**

The Autistic Self Advocacy Network (ASAN) is an organization created by people with autism for people with autism. The ASAN is a national disability rights organization that works to advance civil rights, empower people with autism, and improve public perceptions of autism. In addition to learning more about autism, you can learn how to get involved in local, state, and national advocacy efforts.

**Disability History Museum**

The Disability History Museum is an online museum that can be used to learn about how disability has been experienced in the past and present. An understanding of disability history can help you with your advocacy now and in the future.

---

**Self Determination—Choosing for Yourself/Making Your Own Choices**

Self-determination skills help you know yourself, your goals, and supports you need to reach your goals. You have the ability to learn and benefit from making your own choices.

Making your own choices means:

- making decisions on how a supporter or helper can help you
- taking responsibility for the decisions you make
- setting goals
- learning independent living, risk-taking, and safety skills
- believing in yourself and your abilities
- solving problems
- speaking up for yourself
- understanding what you know how to do and what you need to learn
- directing or leading your own life

---

**Self Determination— Resources (adapted from Texas Transition Website, April 2021)**

**I'm Determined**

I’m Determined, a project of the Virginia Department of Education, provides information and resources on self-determination. On the Quick Links section of the website are training modules you can use to learn about disability history and self-determination, a one-page document to help you learn more about yourself, a goal planning tool to help you set and achieve your goals, and other resources you can use to increase your self-determination skills.

**2BSD**

The 2BSD provides information and resources for self-determination, using an action model for self-determination. You can use this website to learn about the concept of self-determination. Additionally, on the Resources section there is a “Self-determination Supports for Parents Scale” you can use to assess your own self-determination as a parent.
PACER Center: Self-determination
This website provides information and resources on self-determination for parents of children and youth with disabilities.

Texas Project FIRST: What is Self-determination?
This page from Texas Project FIRST (created for parents by parents) examines self-determination and what parents need to know. The homepage also has many other informational resources.

University of Kansas Beach Center on Disability: Self-determination
The Beach Center on Disability focuses research, training, and advocacy on promoting abilities of people of all ages who experience disability, to assure a self-determined, goal-driven, and self-selected quality of life within communities where everyone lives. The Families and Self-Determination sections of the website provide resources such as the “Beach Center Family Research Toolkit” and “A Parent’s Guide to the Self-Determined Learning Model for Early Elementary Students.”

Person-Directed or Person-Centered Planning
You can begin to make your own choices about things that affect your life. Person-directed or person-centered planning gives you the power to direct the supports and services that meet your needs. You and the people who know and care about you work together to make life choices.

Person-directed or person-centered planning is a process that allows you and the legally authorized representative (LAR) on your side, to direct the development of a plan of supports and services that meets your personal outcomes. The process must:

- identify existing supports and services necessary to achieve your outcomes
- identify natural supports available to you and work out service system supports you will need
- occur with the support of a group of people chosen by you and the LAR on your side
- accommodate your style of communication and preferences regarding time and setting for the planning meeting

Person-Directed or Person-Centered Planning—Resources
Institute for Person-Centered Practices
The Institute for Person-Centered Practices helps you as a young adult learn how to take over your life as much as you can. It works with the Texas Center for Disability Studies at the University of Texas at Austin and the Center on Disability and Development at Texas A&M University. For training and materials about person-centered practices, see: http://www.person-centered-practices.org/
**Supported Decision-Making**

There is a new law requiring an agreement when an adult with a disability needs help when making decisions. You may voluntarily enter into a supported decision-making agreement with a supporter or helper. Supported decision-making is a process where you can ask another adult who you know and trust, for example a family member, friend, or a community member to help you understand the situations and choices you have to face.

Your supporter CANNOT make decisions for you. Your supporter CAN:

- Help you understand your choices and decisions
- Help you get and understand information to help you make your decisions
- Help you tell your decisions to other people
- With supported decision-making, you make your own choices with help. This lets you be more independent.

**Supported Decision-Making— Resources**

[Disability Rights Texas](https://www.disabilityrightstx.org/en/category/supported-decision-making/)

Disability Rights Texas is the federally designated legal protection and advocacy agency (P&A) for people with disabilities in Texas. You can contact the local office for help at:

https://www.disabilityrightstx.org/en/category/supported-decision-making/

---

**Timeline for Developing Self-Advocacy Skills**

When or before you turn 14:

- Ask for or get training on how to make decisions.
- Practice speaking up for yourself.
- Understand and explain your disability and what you may need to do to learn more.
- Talk about your interests, wants, and needs.
- Decide what you like to do, and what you are good at doing
- Participate in your ARD committee meeting.

