



**Family Support
Network™ of WNC**

“Supporting Students and Families Towards Increased Independence”

**For the Money Follows the Person Demonstration Project
MCO Transition Coordinators**

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(a program of Mission Children's Hospital, Asheville, NC)

(This posted presentation has been reduced to 16 Power Point frames from 52 in an effort to focus only on the pages with text . For a full length presentation to be presented at your staff meeting, in-service session and other workshop, please contact Roxann directly.)

Learning Objectives for today

- Participants will gain a parent perspective on the longitudinal impact of services (early intervention into adulthood)
- Participants will gain an understanding of strategies over time that help influence and support significant life transitions for people with special needs.
- Participants will gain an increased awareness of Exceptional Children's programs within schools, LEA Transition planning
- Participants will learn about key resources to support their work with families and schools.

Family Support - What does it look like?

- Service Providers (inclusive) and families working together – Not at me or to me , but with me.
- Helping families build and explore a community that provides inclusive and natural environments.
- Helping families develop higher expectations for my child and balancing dreams and realities.
- Helping families rethink life skills and ways to build capacity for independence.



Family Support Network™ of North Carolina



-  FSN of Central Carolina
-  FSN Charlotte
-  FSN of the Crystal Coast
-  FSN of Eastern NC
-  FSN of the Foothills (inactive)
-  FSN of the Greater Cape Fear Region
-  FSN of Greater Forsyth
-  FSN of the High Country
-  FSN/HOPE Network
-  FSN of North Central Carolina
-  FSN of Northeastern NC
-  FSN of Region A
-  FSN of the Sandhills
-  FSN of Southeastern NC
-  FSN of Southern Piedmont
-  FSN of Wake County
-  FSN of Western NC
-  FSN-University Office

Website: fsnnc.org



To find your local affiliate or to get more information, go to www.fsnnc.org



Tools that can help guide

- **Individualized Education Program (IEP) with the Public Schools**
- Service Plans with the LME/MCO
- Transition Health Care Plans
- Know your community resources

Exceptional Children Services within NC Public Schools

Ages 3 to 22

If a child qualifies for services:

- **An Individualized Education Program (IEP)** – designed to support the child in their academic achievements
- **Section 504 Plan** - Provides accommodations/modifications so a child can access a Free Appropriate Public Education (FAPE)
- **Individualized Health Plan** - Personalized care plan to address the child's health needs during school
- **Transition Plan** - designed to meet the students unique needs and prepare students for further education, employment and independent living.

Transition Section of the IEP (the DEC 4a)

Best practice for transition planning is to start at age 14

Section A Student Needs, Preferences and Interests – a good place to include the students aspirations

Section B Course of Study - depends of whether the student is working towards getting a Diploma, Occupational Course of Study or a Certificate of Attendance

Section C Post-secondary Goals – a great place to articulate the students goals and what type of job they want

Section D Transition Activities - these can be listed are related to instruction, related service, community experience, employment, adult living and daily living skills, functional vocational evaluation, if appropriate

Tools that can help guide

- Individualized Education Program (IEP) with the public Schools
- **Service Plans with the LME/MCO**
- Transition Health Plans
- Know the community, regional and state-wide resources

How You Can Support Families Beyond

- Identify and acknowledge their strengths
- Support the parent's right to get a second opinion
- Encourage communication and teamwork with other providers of service
- Enjoy what you do – as it will show
- Encourage parents to care for themselves and accept help from others
- Use open-ended questions
- Speak People First Language
- Celebrate when you can!



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- **Transition Health Care Plans**
- Know your community resources

Additional Tools to Support Transition - Care Notebooks

- *They teach about Patient-Centered Medical Home Model*
- *Prepare youth and parents for medical care transitions*
- *Provide a guide for important things to consider*



<http://www.missionchildrens.org/education-outreach/family-support-network/resources>

http://ncdhhs.gov/dph/wch/doc/lhd/CHAT/Youth_Guide_12-09.pdf

http://ncdhhs.gov/dph/wch/doc/lhd/CHAT/Parent-Family_Guide.pdf

Tools that can help guide

- Individualized Education Program (IEP) with the public Schools
- Transition Health Care Plans
- Service Plans with the LME/MCO
- **Know the community, regional and state-wide resources**

