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## **Transition Program**

## **Program Mission Statement**

A Behavioral Approach Transition Program provides students ages 18 and older with the opportunity to work on individual goals to prepare for adulthood. Students will receive tailored instruction in vocational and classroom settings. We build strong connections with the Connecticut shoreline community through employment, transportation and social activities. ABA also works with families to help guide and support throughout the transition process. Our passionate staff helps all students progress towards independence.

**Outplacement, Insurance, DDS**

We work with public school districts in the area as an outplacement provider for those individuals who are under the age of 22. We can build a custom program to service the needs of each individual.

For those who have an autism diagnosis, we work with insurance companies in order to provide hours for individuals. Our team will assist and guide parents/guardians throughout the process. We help with assessments and intake packets as well.

We are a certified DDS provider. Those individuals who have DDS funding, we are able to work with the state and provide tailored services based on individuals wants and needs.

## **Independent Living Skills**

Individuals focus on life skills necessary for independent living. We build tailored programs to accommodate all students' level of independence. Staff works with families to establish a baseline for home independence, goals and objectives. The classroom accommodates independent life skills.

Maintaining a clean bedroom, living room and kitchen

* Daily tasks will reinforce routine and establish self care

Managing food

* Food budget and planning using set amount of money
* Following a recipe
* Kitchen Safety (knives, stoves, hot plates, microwaves etc.)

Appropriate Leisure Skills

* Online and social media safety
* Having an array of different interests
* “Hanging out” with others

## **Individual Health Programs**

Hygiene Education

* Students work towards independently maintaining hygiene and proper appearance for employability.

Dietary/ Eating Habits Education

* Students learn how healthy eating habits promote a healthy lifestyle.
* Maintaining a healthy diet will help with stamina, attitude and work ethic.

Exercise/ Fitness Education

* Students keep track of daily workouts with a “workout log”.
* Workout logs help students track their progress and provide positive feedback.

Understanding Stress

* Understanding stress can be a difficult topic.
* Program provides stress management coping skills.
* Students learn to self advocate in classroom and vocational situations.

## **Vocational Skills**

We have built relationships with local businesses to provide a wide range of vocational training sites. Our job coaches are trained to help foster independence in the work community. Our goal is to help individuals transition into the workforce by exploring multiple employment opportunities.

Interest Inventory

* Students first learn what their interests are for employment.
* We provide vocational sites that relate to student interests.
* Students learn about their own personal strengths and weaknesses.

Community Safety

* We work with students to identify who is safe to talk to in the community.
* We have built a relationship with the local police and fire department to educate students on how to be safe.
* Students learn road safety.
* Corrective action plans when faced with an unsafe situation.

## **Community Social Activities**

Throughout the week, students plan a Friday trip into the community. These community based trips promote independence through real world scenarios, social skills and new learning environments. These experiences also help build a strong bond with our local community. Students will be responsible for planning an activity, setting up transportation and budgeting properly. Examples of community social activities include:

* Community leaders (town halls, fire/ police departments etc.)
* Movie theaters
* Bowling
* Shopping (grocery, clothing, parties etc.)
* Museums
* Restaurants
* Banking

Skills reinforced through community based experience:

* Connection to community (understanding how to be safe)
* Age appropriate real world social skills
* Establishing and maintaining a budget
* Transportation
* Building confidence
* Self advocating

## **Classroom Curriculum**

ABA Transition Program meets IEP goals and objectives for all students under the age of 22. Our team provides tailored instruction to all levels. ABA has OT, PT and speech specialists to meet all students' needs.

Students over the age of 22 continue life skill training to work towards independent living, employment and appropriate social skills. We work with families to establish their student’s independent living goals.

## **Transportation**

We have our own van for vocational transportation as well as community outing opportunities. We do offer pickups and drop offs for students in the surrounding area. Personal pickups and drop offs are schedule and time dependent and would require a small fee.

ABA Transition Program utilizes 9 Town Transit public bus service for job sites, community trips and weekly life skill activities. 9 Town Transit has the ability to pick up at our front door and drop off at sites all across the Connecticut shoreline. Travel training is provided for all students working towards their own level of independence.

## **Building Connections to Higher Education**

Connections to Middlesex Community College

* Opportunity to tour the campus
* Learn about higher education possibilities
* Multiple degree and certification opportunities

Working with Families

* ABA and surrounding programs will work with families to provide every opportunity to further education after the Transition Program.