When or before you turn 16:

- Ask if your transition plan includes training on how to make decisions, along with support and services that may help you while in high school and after high school.
- Talk about your goals for life after high school.
- Practice how to act in different places (school, jobs, and so on).
- Identify health care needs and providers (doctors, therapists, pharmacies) to meet your needs.

When or before you turn 18:

- Voluntarily enter into a supported decision-making agreement with a supporter, or helper if needed.
- Plan for working, voting, further education, and signing up for services.
- Decide where you want to live and how you will do it.
- Ask for help, say what you need, and tell people that you know how to make decisions.
- Be on time for classes, appointments, social activities, and work.
- Ask about other services like health, employment, counseling, technology, and housing that you can receive after high school.
- Accept responsibility for health care needs (make doctor or therapy appointments, fill and take your prescriptions, etc.).

After graduation:

- Take over making choices for your life.
- Find people who are willing to help you.
- Get help from a supporter or helper that you trust.
- Be open to trying positive new things.
Who Can Help Me with Developing Self-Advocacy Skills?

- Your family
- Your Case Manager
- Your LTHS Counselor
- Your Teachers
- Your Texas Workforce Counselor
- The LTISD Transition Specialist

- Texas Transition Student-Centered Transition Network
  - Texas Transition is an activity of the Student-Centered Transitions Network (SCTN) in collaboration with the Texas Education Agency (TEA). The SCTN consists of the transition specialists or consultants from each of the 20 regional Education Service Centers (ESCs) throughout the state of Texas. The SCTN is led by the Eleanor and Charles Garrett Center on Transition and Disability Studies at Sam Houston State University in collaboration with Region 10 ESC in Richardson, Region 13 ESC in Austin, and Region 20 ESC in San Antonio.  
  https://www.texastransition.org/page/transition.home

- National Technical Assistance Center on Transition (NTACT)
  - NTACT is a website for teachers and agencies to learn about helping students get ready for education and work.  https://transitionta.org/

- Texas Council for Developmental Disabilities (TCDD)
  - TCDD gives money to organizations to help people with developmental disabilities live on their own. For a description of projects supported by TCDD see:  
    http://www.tcdd.texas.gov/  Find information about using respectful language at the following link:  http://www.tcdd.texas.gov/resources/people-first-language/
Helpful Transition Event:

Route 66 Abilities Virtual Conference
Saturday, April 17
10:00 AM - 2:00 PM
Click here to register
Click here to download the session descriptions in English
Oprima aquí para descargar las descripciones de las sesiones en español

A FREE Virtual Parent Conference for families of children with disabilities or special healthcare needs, self-advocates, family member, educators, service providers, and other interested community members.

Topics will include:
- Special Education Updates
- Partnerships in the Panhandle & Advocacy
- Guardianship and Alternatives
- Medical Waivers
- SSI/SSDI
- Emergency Preparedness
- Care for the Caregiver & Mental Health!

To Register please CLICK HERE
Pre-registration required.
Conference will be offered via Zoom

For more information contact:
Maria Garcia @ 806-337-1700 ext. 212 or maria.garcia@cohs.net
Texas Parent to Parent office at 737-484-9045

(866) 896-6001
(888) 892-2273
www.cohs.net/Uniting-Parents

(888) 892-2273
Helpful Transition Resource Website and Upcoming Webinar:

Texas Parent to Parent - Transition Timeline and Planning Tools

For more information, go to txp2p.org, or attend a FREE Pathways to Adulthood Webinar

Adapted from the Texas Parent to Parent Website, April 2021

**Transition Timeline**, starting at age 6

**Transition Inventory**, a tool to assess where families are in planning for their youth’s adulthood

Upcoming Zoom Events:

- Thursday, April 15th, 2021, 1:30-3:00PM
  - Introduction to Personal Networks
    - Click here to register

- Tuesday, April 20th, 2021, 1:30-3:00 PM
  - Pathways to Adulthood, Part 1
    - Part 1: Getting Started On Transition / School And Career Exploration
    - Click here to register

- Thursday, April 22nd, 2021, 1:30-3:00 PM
  - Pathways to Adulthood, Part 2
    - Part 2: All About Long Term Services And Supports / Legal Planning For Age 18 And Beyond
    - Click here to register

The TxP2P Pathways to Adulthood program assists families to plan a good life for their sons and daughters with disabilities after graduation from public school, and provides support, information and tools for carrying out this plan.
Upcoming & Summer Opportunities for Students

Career and support services will be available on-site at the Goodwill Community Center (including Computer Lab use) and the Workforce Advancement section of the Goodwill Resource Center by appointment only from 9AM to 12PM Monday through Friday. Call 512.637.7580 to book your appointment.

