ihc IN YOUR COMMUNITY

Information Sheet #6

Transition from

School and home

Transition from school to work or further education, or from living with family to living more independently can be a stressful and challenging time, whether people have a disability or not.

A time of change for families and whanau

Usually parents expect involvement in their young person's life to reduce as they enter adulthood. Parents and whanau of young disabled people often however experience greater demands during this period as there is a lot to think about and work through.

While parents may understand the importance of independence and letting go, they also may worry or have concerns about their young adult trying a new activity or event.

Many families find balancing "dignity of risk" with safety concerns particularly challenging. It is important that any new activity or change in routine is planned for, risks are managed and safeguards put in place. Leaving school or home is a major change and planning is essential to ensure a smooth transition.

Transition planning

Planning transition from school or home means finding out information and making decisions about where to live, how to find work and how to get involved in the community or adult services. It is also about having fun, how to develop and keep relationships and plan for a balanced, enjoyable rewarding life.

Transition planning is a team process. The team includes the student at the centre, their family and whanau, friends, school staff, adult service providers and any other community support staff. The team works together to develop a Transition Plan (TP) that meets the student's needs and wishes.

A Transition Plan is a working document that develops over time and may cover:

- employment or vocational options
- income/finances
- housing or living arrangements
- cultural support
- further education
- recreation and leisure
- advocacy
- friends and relationships
- transport and community access
- disability support services

Start early! Long-term planning for disabled students should begin around age 14 and become more specific and focused as the student moves towards the end of secondary schooling. This allows plenty of time for trying new things and developing new skills.

Transition services funded by the Ministry of Social Development (MSD) are available for all ORRS funded students who are in their last year of school. Funding is for 12 months only. To find out who offers transition services in your area contact MSD on 04 916 3300 and ask for the National Contracts team.

Vocational and employment services funding

Some vocational services are funded by the Ministry of Social Development (MSD) to provide a transition service in the last year of the student's schooling. Once a young person leaves school the relationship with the Ministry of Education and any eligibility for ORRS funding ends. Vocational and employment services for disabled people are bulk funded by MSD.

Individualised funding is available through MSD to provide a vocational service for school leavers who have been eligible for very high needs ORRS funding from the age of 16. To contact the Ministry of Social Development call 04 916 3300 and ask for the National Contracts team.

See checklist over page to help you prepare for a smooth transition

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Checklists

Preparing to leave school

General

- [ ] Develop a plan that sets clear goals for where you would like to be
- [ ] Assess numeracy and literacy skills and plan for any support and ongoing education
- [ ] Plan for getting around the community and learn any new skills required
- [ ] Identify key people in areas where support may be needed, eg, filling in forms, legal documentation and disclosure of personal information
- [ ] Identify skills needed to become as independent as possible eg cooking, homeskills and budgeting
- [ ] If you have equipment provided by the Ministry of Education (MOE) that you think you will need to use after leaving school discuss with your lead worker from Special Education
- [ ] Get an IRD number, a Work and Income number and an 18+ card
- [ ] Discuss the transition plan with your local Needs Assessment Service Coordination (NASC) agency. Ask for support to assist with implementing the plan.

Social and recreational activities

- [ ] Ask around about what community groups are operating for young adults
- [ ] Contact your local city council, community centre or NASC for information about social and recreational opportunities
- [ ] Contact CCS Disability Action about their criteria for a community case worker to assist with finding social and recreational activities
- [ ] Contact the Halberg Trust Sport Opportunity adviser in your region for assistance linking into a sport or physical activity in your region
- [ ] If suitable find out what Special Olympic sports are available if your area.

Career planning and employment

- [ ] Discuss career planning with a school guidance counsellor or school careers advisor
- [ ] Every tertiary provider has a contact person or a support service for disabled people; contact the tertiary provider directly for specific details
- [ ] Develop a plan to gain work skills and work place experiences
- [ ] Contact youth transition or career services for assistance with career planning, CV development and job searching
- [ ] Look in local newspapers to explore job vacancies or approach local businesses.
- [ ] Contact your local Work and Income office to register as a job seeker.
- [ ] Contact the Association of Supported Employment Services New Zealand (ASENZ) for details of supported employment services in your area. Supported employment agencies provide help with job searching and ongoing support such as job coaches and work brokering
- [ ] Contact your local Workbridge office for supported employment and Job Support funding
- [ ] Contact the New Zealand Federation of Vocational and Support Services www.nzvass.org.nz to find out about vocational services in your area. Some vocational services are funded to provide a transition service for disabled students who are ORRS funded in their last year of school.

Moving out of home

General

- [ ] Create a plan about how you would like your life to be and who you need to help you make this happen
- [ ] Consider natural networks that can help support you to live as independently as possible
- [ ] Contact your local NASC or ACC to discuss options for support in the community
- [ ] Talk to Work and Income to ensure that you have all the benefits you are eligible for, or contact a beneficiary advocacy service
- [ ] Identify your transport needs and availability of appropriate transport
- [ ] Arrange help with budgeting if necessary
- [ ] Contact IHC Library, your GP or practice nurse or Relationship Services for advice about sexuality and relationships.

Housing and Accommodation

- [ ] Contact your local NASC agency if you require support in your home or a disability residential service
- [ ] Decide whether you want to live alone or with others
- [ ] Contact Housing New Zealand (HNZ), or real estate agents for help finding an accessible home
- [ ] Contact your GP, NASC, ACC, or HNZ for advice about modifications to existing homes and rental properties to make them accessible
- [ ] Check if your local council has community housing
- [ ] Contact HNZ about income-related rentals if you are unable to work
- [ ] Contact CCS Disability Action to enquire about people looking for flatmates.