



POUDRE SCHOOL DISTRICT

Integrated  
Services

PSD Transition  
Services

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# PSD Transitions Newsletter:

*serving elementary school through  
post-high school students*

MAY 2019

## Independent Living

Dear Students, Family and Staff Members,

As we wrap up the final few weeks of the 2018-19 school year many students and families may be considering their next steps. This edition of the Transition Newsletter is focused on the topic of Independent Living and provides information about some resources available within the district as well as within the Fort Collins Community. We are fortunate to live in an area with various resources and supports to help students become as independent as they and their families choose.

We have included an article from **Pacer's National Parent Center on Transition and Employment** which discusses the importance of setting an independent living goal as a family and how to create a "road map" to get there. Students have many different interests and goals and we in PSD strive to help students achieve these goals with transition plans that are meaningful for each student. Some students may participate in **ACE** Programs while in high school and take part in fun activities in the community such as visiting a car dealership and touring town homes such as they did at **Fort Collins High School** or they may become more involved in their community while at the **Cooper Home 18-21 Transition Program**.

*Continued...*



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Fort Collins, CO 80525

## Independent Living, continued...

We enjoy highlighting students who have been successful in transition areas and this quarter we are sharing Abby and Caitlin's story about their journey to living on their own. Additionally, we want to spotlight businesses in our community that support our students. Read on to learn more about Balayage Salon and their experience with a PSD intern!

Please see our upcoming events section which highlights two programs within the Larimer County Workforce Center-**Larimer County Conservation Corps** and the *i explored careers* Road Trip Program to learn more about some summer activities that are available.

We hope you have wonderful summer and enjoy all our community has to offer!

[Romie Tobin, PSD Transition Coordinator.](#)

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## Set an Independent Living Destination and Map a Course to Get There

People usually plan journeys with a specific destination in mind and map the way accordingly. When you are planning for your child's "journey" to independent living, you will also need to decide on a specific "destination" or goal, and then map a clear course of action to reach that goal.

### Takeaways

- Parents can help their son or daughter explore independent living goals using self-determination
- Your child can practice independent living skills early and often
- The school and other agencies may be able to help

### Set an independent living destination through self-determination

When helping your youth set independent living goals, give careful thought to the skills they will need to live as independently as possible and meet their individual goals. Self-determination is a combination of attitudes and abilities that lead people to set personal goals and take the initiative to reach them. It is about being in charge but is not necessarily the same thing as self-sufficiency or independence. It means making choices, learning to solve problems, and taking control and responsibility for one's life. Families can provide support in developing self-determination skills. Parents can help prepare their young adults by giving them increasing opportunities to make their own decisions. Families should also provide their teenager with opportunities to explore employment, housing options, and community recreation programs. Utilize your own network of relatives and friends, as well as formal service systems to make connections. Most importantly, families should prepare themselves to accept their child in his or her new adult role and allow their adult children to actively make decisions that will determine their future - even if it means allowing them to take risks and make mistakes.



*Continued...*

## Set an Independent Living Destination and Map a Course to Get There, continued...

### Then map a course

Your child can practice independent living skills while living at home. Including your child in the many activities required to run a household, go to work, and live independently in the community will give your child valuable experiences. Consider the following ideas:



- Include them when cooking, cleaning, and shopping. Give them a list of groceries to buy or household chores to complete
- Discuss the importance of personal hygiene, and help them establish a morning and evening routine
- Make sure they know which medications they take, what they are for, and when to take them
- Help them schedule a doctor's appointment and write down any medical or health questions to ask the doctor

### Mapping Dreams: A Transition to Adulthood

- Have them order their own prescription refills from the pharmacy
- Take them to the bank and open a checking account. Teach them how to write a check, deposit money, and withdraw cash
- Obtain a copy of an apartment application and show them how to fill out the form
- Show them how to read a bus schedule and take a trip to the store
- Practice what to do in emergency situations and who to call for help
- Encourage community participation by involvement in youth organizations, special interest clubs, community theater or arts centers, places of worship, community education programs, libraries, athletic centers, or volunteer opportunities
- Call a supervisor, coach, or manager to talk about your child's disability and help these people access reasonable accommodations for your child. Some community education and park and recreation programs also offer recreation and leisure opportunities for adults with disabilities
- Look for ways to turn interests into real skills and social experiences. If attending movies is one of their favorite activities, make the most of it. Help them make plans to invite a friend and decide on a plan for transportation to and from the movie
- If the IEP team has identified needs in this area, participate with the IEP team to develop independent living goals and services that will be included in the Individualized Education Program (IEP).

