**INSTRUCTION**

* Visit college campuses and meet with student support services
* Consider enrollment in a tech-prep program
* Consider enrollment in a cooperative education course
* Explore admission requirements for possible part-time enrollment at a Vocational/Technical School
* Obtain information on continuing and adult education opportunities
* Learn about students’ rights under IDEA and the Age of Majority
* Enroll in Self-Advocacy/Self-Awareness Studies
* Enroll in career selection course
* Enroll in Adult Living course
* Enroll in Coop/Work Study
* Participate in extracurricular activities
* Participate in Credit Recovery
* Investigate dual enrollment
* Enroll in parenting class
* Learn about time management
* Practice negotiation skills for job raises, car purchases, etc.
* Complete a learning styles inventory to identify preferences and strength modes
* Take a CPR/First Aid course
* Learn about community agencies that provide services and support to people with disabilities
* Tour post-school occupational training programs
* Obtain, complete and submit applications to college of choice
* Contact local college regarding special needs services and the documentation required
* Obtain, complete and submit applications for tuition assistance including FAFSA (Free Application for Federal Student Aid)
* Register for classes with city parks and adaptive recreation programs
* Understand self-disclosure/non-disclosure of disability

**RELATED SERVICES (COMMUNITY BASED)**

* Identify, visit, and if appropriate, apply to community mental health agencies
* Identify post-school providers of needed services and funding sources
* Learn to use a guide dog effectively
* Receive orientation and mobility training in place of employment
* Obtain a driving capability assessment
* Complete an assistive technology evaluation
* Learn to maintain equipment/adaptive devices needed
* Knowledge of accommodations needed in the work place

**COMMUNITY EXPERIENCES**

* Investigate participation in church/temple or social/recreation events
* Learn about and visit potential places in the community to shop for food, clothes, etc.
* Investigate youth volunteer programs i.e. Hospitals, the library,etc.
* Investigate participation in community sports teams organizations (e.g. Softball, bowling etc,)
* Join a community recreation center or YMCA
* Learn about the community theater group
* Learn about the community symphonic organization
* Investigate participation in the community arts council
* Learn about the community historical preservation society
* Join a community team or organization (e.g. Church group, self-advocacy club, bowling league
* Visit the mall and food court. Identify stores and meals of choice
* Determine transportation options within the community (e.g. city bus, Smart bus)
* Call transportation to ask about routes and schedule information
* Participate in age appropriate social activities (e.g. dances, dating, concerts, sporting events, etc.)
* Request a volunteer center directory to research and select a site of interest
* Learn about and access postal services
* Register for classes with city parts and adaptive recreation program
* Discuss appropriate community behavior
* Use internet to identify directions to locations
* Participate in Special Olympics

**DEVELOPMENT OF EMPLOYMENT**

* Work towards obtaining a license in a skilled trade
* Interview an adult worker in a career field of interest
* Participate in a career awareness program
* Participate in a community-based career exploration programs
* Meet with agencies to identify and evaluate their services (MRS, CMH, BSBP)
* Learn the location of the county one-stop career centers
* Explore military options
* Practice completing job applications and interviewing skills
* Obtain a paid job in an area of interest
* Memorize social security number
* Attend transition fair or career fair at school and/or in the community
* Research careers, qualifications and specifications, and key words for resume development
* Obtain a list of providers from CMH who conduct person-centered planning, job development and placement, and job coaching
* Draft resume, cover letters, and thank you notes for after interviews
* Participate in job shadowing
* Purchase clothes for job interviews
* Volunteer in career area of interest
* Take career interest inventories/surveys to help pinpoint interest area

**OTHER POST-SCHOOL ADULT LIVING OBJECTIVES**

* Register to vote and learn about the election process
* Register for the draft and learn about public service obligations/opportunities
* Obtain a driver’s license or State ID
* Obtain assistance to complete a tax return
* Explore insurance issues/needs (medical, auto, homeowners, renters,)
* Learn about managing/maintaining/performing simple repairs on a home and obtaining modifications/accommodations
* Contact the Center of Independent Living for information on self-advocacy
* Learn about ways to purchase/lease a car and maintain the vehicle
* Obtain modifications needed to use or drive a vehicle
* Open a bank account and manage finances/budget skills
* Apply for credit cards and manage personal debt
* Learn about expectations for eating in restaurants
* Obtain information on managing personal health and fitness
* Plan for vacations/leisure activities
* Learn about consumer skills, rights, and responsibilities
* Join the local YMCA, health club, or community recreation center
* Obtain information about financial planning and investing
* Contact the Bureau of Services for Blind People to obtain training on independent living
* Investigate housing options
* Practice phone skills, i.e. etiquette, documentation
* Learn to maintain assistive technology equipment (wheelchair, hearing aids)
* Learn about programs available through the Department of Social Services (food stamps, medical insurance, etc.)

**ACQUISITION OF DAILY LIVING SKILLS**

* Visit community agencies that provide daily skills training to adults
* Develop a contact list of agencies that provide residential support
* Visit/tour a variety of supportive adult housing options
* Develop a network of informal supports (friends, neighbors, etc.)
* Explore possible technology and adaptive assistance
* Develop emergency procedures for use at home
* Take courses in foods, family life, child development, and life management
* Understand directions for taking medications
* Schedule and keep medical and dental appointments
* Instruction in domestic independence skills (bed making, cleaning)
* Prepare an initial housing budget (down payment, furniture, supplies, utilities etc.)
* Cost compare for household items (appliances, linens, etc.)
* Manage daily time schedule
* Knowledge of healthy food choices
* Learn bus procedures (bus pass, where to sit, bus stops, schedules)
* Learn to use safety skills in the community
* Develop consumer skills at the grocery store
* Learn to make simple meals
* Training to use a back ATM
* Purchase clothing and learn how to care for clothes
* Learn about personal safety (including social media)
* Practice personal grooming skills
* Improve interpersonal relationship skills
* Use schedule and calendar

**FUNCTIONAL VOCATIONAL EVALUATION (WHEN APPROPRIATE)**

* Participate in a community-based situational vocational assessment program
* Provide opportunities for job sampling in the community
* Collect functional information regarding the student’s vocational interests, aptitudes, and abilities