- WIOA Youth Orientations are conducted virtually every Monday at 1:00 pm, please RSVP HERE or call 512.748.5574 (North) or 512.699.9469 (South) or email wioaintake@goodwillcentraltexas.org

<table>
<thead>
<tr>
<th>Young adults, ages 16-24, can work towards their education and career goals with one-on-one assistance and support from a Career Case Manager:</th>
<th>Eligibility for these services specific to young adults include:</th>
</tr>
</thead>
</table>
| ● Resume and job interview workshops  
● Paid internship opportunities  
● Job search assistance  
● Assistance with college application and enrollment  
● Grant-funded occupational training opportunities | ● 16-24 years old  
● Reside in Austin or Travis County  
● Authorized to work in the U.S. |

Workforce Solutions Capital Area helps young people complete their education in order to find and retain employment. Through the Youth Employment Partnership, WFS Capital Area helps low-income youth, aged 14-24, prepare for success in the classroom – and on the job. You can receive work-readiness and life skills that will help you achieve YOUR career goals.

https://www.wfscapitalarea.com/our-services/youth/

Take a look at the Youth Services website for more information and resources!
2021 Recreation & Camp Guide for Students and Adults with Special Needs
https://drive.google.com/file/d/10FBCDpXkNuKJ7GF8BqL6GNsxoEur_TLM/view

Thank you to staff from DSACT, RRISD, EISD and GISD for updating and publishing the 2021 Recreation & Camp Guide. Any reference to a camp, recreational program, activity, or business is not an endorsement by DSACT, Round Rock ISD, Eanes ISD or Georgetown ISD. This resource guide is not meant to be comprehensive and each entry may not outline the full list of services provided. Families should contact the resource directly to make an informed choice.

TEX4S
educate. empower. employ. excel.

E4Texas Virtual Open House Recording
Want to learn more about the E4Texas post-secondary program at the University of Texas-Austin? Interested in hearing personal testimonies from current E4Texas students? Watch the E4Texas Virtual Open House to learn more and ask questions about how you can apply to this transition program!  
Click HERE to Watch the Video

2020-2021 APPLICATIONS NOW OPEN
- Click here for Frequently Asked Questions and a summary of the application process.
- Click here for the online application.
- Click here to provide references for applicants.
- View our 2019 Graduation Video.

Texas State Initiative (TSI) Assessment available at ACC
Learn More at https://www.austincc.edu/admissions/tsi-assessment
The Texas Success Initiative (TSI) is a state-required assessment test to determine college-readiness in reading, writing, and math. All entering students must take the TSI test before enrolling in classes unless you are exempt or complete.

IMPORTANT: Beginning January 11, 2021, the TEXAS Higher Education Coordinating Board revised the standards for all TSI testing in the state of Texas. There will be an updated TSIA2 exam which will take the place of the current TSI exam.

The TSIA2 will have the Reading and Writing combined into one section which will be called the English Language Arts and Reading (ELAR)section. Reading and Writing will no longer be offered as separate tests. The Mathematics section will remain the same. All TSIA scores are valid for 5 years from the date that you took the exam.
Did you know that the Texas Transition & Employment Guide is online?
Head over to the Texas Transition Network Website  https://www.texastransition.org/
Or download directly at

Texas Workforce Solutions-Vocational Rehabilitation Services supports people with disabilities to prepare for, obtain and advance in meaningful employment by providing a range of services based on an individual's employment goals. Our Vocational Rehabilitation (VR) counselors work closely with job seekers to determine an employment goal, and then identify and arrange for the high-quality services that lead to successful employment.

https://www.twc.texas.gov/jobseekers/vocational-rehabilitation-services

LTISD Texas Workforce Solutions VR Counselor contact information:
Giovanni Pelini  giovanni.pelini@twc.state.tx.us

Need assistance scheduling an appointment with a VR Counselor?
Contact Erika Musick to schedule a virtual appointment, musicke@ltisdschools.org

Helpful Transition Resource Website:

Texas state ID card / Driver’s License - Texas Department of Public Safety
Obtaining a state ID or driver license prior to graduation will assist your student in many ways as they take the next steps in life! Please take a look at the information below for more information!