*Continued...*

## Set an Independent Living Destination and Map a Course to Get There, continued...

For some children, there may be other public agencies to help “map the course.”

Your child may need ongoing support to live in the community. Programs offered through the county should be explored while they are still in school. A number of these services have eligibility requirements or waiting lists, and some may also charge fees for services even if your child meets eligibility criteria.

The Developmental Disabilities Assistance and Bill of Rights Act (DD Act) requires that states provide services and supports to people with developmental disabilities and their families. These services can include:

- Case management through the county
- Assistance when applying for benefits, including Social Security
- Medical Assistance
- Semi-independent living services
- Assistance with housing, social, and recreational needs.

County services may also be available for children with significant mental health needs. Eligibility is determined by medical diagnosis, living arrangements, needs, and other criteria. For more information on how to apply, contact the county where you live or your state’s Department of Human Services.

Contact other adult service providers that do not require eligibility, such as Centers for Independent Living (CILs) or disability-specific groups. They may help with teaching self-advocacy, providing written materials and other resources, offering peer support or support groups, giving ideas for assistive technology, and providing disability-related assessment resources.

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## PSD Cooper Home 18-21 Transition Program

Cooper Home is a collaborative effort between students, parents and the community to assist students in moving toward natural supports within the community and the work site while fostering independence.

**Services:** Job development and coaching, training in work-related skills, independent living preparation, daily living and social skills training, assistance with navigating outside agency services, guidance with higher education, assistance accessing public transportation, leisure and recreation activities and other individualized services. This is a 1-2-year program depending on eligibility and student goals. Second year students usually spend more time working and being in the community.

**Eligibility:** Students ages 18-21 who are currently receiving services through PSD Integrated Services and demonstrate transition needs in their Individualized Education Plan (IEP) are eligible. Students must be interested in community-based education and have completed their credits required for graduation prior to entering. Students should have taken at least two semesters of ACE in high school prior to participation.

**Application:** Work with your high school social worker, counselor or case manager to arrange a tour and to see if the transition program at Cooper Home is right for you.

If you are interested in additional information about the Cooper Home Post-High School Transition Program, contact:

**Gayna Jobe**  
217 E Swallow  
Fort Collins, CO 80525  
(970) 484-7836 or  
cell (970) 556-8978  
[gjobe@psdschools.org](mailto:gjobe@psdschools.org)



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**PSD Cooper Home 18-21 Transition Program, continued...**



## Foothills Gateway

The Foothills Gateway “Road Map to Services” is simply a guide to assist families and individuals as they begin their journey into services and supports through the Community Centered System. We highly recommend families contact the intake case management department to learn more about each service and support that is available. For more information please visit this link

<https://foothillsgateway.org/how-to-get-help/road-map-services/>. There are also other program approved service agencies that provide these services in the area.

Here is a description of the service options Foothills Gateway provides to individuals:

### **Residential:**

Foothills Gateway’s Residential Program is committed to promoting a sense of community involvement and belonging for people with intellectual/developmental disabilities. Residential services are developed to meet the needs of each individual in a variety of settings. Individuals may live in apartments, companion settings, host homes, or staffed homes. Residential staff and providers complete a very thorough training program to assure quality services are provided. The program has an intensive monitoring system in place and staff and providers have 24 hour on-call support. Residential Services are for individuals age 18 and older and receiving Comprehensive Services. Foothills Gateway accepts Private Pay for these services.

### **Supported Employment (SE):**

Foothills Gateway’s Supported Employment Services Program can provide assessments, job development, job placement, job coaching and follow up job support services. Supported Employment can be offered as individualized placements, enclaves or work crews. This program is for individuals age 18 and older. Individuals can receive these services as part of their Supported Living Services plan or Comprehensive Services plan. Foothills Gateway accepts Private Pay for these services. View the SE Video!



