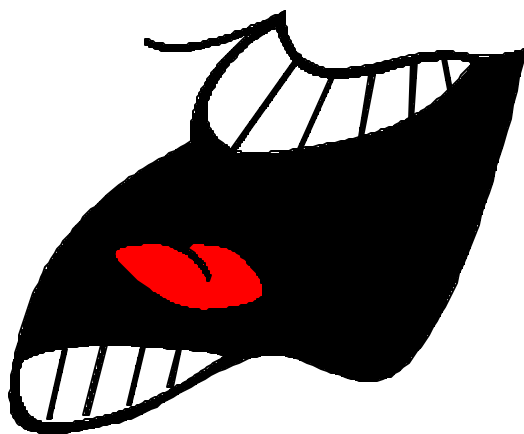


# WHOSE FUTURE IS IT *ANYWAY?*

A STUDENT-DIRECTED TRANSITION PLANNING PROCESS



## SECTION 3

(Sessions 13-21)

### **HOW TO GET WHAT YOU NEED, Sec. 101**



## Session 13

### HOW TO GET WHAT YOU NEED, Sec. 101

**WHOSE FUTURE GOAL 8:** You will identify the community resources that have been included in your educational plan.



Welcome back. Now that you have finished those last six lessons, you have an idea of how you should go about making decisions. You know how to **DO IT!**

Simple, right? Now you just make decisions. No sweat!

Wrong. Remember? Nothing is ever simple! Think back to the lesson where I told you about how I found my apartment.



OK. So you forgot all about it. Go back to **Session 9** and read it over if you need to.

Oh yeah! That stuff. Well, one of the things I had to do while I was trying to decide about that apartment was to look at the community resources I could use. I ended up going to an apartment locator.

Just where do these community resources come from?

Well, I'm glad you asked, 'cause that is what you are going to think about next!

Get out the copy of your IEP or transition file. Take a look at that beast. There should be spaces on it that list agencies or places that you can get services from.

Found them?

Right, those right there with the spaces that say something like:

- \_\_\_\_\_ Support Agency
- \_\_\_\_\_ Support Services
- \_\_\_\_\_ Service Description
- \_\_\_\_\_ Responsible Party
- \_\_\_\_\_ Responsible Agency
- \_\_\_\_\_ Community Agency
- \_\_\_\_\_ Community Support

Check ☒ the ones that are listed on your transition plan. If your heading is not there then write it here:

\_\_\_\_\_

What names did they fill in on your plan?

Let me guess:

**VR? MHMR? ICFMR? SEA?  
LEA? DVR? OJT? UCLA?**

Any of those initials make it? If so, you're not alone. And believe it or not they each mean something! We call it alphabet



soup. That means that people who work in this field use a lot of initials to stand for things nobody understands

anyway! Like the noodles in a bowl of  
alphabet soup.



Why? Well...it's a trade secret, but come up real close and I'll tell you.

(Job security. If you are the only one around who knows what the initials mean, you can't be fired because nobody else would be able to figure it out. Pretty tricky, huh?)

All these initials stand for something. Just like our old friend, the IEP.

**VR** means vocational rehabilitation. **OJT** means On the Job Training (this is money for job training). **LEA** means local education authority (that's your school district!).






See what I mean. Boring. But, on the other hand, they are the types of things you need to begin to learn about.

Your job in the next sessions will be to find out the names of the people and agencies who could assist you as you make decisions and reach the outcomes you would like to achieve. You will find out what they do and what type of support they offer. Then you can use the information to decide if you really want support from those people.

Remember back in **Session 6** when you listed some supports that would help you do better or help you to get around a limitation? In the next few sessions you will list some community resources where you can get some of those types of supports.

You probably use a lot of different community resources and don't even think about it.

Quick... where would you go if you wanted to buy a ticket  or two   to the next concert by your favorite group?



Would you telephone the band members?  
Print your own tickets?

Of course not. You would probably go to the nearest ticket agent.

See! Right there! Right before your very eyes! A community resource!

Where? The ticket agent, of course.  
That's a resource you can use to do something you like to do...go to concerts.

Where would you go if you wanted to buy  
an umiak?



Probably the closest umiak dealer.


See, community resources are places you use all the time. (Well, maybe not the umiak dealer.)