Key Resources for Transitioning into Adulthood

- Guardianship (Capacity Questionnaire)
 - <http://www.missionchildrens.org/education-outreach/family-support-network/resources>
- Estate Planning
 - <http://www.specialneedsalliance.org>
- Housing options
 - <http://www.arcnc.org/housing-resources>
- Employment supports
 - <http://www.arcnc.org/supports-and-services>
- Self Advocacy opportunities
 - <http://piedmontregionalselfadvocatesconference.com>
 - <http://www.ncsilc.org/centers>
- Financial options in at age 18 (SSI, SSDI, Medicaid)
 - www.ssa.gov

Important Resources

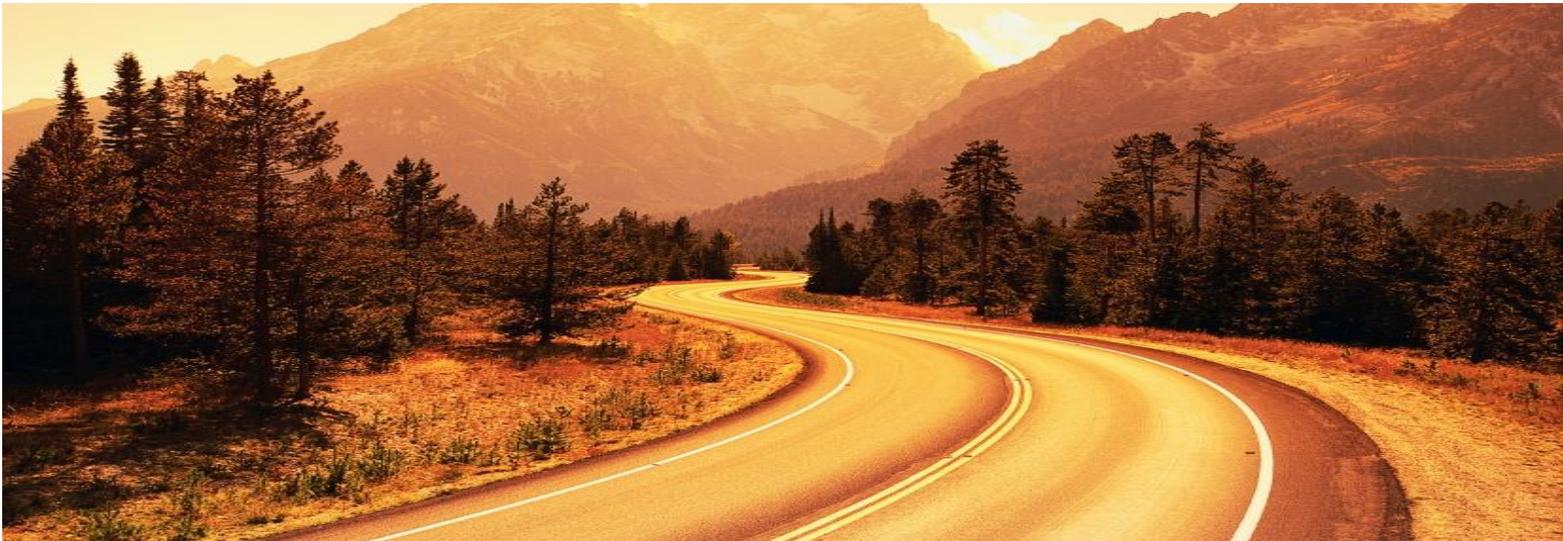
- Family Support Network of NC – www.fsnn.org
- Exceptional Children’s Assistance Center – www.ecac-parentcenter.org
- Developmental Disability Training Institute (DDTI) - <http://ddti.unc.edu/index.asp>
- The Council on Quality and Leadership – www.c-q-l.org

Post Secondary Education

- NC Post Secondary Education Alliance - www.cidd.unc.edu/psea
- Transcen – www.transcen.org
- The National Center on Secondary Education and Transition – www.ncset.org
- Think College – www.thinkcollege.net

The True destination of Transition Planning??

Generalizable Skills To Carry into Adulthood



The Impact 30 Years Later

Acceptance

- Family support → parent confidence

Belonging

- Natural environments → community acceptance

Community

- Life skills that lead to
 - employment at age 16 and currently
 - Her own key and a life with community and friends
 - College experience → further increased independence and self esteem