

## County Resources

As students reach age 14-21, Transition IEPs are written to support a student's vision for their adult life by identifying goals and experiences which prepare students for post-school employment, education and community living. Contact **Snohomish County Development Disabilities Administration** for information:

[www.snoco.org](http://www.snoco.org)

*\*search "Developmental Disabilities"*

### Snohomish County Transition Coordinator

The Snohomish County Transition Coordinator collaborates with area schools and transition programs to assist eligible students in planning and navigating the adult service system, and connect to employment services. Eligible students are typically clients of the Developmental Disabilities Administration (DDA) and are transitioning from school to work and community living.

**Deb Gall, 425-388-7476**      [deb.gall@snoco.org](mailto:deb.gall@snoco.org)

### Snohomish County Transition Council

A network of schools, service providers and professionals invested in the transition process for students age 18-21, and sponsors of the **Annual Snohomish County Transition Fair** each March. Monthly meetings held throughout the school year.

**Melinda Bocci, 425-388-7259**  
[melinda.bocci@snoco.org](mailto:melinda.bocci@snoco.org)

## The Arc of Snohomish County 425.258.2459

[www.arcsno.org](http://www.arcsno.org)

## Statewide Resources

### Informing Families

Informing Families provides news, information and age-related topics in an interactive website designed to assist individuals and families in building a support network and planning for the future. Provided by Washington State DDC, DDA and other statewide partners.

[www.informingfamilies.org](http://www.informingfamilies.org)

### Center For Change in Transition Services

The Center for Change in Transition Services (CCTS) is a Washington State Needs Project funded annually with federal resources from the Office of the Superintendent of Public Instruction (OSPI).

The goal of CCTS is to improve post-school outcomes for students with disabilities in the state. CCTS provides secondary transition training and technical support to Educational Service Districts (ESDs), Local Educational Agencies (LEAs), and public schools that serve high school-age students who have an Individual Education Program (IEP), as well as provides resources and support services to special education teachers, directors, students, and their families.

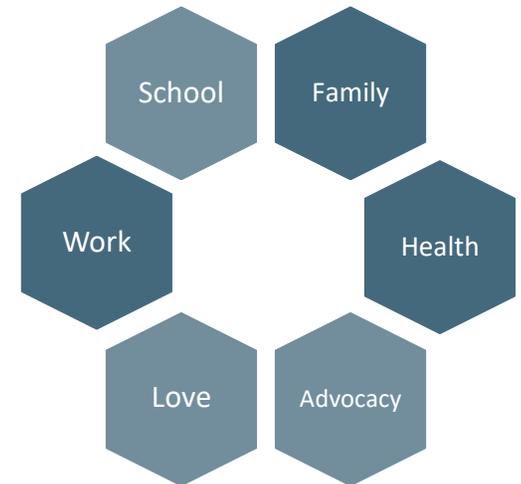
[www.seattleu.edu/ccts/](http://www.seattleu.edu/ccts/)

### Disability Rights of Washington

A non-profit organization that protects the rights of individuals with disabilities and provides information, referral and training regarding disability rights (including special education).

[www.disabilityrightswa.org](http://www.disabilityrightswa.org)  
206-324-1521

# Transition Tools & Resources



## The Arc of Snohomish County

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*Achieve with us.®*

# The Arc of Snohomish County Programs and Services

*Achieve with us.®*

## **Self-Advocacy:**

*Exercising one's rights as citizens by communicating for and representing oneself, with supports, as necessary.*

*Having a say in decision-making in all areas of one's daily life and public policy decisions that affect one's rights.*

### **I.CAN Independence, Community & Advocacy Now**

The I.CAN Women's Self-Advocacy group encourages Independence, Community & Advocacy Now for female self-advocates age 16 and up. Offering an engaging and inclusive monthly meeting providing leadership development, mentoring, education, resources and support. Each month offers a new curriculum or activity developed to meet the needs and interest of the group, with topics ranging from relationships, safety, healthy habits, new hobbies, and more.

### **LEAD Leadership. Education. Advocacy. Determination.**

A monthly men's and women's group for self-advocates ages 16 and up, encouraging active participation in local communities, creating inclusive opportunities of people with intellectual and developmental disabilities.

## **Person-Centered Planning:**

*The process of creating a life-vision by focusing on the whole **person**, rather than one's disability and available services.*

*Planning results in a highly personalized, goal-oriented roadmap designed to achieve community involvement and inclusion, self-determination, and maximum independence.*

### **Charting the LifeCourse Program**

Charting The LifeCourse is a resource offering person-centered planning tools to help individuals and their families explore options for a good life, including, but not limited to: employment, continuing education, community living, spirituality, safety, technology and self-advocacy.

This strengths-based approach encourages planning and review early and often, skill and resource development, as well as self-determination.

Tools and training are available through The Arc's Special Education Coordinator or Snohomish County Developmental Disabilities Administration.

<http://supportstofamilies.org/resources/lifecourse-toolkit/>

**For information on The Arc programs,  
or to join our mailing list, contact:**

**The Arc of Snohomish County**

**425.258.2459**

[www.arcsno.org](http://www.arcsno.org)

## **Transition:**

*When students prepare to leave high school and go out into the world as young adults.*

### **Transition Clubs**

The Arc partners with local school district transition programs to collaborate with staff teaching students 18-21 how to be effective self-advocates. The goal is to empower students to develop advocacy and leadership skills and set lifetime goals for employment, recreation, independent living and community involvement.

### **Leadership & Education**

Leadership training and community engagement workshops are available throughout the year to for those interested in promoting inclusive opportunities and the rights of individuals with disabilities. For additional information, contact The Arc's Parent/Family Coalition Coordinator or visit our webpage for upcoming events.

### **Adult Caregiver Support Group**

Transition is a time filled with mixed emotions, hopes, fears, decisions and deadlines.

Successful transitions require advance planning and preparation, starting as early as elementary school, but no later than 15 years old.

The Adult Caregiver Support Group offers a monthly support group featuring speakers on a variety of transition related topics such as guardianship, independent living, and wills and trusts.