I'm going to list some things that might happen every day.




Think about a place that might be a community resource for that activity.


Ready?

If ...you wanted to borrow a book  
 to read, you would go to


---

If ...you wanted to fly  to  
another state, you would go to


---

If ...you wanted to catch a bus  to  
the mall, you would go to


---

If ...you wanted to get some exercise,  
 you would go to


---

If ...you wanted to get your teeth cleaned,  
 you would go to


---

If ...you wanted to buy a CD,  you  
would go to


---

If ...you wanted to work with people who  
were sick,  you would go to


---

If ...you wanted to cash \$\$ your pay  
check,  you would go to


---

If ...you wanted to mail a letter,  you  
would go to


---

If ...you wanted to ride your bicycle,  
 you would go to



---

If ...you wanted to play softball,  you  
would go to

---

If ...you became very sick,  you  
would go to \_\_\_\_\_

---

If ...you wanted to pay a traffic ticket,  
 you would go to 

---

If ...you wanted to apply for social  
security, you would go to

---

Obviously, this list could go on and on.

You use a lot of community resources!

Finding and using community resources is an everyday thing. Why? Because you have to **make decisions** all of the time. You need something, so you **Define** your problem, **Outline** your options, **Identify** consequences then **Take** some type of action (and I don't want to forget the **!** for get excited!). In other words, you **DO IT!** all the time.

Community resources are what you use when you are looking for options. The options you have can be different in each city or town, or they may be called different things. That's why they are "community" resources. Community means a place where you live, work or play. Every place is different.


What does that mean for your transition planning? Well, it means you have to know about the community resources in your city, town, state or region. I mean, it doesn't do much good to know the resources in some community where you are not!


So, for the rest of this section, you will be making a list of community resources you could use. The options you list will probably look different from your friends' lists because your options will be based upon your preferences and interests and the type of support you need.

Finding community resources will help you in two ways. First, they will give you the supports you need to get what you want

in the future. Second, you will find some resources that can provide the support you need right now to learn all you can.

I'll give you a couple of examples. The vocational rehabilitation agency in your area may pay some of your college or work expenses if it helps you get and keep a job. That's a resource that will support you after

you graduate.  But, you might decide you need to learn to keep a checking account and want to include that on your transition plan. One community resource that you would need to be able

to use to do this is a bank.  That's a resource you could use right now.


In both examples you would use a community resource to get the support you need to succeed.

Hey, that sounds familiar. Wait a minute. Let me look back at **Session 4**.

Rustle...Rustle...flip...Rustle...  
turn...turn...flip..


Hang on, I'm getting there.

**Ah Ha!** I knew I had seen that! Listen to this...

"MULES  means the support services you get to help you learn."


Remember them?

Remember those MULES  ?


MULES  stood for:  
My  
Unique  
Learning  
and  
Educational  
Supports

Well, community resources are where

you get MULES  in the adult world!


The MULES  in the adult world  
stand for:


My  
Unique  
Life  
Elevating  
Supports

The adult MULES  give you the  
support you need to reach your goals.  
That's why we call them **LIFE**  
**ELEVATING** supports. They should

**UP**  
↗  
**YOU**  
↗  
**LIFT**  
to greater things!

These adult MULES  are set up to  
provide support to people with disabilities.

And, guess what? These MULES  have their own, different rules for getting the

services, just like school MULES  do.

Remember? Nothing is ever simple!  
You may have seen the names of some

adult MULES  on your transition  
plan.

Some examples of MULES  are:

1. Case Management Services
2. Counseling Services
3. JTPA (Job Training Partnership Act) Funding
4. Job Coaching
5. Community College Tutoring
6. Community Living Skills Training
7. Apartment Locator Services
8. Specialized Transportation

There are a lot of community  
resources that provide those kinds of

MULES  like:

1. Department of Human Services
2. Commission for the Blind
3. Commission for the Deaf
4. Mental Health Services
5. Mental Retardation Services
6. Social Security Administration

I bet you didn't know there were so many  
community resources out there! And  
these are only a few of them!