Foothills Gateway, Inc. (FGI) is a local non-profit organization that provides services and support programs for individuals with intellectual and developmental disabilities and their families in Larimer County. These programs include training, supported employment, housing, habilitation, transportation, family support services, adult respite, early childhood intervention and case management for both children and adults.

*Continued...*



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Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & a significant portion of your investment goes back to the school! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.



## **Foothills Gateway, continued...**

### **SLS Direct Services:**

Foothills Gateway's Supported Living Services (SLS) Direct program provides staff who work directly with individuals receiving services in the SLS program. Providers (direct support staff) assist them in making responsible life choices and help promote individual independence in their homes and community life. We provide a variety of services that range from personal care assistance to building daily living skills. Our priority is to promote personal choice, dignity, equality and independence. The goal of our program is to help develop inclusion and establish a connection to the community. Foothills Gateway accepts Private Pay for these services.

### **Community Skill Development Program:**

Foothills Gateway's Community Skill Development Program focuses on a combination of recreational and vocational activities that challenge individuals and connect them to resources within the community. Individuals may participate in some paid employment in addition to volunteer opportunities and recreation opportunities. Staff provide support in skill training in activities of daily living, mobility training, communication, socialization, and recreation. Individuals can receive these services as part of their Supported Living Services or Comprehensive Services plan. Foothills Gateway accepts Private Pay for these services.

### **Special Habilitation Services:**

Foothills Gateway's Special Habilitation Services focuses on increasing self-sufficiency and/or basic skills to enable individuals to achieve an increased level of independence. The program is designed for individuals age 18 and older. Activities are highly therapeutic in nature and include sensory integration groups, a retirement group, and an intensive supports group. Small groups travel into the community to access and participate in activities of their choice and interest. Individuals can receive these services as part of their Supported Living Services or Comprehensive Services plan. Foothills Gateway accepts Private Pay for these services.

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### **Prevocational Services:**

The Prevocational Services program offers learning and work experiences that assist individuals age 18 and older in developing general, non-job task specific strengths and skills that will contribute to employability in paid community employment. Individuals receiving services will be offered paid work opportunities that are provided under contract from a third party and will be compensated in accordance with applicable Federal laws and regulations. Individuals can receive these services as part of their Supported Living Services or Comprehensive Services plan. Foothills Gateway accepts Private Pay for these services.

### **Transportation:**

Transportation Services are provided for individuals age 18 and older between their home and program or work settings. Individual transportation is developed to best fit the needs and abilities of that person. Whenever possible and feasible, existing community transportation options are used. Individuals can receive these services as part of their Supported Living Services or Comprehensive Services plan. Foothills Gateway accepts Private Pay for these services.

### **Adult Care Services:**

Foothills Gateway's Adult Care Services (ACS) program provides short term relief from daily care giving responsibilities in a home-like setting for individuals 18 years of age and older residing in Larimer County. Adult Care Services is open for respite services and care 24 hours a day, seven days a week (closed on major holidays.). Families and Host Home Providers can schedule a short period of time from one day up to 14 consecutive days. Activities are provided onsite and in the community. The program provides fun and meaningful activities as well as care and support based on the individual's interests, abilities and specific care requirements. Individuals eligible for this program include: individuals on the waiting list, in Supported Living Services and living in Host Home settings. Private pay based on a sliding fee scale is available to families.

## Fort Collins High School Business Visits

In a continuing collaborative effort between Fort Collins High School Integrated Services teacher Troy Tolar, the Alternative Cooperative Education (ACE) program, and Fort Collins businesses represented by Brent Duggar of The Group real estate and Jason Hay at Markley Motors, students were able to learn firsthand about possibilities for living independently and transportation options within their community.



