



# SPIN NEWS

The Newsletter for Parents of Children with Special Needs

SPECIAL  
PARENT  
INFORMATION  
NETWORK

## 2016-17 School Year Special Edition

SPIN is co-sponsored by the Disability & Communication Access Board and the Department of Education. Services include a phone line for information referral and support, a quarterly newsletter, an annual conference and community workshops. SPIN is guided by an Advisory Committee made up of parents, professionals and people with disabilities.

### SPIN

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## Planning and Preparing for Transitions



Transition is movement from one state or place to another. Examples of school transition are when your child enters preschool from Early Intervention, moves from one grade to another, one school to another or changes from one educational placement to another. Job changes, housing moves and changes in family dynamics also represent transition into a new chapter of life.

Transitions of all kinds have several things in common:



A period of uncertainty and questioning. Growth often occurs at this time.



A change in our support system. Family, friends and co-workers are often affected.



An overall increase of stress, affecting work, home and friendships.



Transitions require some advanced planning in order to make the move less hectic, more effective and successful.

Original plan



Actual plan



By recruiting friends, family, teachers and other supportive folks to join the transition process you can make the load lighter and the journey easier.

Here are some steps to plan for changes coming up in your child's future:



Write down what your next transition will be.



Think about what a successful transition looks like. For example, if your child is graduating from high school, would successful transition include a job? More education? Continuing friendships?



Identify any worries you have about the transition. This step will help you develop your plan of action.



Make a plan. Figure out who can help with each step and allow them to help you.



Keep a positive attitude and remember that transitions are part of life and they will pass.

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# Early Intervention to Preschool



If your child has been receiving Early Intervention services, they may qualify for special education preschool. There is a process to follow that begins with the Individual Family

Support Plan that you create with your Care Coordinator.

## Transition Conference Meeting:

- 6 months before your child turns 3 years old
- Establish relationships with providers
- A time for family to gather information about community programs and supports

## Transition Options:

- Department of Education (DOE) Special Education Preschool
- Private preschool or child care center
- Playgroup or community program
- Traveling Preschool or Headstart
- Home

## If you opt for DOE Preschool:

- You will need to provide recent evaluations or request a comprehensive set of evaluations from the DOE.
- After the testing and evaluations are complete, the school will schedule an Eligibility Meeting to review the evaluations and see if your child meets the criteria for special education.
- Have an Individual Education Program (IEP) meeting to create a plan for educating your child and providing related services as needed.

## Preparing you child for Preschool:



Talk to your child about the next setting.



Spend a little time at the site with your child.



Consider starting part-time and gradually increasing the hours they attend.



Establish a routine for saying goodbye to your child so they feel safe know you will return.



# Elementary to Middle

The transition to middle school is often as challenging for parents as it is for students. We are saying goodbye to childhood and hello to adolescence. By taking time to do some thoughtful planning and have important conversations, parents can set the tone for success in the pre-teen years.

## What students are worried about:

- A larger school with more students they don't know.
- Different teachers for each subject.
- More homework and higher expectations.
- Balancing the desire for more independence while still needing help with organization and assignments.

## What parents are worried about:

- Bullying (both in person and cyber).
- Their child not being able to handle the extra work.
- Not being able to make supportive friends.
- Teachers and staff who don't "know" their child.

## Preparing for the move to the middle:



Visit the new school, map out the schedule and do some "dry runs" of getting from class to class.



Designate a "base camp" or friendly face to go to if they get lost or mixed around .



Find a buddy (or two or three) to go with your child from class to class.



To help get organized, color code the schedule, folders and school map.



Buy a lock a few weeks before school and practice using it.



Talk with your child about new peer groups and how to hang back a bit to see who is friendly and who is not. Reinforce that it's okay to take time to make positive, supportive friends.

# Middle to High School



While in middle school, your child has been working on many of the skills they will need to function in high school. Your child has met new people,

changed classes every period, navigated the halls, worked with different teachers and used a locker. In high school, they may encounter new situations like:

- Choosing multiple elective classes
- Meeting graduation (or IEP) requirements
- Developing self-advocacy skills
- Dating
- Becoming a legal adult
- Planning for continued education, employment and life after high school.

In general, a good time to begin transition planning is six months prior to your child's last IEP meeting in middle school. You may want to start earlier if your child has more complex needs.

## Planning for Transition to High School:

- Request a high school representative be invited to your child's final middle school IEP meeting.
- Attend an orientation tour of the new school. Do several walk throughs with your child, take pictures of school landmarks and paste in planner.
- Give your child positive messages like "I know your going to be able to handle this."
- Consider your child's interests, strengths and future plans in selecting classes, joining clubs and trying new activities.

Graphic credit: Children's Hospital Colorado



# High School to Adult

As our children grow into adults, there are many things to

consider and prepare for so they are ready to tackle the next stage of their lives: life after high school.

## At your IEP meetings:

The IEP is a pathway to your child's goals and dreams and an opportunity to receive the help they need to reach those goals.