But I should also mention other types of  
agencies that provide community supports.  
Like:

1. banks
2. health clubs
3. restaurants
4. book stores
5. record stores

6. grocery stores
7. post offices
8. libraries

While it is important that you learn about some of the useful community resources that provide adult MULES




, you should use the community resources that everyone uses as much as you can. In fact, you may find that you will not need any of the agencies that provide community resources for people with disabilities. You may be able to get your


adult MULES  from places you go everyday.

Then again, you may decide that you want support from all of them. One thing is for sure. These folks will not come knocking at



your door!


School MULES  are right there for you. In fact, in school someone else is responsible for making sure you get the


MULES  you need. But that is not true when you are an adult.


**You** are the one who will have to find the community resources that can provide



the adult MULES  you need.

That's better anyway. That way **you** will be **in control** of your future. This will help

**you** become the MULES  driver!

A MULES  driver lets **other people** know what he or she wants in


life. A MULES  driver finds the community resources she or he needs to **make decisions**.

OK. You need to be a MULES  driver so you can get the MULES  you need to succeed as an adult. But there is another reason you need to be the MULES




driver:


To keep from getting more

supports than you need. 

That seems funny, doesn't it? I mean, how can you have too much support? Well, think of it this way. If you always wear a life jacket in the water, you will never learn

to swim.  Your life jacket was a support, but it also kept you from doing everything you might be able to do, like swim!

What you're going to do for the next few sessions is find out the names and locations of the community resources that will

help you get the MULES  you will need as an adult.

You will get some practice as a MULES



driver because you are going to



get in touch with these community resources. You can use the information and list of Options you put together to help

you get the MULES  you want.

Where do you think you should start

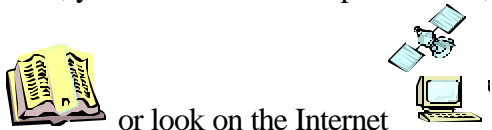
looking for MULES  and other supports?

Right! You could start with someone in your own support network. Yeah, the people you named in your support circle! Remember the star shaped thing



you filled out in **Session 2**? You could talk to your teacher, counselor, or a vocational rehabilitation counselor.

Also, you could look in the phone book,



or look on the Internet or ask someone who is already using those supports.



Go back to your last transition plan. Spend the rest of the time looking at the community resources that were written that might provide the supports you need. If you need some help,

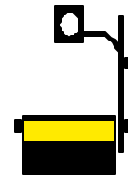
ask your teacher or coach to tell you where the community resources are listed, and what all the



initials mean. Also, talk with your family



about the types of community resources they use all the time. You might be surprised how many they use!



Okay. Let's look at what you've covered this session.

- ☒ You remembered that community resources are places that provide s\_\_\_\_\_ services you need.
- ☒ You looked at what they call these community services on your t\_\_\_\_\_ plan form.
- ☒ You saw that a lot of times there are a bunch of i\_\_\_\_\_ that stand for community services, and that you have to figure out what those different initials stand for.
- ☒ You recognized that you use a lot of community r\_\_\_\_\_ to get the supports you need every day.
- ☒ You saw that community resources give you the o\_\_\_\_\_ you need to make decisions.
- ☒ You learned that you will continue to use support services even in the a\_\_\_\_\_ world.
- ☒ You decided you could start looking for c\_\_\_\_\_ resources by talking to friends, teachers, family members, and

other people you know or by looking in the phone book.



Before the next session, you should have:

- ✎ Figured out what community resources were written on your last transition plan, and found out what those community resources do.

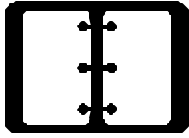
- ✎ Thought about the types of supports you will need as an adult.

- ✎ Talked with someone like a family member about the community resources they use all the time.

Okay. So that's it for now.



Later.



## Session 13 Summary Sheet

**WHOSE FUTURE GOAL 8:** You will identify the community resources that have been included in your educational plan.

- ☒ You remembered that community resources are places that provide support services you need.
- ☒ You looked at what they call these community services on your transition plan form.
- ☒ You saw that a lot of times there are a bunch of initials that stand for community services, and that you have to figure out what those different initials stand for.
- ☒ You recognized that you use a lot of community resources to get the supports you need every day.
- ☒ You saw that community resources give you the options you need to make decisions.
- ☒ You learned that you will continue to use support services even in the adult world.
- ☒ You decided you could start looking for community resources by talking to friends, teachers, family members, and other people you know or by looking in the phone book.