On April 25<sup>th</sup>, Brent had students tour two townhomes in different parts of Fort Collins. One was on the east side of town near the Edora Pool Ice Center and the other was on the west side of town near Overland Trail Road. Students were able to compare the options of renting and owning a home, learn about pre-requisites and continuing responsibilities for each option, and ask clarifying questions as they arose. After the group did a walking tour of each home, students were also posed questions as they completed the tours of each site. Questions included topics such as access to public transportation, distance to possible school or work locations, and the typical age of the residents in the neighborhood. Conversations arose about the U+2 rule for unrelated residents in a home as well as what happens when a roommate fails to make their share of the rent payment. Certainly, eyes were opened.



Brent Duggar

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## Fort Collins High School Business Visits, continued...

On a beautiful May 2<sup>nd</sup> morning, Jason Hay took our group on a tour of the sales lot at Markley Motors. In the all-too-quick hour we spent at the dealership, we were treated to an energetic discussion about the history of Markley Motors, what it means to purchase or lease a vehicle in Fort Collins (i.e., local employment of 200+ persons), compare the benefits of purchasing a new vehicle or a pre-owned one, and learn about the effect of interest rates on a monthly payment. As an exciting conclusion to our tour, Jason allowed all students to, literally, climb into an \$85,000 GMC truck for the ride back to our small white bus.

All participants, including the hosts of both tours, expressed how valuable first-hand knowledge about housing and transportation will be to a young person just learning his or her way in the world. We all, except our graduating seniors, look forward to next year's tours.



"Jason Hay over in  
the used car department  
was the best person I  
have ever worked with  
when trying to buy a car."  
-Happy Markley Acura GMC Customer

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MOTOR GROUP



## Student Success Story: Caitlin and Abby

This month we have a double feature for our student success story!

Abby and Caitlin both participated in two Poudre School District 18-21 Transition Programs after graduating from high school-Cooper Home and Project SEARCH. They shared the same goals of living on their own and getting a job and we are so proud of their accomplishments and hard work to achieve these goals. Caitlin currently works 18 hours a week at a rehabilitation care facility and Abby works 15 hours a week at a fitness club. I was fortunate to be able to sit down with these two young adults and ask them questions about what they've been through the past couple of years since graduating from Poudre School District.



### ***What have you learned about life after graduating?***

*We have had to grow up and step up into the real world. We now have a clearer picture of what reality looks like. We have learned more about problem solving because you have to figure things out on your own like what happens when you miss the bus or what to do when you get sick.*

### ***What is the best part of living on your own?***

*We can do what we want and no parents.*

### ***What is the hardest part of living on your own?***

*We get in fights every once in a while, and then have to make up. We have had to make rules together about sharing our living space. We have learned to respect each other's space and privacy and create a schedule for who can use what when like the TV, kitchen, bathroom, washer/dryer.*



*Congrats to both of you  
and we look forward to seeing  
where your paths lead you!*

*--Emilie Ring, Project SEARCH Instructor*

## Business Spotlight

### Balayage Spa and Salon

Poudre School District's Cooper Home 18-21 Transition Program would like to recognize Balayage Spa and Salon for their commitment to supporting their students as interns who have an interest in working in the beauty industry. Kaitlyn Jacobs, owner and stylist, has provided opportunities for Cooper Home interns to learn more about working in a community business, build employment skills and work on a team. Kaeda, from Cooper Home, has been an intern with Balayage this semester and has had many duties she performs to help the salon operate. She collects and folds laundry, sweeps the salon area, keeps the lobby area tidy, and cuts wax and foil strips for the stylists. Kaeda comes to work with a smile and enjoys being a part of the Balayage team.



*Thank you  
Balayage for  
supporting  
our students!*



*Continued...*

**Business Spotlight, continued...**

Please support the following ACE employers and partners of Cooper Home.

*Balayage Salon and Spa*

*Global Village Museum*

*PetCo*

*Starry Night Espresso Café*

*Trader Joes*

*Beavers' Market*

*Habitat for Humanity Thrift Store*

*Quality Inn and Suites*

*Sunshine House Early Learning Academy*

*Who Gives a Scrap*

*Everyday Joes Coffee Shop*

*Longhorn Steakhouse*

*Raintree Athletic Club (RAC)*

*The Gardens on Spring Creek*



## Upcoming Events

The Larimer County Conservation Corps (LCCC) promotes individual development through service for the benefit of our environment and community. LCCC is housed within and administered by the Larimer County Economic and Workforce Development.