Texas Department of Public Safety Driver’s License / ID Website:
https://www.dps.texas.gov/DriverLicense/

Guide for First Time Driver’s License / ID Applicants:
https://www.dps.texas.gov/Internetforms/Forms/DL-100E.pdf

How to apply for a Texas Identification Card:
https://www.dps.texas.gov/driverlicense/applyforid.htm

Take a look at this brochure for more information:
Helpful Transition Resource Website:

https://hhs.texas.gov/services/disability

Federal Programs for People with Disabilities

Eligible people with disabilities may qualify for federal and state programs that pay benefits, pay health care costs or provide food. If you are not already signed up for one of these programs, visit the sites below to find out if you might be eligible or to apply for benefits.

What is CLASS?
https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-living-assistance-support-services-class

CLASS provides home- and community-based services to people with related conditions as a cost-effective alternative to placement in an intermediate care facility for individuals with an intellectual disability or a related condition. A related condition is a disability, other than an intellectual disability, that originated before age 22 and that affects a person's ability to function in daily life.

Interested in receiving CLASS services?
Those interested in receiving CLASS are placed on an interest list by calling 877-438-5658 and asking for the CLASS Waiver Program. The person will be contacted when funding becomes available. An offer of the CLASS Program depends on individual need and one's date of placement on the interest list. Current contact information is required for each person on the CLASS interest list, and HHSC must be notified of any changes to address or telephone number.

For more information please contact CLASSPolicy@HHSC.state.tx.us

Helpful Transition Resource Website:

Austin Travis County Integral Care (formerly known as MHMR)
https://integralcare.org

Integral Care supports adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County. As the Local Mental Health and Intellectual and Developmental Disability Authority, Integral Care strengthens our community by supporting our most important asset, our people, to achieve well-being. Integral Care provides individuals with high quality mental health care, collaborates with community partners to strengthen programs and systems, and works to raise awareness of mental health issues in our community.


Integral Care works with children and adults living with intellectual and/or developmental disabilities to make sure they have the tools they need to thrive. We create opportunities for people to form healthy relationships, live in the community and lead meaningful lives. Services are available regardless of ability to pay and can be provided in many languages.

CALL US TO LEARN HOW WE CAN HELP YOU
To learn more about our programs and services for adults and children with intellectual and/or developmental disabilities, call us at 512-472-HELP (4357). Press 1 for English, then 3. We’re here Monday through Friday, from 8am to 5pm. Integral Care can also connect you to trusted community resources.
The Arc of the Capital Area is one of the oldest continuously–operating non-profits in Austin. Since 1949 we empowered adults with intellectual and developmental disabilities. We serve over 1,000 individuals each year across 17 counties. Intellectual and developmental disabilities or I/DD is an umbrella term that includes more than 100 different diagnoses, including Down syndrome, cerebral palsy and Autism.

Intake & Referral Services
The Arc of the Capital Area offers a centralized telephone intake process for all of our services and programs. Please contact us at 512.476.7044, ext. 233, and an Intake Specialist will return your call within three (3) business days.
Normal working hours are 8:30 a.m.—5 p.m., Monday through Friday. The first step is a brief screening to determine eligibility for services and, if so, which services would best meet the callers’ needs. The Intake Specialist will refer callers to other disability organizations and resources in the community, if appropriate.

ARCIL (A Resource Center for Independent Living)
http://arcilinc.org/
ARCIL is a consumer-driven, community-based, not-for-profit corporation dedicated to the empowerment of persons with disabilities to achieve maximum independence and equal community access. Services are developed, directed and delivered primarily by persons with disabilities. ARCIL contributes to the development and improvement of attitudes, resources, methodologies, and opportunities for community integration.

Historically, ARCIL has developed programs that provide services in information & referral, peer counseling, independent living skills training and advocacy. Other ARCIL services are in the areas of transition services from school to adult life, transportation training, employment assistance, community education through ADA technical assistance and disability awareness training.

Autism Society of Greater Austin
https://www.texasautismsociety.org/
The Autism Society, the nation’s leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.
The Autism Society of Texas changes lives by connecting families and individuals to community resources and support throughout Texas. Offerings include advocacy, education events, Information & Referrals, support meetings; on-line networking opportunities; Sensory Friendly films; and fun family activities. We rely on donations to support our work and keep services free for families and autistic adults.