- Encourage your child to create a vision of their future, share it with the IEP team and work out a plan on how to get there.
- At age 14, focus on what classes are needed to match future goals.
- At age 16, the plan should include appropriate, measurable goals and what services are needed to be successful. Those services can include job training & independent living skills training.
- Identify and invite community supports and work opportunities to the IEP meetings:
  - ~ Vocational Rehabilitation
  - ~ Developmental Disability Division (DDD)
  - ~ College Student Disability Office
  - ~ independent living skills organizations

## Planning for the future is more than whether they will find a job, go to college or stay home:

Hilopaa has developed a transition booklet and checklist that can help families plan for transition. You can find it at [www.hilopaa.org/documents](http://www.hilopaa.org/documents). Planning for transition into adult life includes:



**Self Advocacy:** Identifying what they need and how to make a plan and ask for help in getting it.



**Personal documentation:** State ID, collecting health records, Power of Attorney.



**Legal representation:** Guardianship, Power of Attorney or self determination.



**Medical coverage:** family plan to personal health plan or a Medicaid plan.



**Primary care:** moving from a pediatric to an adult care and/or specialty provider.



**Career pathways:** higher education, vocational training, supported employment.



**Financial Support:** government benefits, ABLE Act, trust funds, work salary.



**Citizenship:** transportation, voter registration, living arrangements, alternatives to guardianship, social networks and leisure activities.



# MARK YOUR CALENDARS...



- 7/26 TACA Coffee Talk & Play**  
9:00 am Moanalua Gardens  
RSVP required: [tacanow.org/hawaii](http://tacanow.org/hawaii)
- 7/27 My Choice My Way Informational meeting**  
9:00 - 11:00 am for parents & consumers  
at various state video conference centers  
Info/RSVP: [mychoicemyway@dhs.hawaii.gov](mailto:mychoicemyway@dhs.hawaii.gov)

Easter Seals Hawaii Youth Services presents:

- 7/29 Teen Boys Night Out @ Dave & Busters**
- 8/26 Teen Boys Night Out @ SikDoRak**
- 8/6 Teen Girls Group @ Re-Use Hawaii**  
Email: [enroll@easterseals.com/hawaii](mailto:enroll@easterseals.com/hawaii)

- 8/6 Access Surf - Special Day at the Beach**  
9:00 am - 1:00 pm Kualoa Beach Park  
Free canoe rides, paddle boarding, swimming.  
sign up at [accessurf.org](http://accessurf.org).

- 8/12 Special Education Advisory Council Meeting**  
9:00 - 12:00 pm 919 Ala Moana Blvd. 5th floor  
for info, call 586-8126 or [spin@doh.hawaii.gov](mailto:spin@doh.hawaii.gov)

- 8/21 Autism Society "Building Lego's of Autism"**  
2:00 - 3:00 pm Liliha Library meeting room  
1515 Liliha St. RSVP: [autismhi@gmail.com](mailto:autismhi@gmail.com)

For more transition info:  
[www.PACER.org/transition](http://www.PACER.org/transition)  
[www.hilopaa.org/documents](http://www.hilopaa.org/documents)  
<http://www.parentcenterhub.org/topics/transitiontoadult/>

## 9th Annual Traveling Mini-Conference 2016

Presented by the Learning Disabilities Association of Hawaii

- 8/6 Lanai**
- 8/11 Molokai**
- 9/1 Maui**
- 9/10 Kauai**
- 10/1 Oahu**

For locations and details, contact LDAH at 536-9684 or toll-free (800)533-9684.

- 10/2 Hawaii Children and Youth Day**  
at the State Capitol building  
10:00 am - 3:00 pm  
visit [www.hawaiiicyd.org](http://www.hawaiiicyd.org) for more information

- 10/22 Footsteps to Transition Fair**  
Hosted by DOE Honolulu Districts  
Kaimuki High School, 8:00 am - noon  
for students ages 13-22, talk story with agencies, a student panel, speaker & prizes  
Call SPIN to register 586-8126  
or online: [www.tinyurl.com/2016FTTRegister](http://www.tinyurl.com/2016FTTRegister)

To get your FREE copy of our new **Parent Guide** give a call 586-8126 or email us at [spin@doh.hawaii.gov](mailto:spin@doh.hawaii.gov) or visit our website.



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**Footsteps to Transition Fair**  
**Saturday, October 22, 2016**  
**Kaimuki High School**  
**8:00 a.m. – 12:00 p.m.**  
 Hosted by the Department of Education  
**Honolulu District**

Footsteps to Transition Fair 2016 Schedule	
8:00 - 9:30	Sign in, visit exhibits, and talk story
9:30 - 10:30	Student panel & keynote presentation by Leolinda Parlin
10:30 - 12:00	Visit exhibits and talk story

An event for middle and high school students with special needs, and their families, to assist in making a successful transition to adult life and independence

RSVP your attendance and access accommodations by Friday, September 23, 2016. To register:  
<http://tinyurl.com/2016FTTRegister>  
 or call SPIN at 586-8126

Facebook: [Footstepstotransition Oahu](https://www.facebook.com/FootstepstotransitionOahu)

**What to Expect:**  
 -Meet with adult service agencies and organizations  
 -Take the first step in developing a transition plan  
 -Hear stories from students on their path to success  
 -Network with other families walking in your shoes