### Our Goals:

To promote self-sufficiency in youth and young adults through skill development for personal and professional growth.

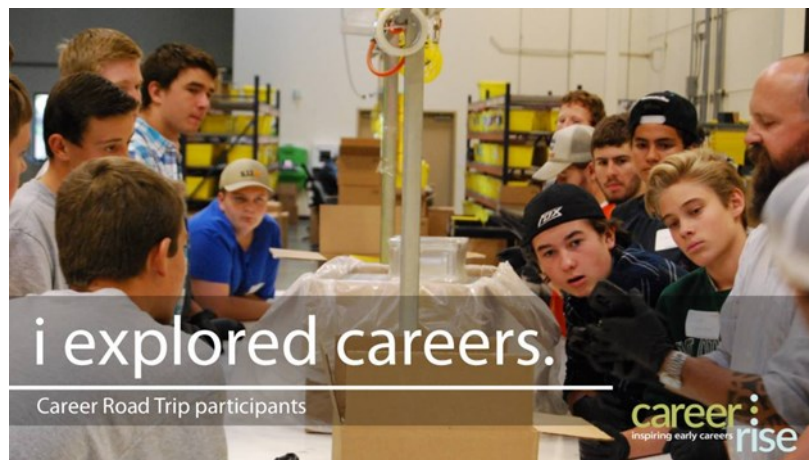
To increase participant's knowledge and awareness of community and environmental issues through education and service learning.

To complete meaningful and long lasting conservation projects in Northern Colorado that benefits our environment and community.

Now hiring Summer Crew Leaders and Corpsmembers! Go to this link for more information:

<https://www.larimer.org/ewd/young-adults/lccc/get-involved>

## I explored careers.



*Continued...*



## Upcoming Events, continued...

Do you know a young person who could benefit from summer career exposure activities?

Larimer County Economic & Workforce Development's CareerRise team is offering 2 days of career tours this summer for youth ages 14-24. The dates are June 5th and June 11th. Participants will have an opportunity to see behind the scenes of local businesses to learn about career options and hear ideas from real professionals on how to get there.

Take a ride with CareerRise to experience careers of the future. See behind the scenes of local businesses and look at what's possible and ideas from real professionals on how to get there. Just like the open road, the possibilities are endless and you just need a glimpse in the right direction to find your way.

The details:

Ages 14-24

Tour local businesses each day

Depart from & return to Harmony Library at Front Range Community College

Participants will arrive at 7:45 am and return at 4:30 pm

Lunch will be provided!

Wednesday, June 5th	Tuesday, June 11th
<a href="#"><u>The Elizabeth Hotel</u></a>	<a href="#"><u>Hach</u></a>
<a href="#"><u>Wolf Robotics</u></a>	<a href="#"><u>CPP Wind</u></a>
<a href="#"><u>Neuworks Mechanical, Inc.</u></a>	<a href="#"><u>Hexcel</u></a>
<a href="#"><u>MouCo Cheese</u></a>	<a href="#"><u>LPR Construction</u></a>
<a href="#"><u>Fort Collins Utilities- Light &amp; Power Department</u></a>	<a href="#"><u>Food Services of America</u></a>
<a href="#"><u>Columbine Health Systems</u></a>	<a href="#"><u>UCHealth- Clinical Education &amp; Innovation Center</u></a>
TBA	<a href="#"><u>Chilson Recreation Center</u></a>

Registration is now live on our website:

<https://www.larimer.org/ewd/young-adults/careerrise/summer-opportunities/career-road-trips>

The Arc of Larimer county is hosting several opportunities to explore and learn about assistive technology.

1721 W. Harmony Road, Unit101, Fort Collins, Co

May 30, 2019

**"I'LL Have to Ask My Personal Assistant"**

*Come learn how to set daily reminders, create routines and schedules to enhance your life, set up a basic smart home and more!*

June 4th

**Assistive Technology Open House**

6:00 PM – 8:00 PM