

TRANSITION RESOURCES FOR PARENTS AND STUDENTS

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The intent of this list is to maintain a running inventory of diverse resources related to transition that can be accessed online by any stakeholder; however, we are focused here on two groups: Parents (and guardians) and Students.

Disclaimer: This resource list has been developed by Tilson & Diaz Solutions, Inc. and the contents reflect our opinions and not necessarily those of the Delaware Department of Education.

We have organized these resources in 4 parts:

Part One: Education

Part Two: Skills for Daily Living

Part Three: Self Determination and Interpersonal Skills

Part Four: Employment Skills

(Parts 2, 3 & 4 are based on the Life Centered Education (LCE) Curriculum Matrix, published by the Council for Exceptional Children (CEC).)

Please note: Given that many national clearinghouses, such as the [National Technical Assistance Center on Transition \(NTACT\)](#), and [CEC](#), are rapidly compiling extensive resources, we encourage all transition stakeholders to access those clearinghouses. Our goal is to identify and include other pertinent and timely information, materials, visuals and activities from other sources, that will complement and supplement resources from the clearinghouses. Most of these resources are focused on the needs of parents and their children, but of course, they will be useful for teachers, vocational counselors, and other supporters for our students with disability.

In this list, there are many resources, some related to specific disabilities, and some related to specific organizations or services families need to support transition for their students at home. In many ways, these are not only useful as they are, but also good starting points for your exploration. We hope you find what you need to support yourself and your student/child with disability, during this challenging time and throughout their transitions through school to work and adulthood.

If you don't find a resource for the disability your family is concerned with, or at their school level, we recommend that you look again at the general resources, or search on Google for support related to that challenge. You'll notice that each of these resources can lead to other resources you and your student can explore, following your interests into other pages in an organization's website, YouTube, TED, or other websites linked from pages offered here.

If you find a good resource that we haven't listed here, please share it with us so we can add it to the list, and help other parents! If you have a question or need a resource you can't find, please let us know! We plan to expand this list as we see additional needs and opportunities.

PART ONE: Education

Fundamental skills like math and language, as well as specific educational goals that support your student's career interest, always need strengthening to support transitions in school, and ultimately school-to-work transitions. Here are some resources to help you support your student in creative and engaging ways.

RESOURCES FOR PARENTS:

EDUCATIONAL ACTIVITIES:

There are many resources to help you teach your child with online and virtual materials. Here are only a few. Later in this list, there are specific activities and web resources in the "FOR STUDENTS" section.

Check out [California Department of Education's giant list of Online Learning Resources!](#) There are tips for parents and teachers about effective online programs, resources, and practices, and free digital resources related to really diverse content to fit your student's interests and curiosities!

PBS WISCONSIN EDUCATION (<https://pbswisconsineducation.org/>) also has resources for parents and students. It may take some scrolling to find the right video for you, but there are some great ones, like problem solving game *Jo Wilder and the Capitol Case*, or the link to *PBS Learning Media* (<https://mpt.pbslearningmedia.org/>), which has great education videos labeled by grade level. (K-12)

EDUCATIONAL SUPPORT SERVICES:

These organizations have resource pages and support networks to help you help your child.

[\(The\) National Association of Parents with Children in Special Education \(NAPCSE\)](#) is a national association that is dedicated to ensuring that all children and adolescents with special needs receive the best education possible. NAPCSE serves the interest of parents with children in special education by giving them numerous resources within the field of special education. By having an association that they can truly call their own, parents with children in special education now have an association that is completely devoted to their needs. NAPCSE advances and strengthens its community through networking, research, publications, and membership benefits.

[\(The\) Center for Appropriate Dispute Resolution in Special Education \(CADRE\)](#) is the National Center on Dispute Resolution in Special Education. The Center for Appropriate Dispute Resolution in Special Education (CADRE) works to increase the nation's capacity to effectively resolve special education disputes, reducing the use of expensive adversarial processes. CADRE works with state and local education and early intervention systems, parent centers, families and educators to improve programs and results for children with disabilities. CADRE is funded by

the Office of Special Education Programs at the US Department of Education to serve as the National Center on Dispute Resolution in Special Education.

[The PACER Center](#) offers many resources for parents and educators working with students with disabilities. Among them: [Paving the Way: Parent Tips for Supporting Success in High School and Beyond](#) for students with disabilities. This offers tools for working with schools and IEPs, and also home strategies for setting goals, supporting health, and taking steps towards transitions from school to employment.

They also have [a video library that offers guidance for parents](#) with topics like *Parents Being the Experts*, and *Strategies to Thrive* for youth. Many cultures and mentors speak the videos, including people with disabilities, educators, and parents of children with disabilities. Some of these might be useful as shared resources for parents and their students with disabilities.

RESOURCES FOR STUDENTS:

EDUCATIONAL ACTIVITIES:

These resources may need to be vetted to fit your student's interests and needs, but once your child finds the activities they love, many of these websites are fairly easy to navigate for most learners.

FUNBRAIN is a site that offers free interactive learning arcade games, like *TinyBops Coral Reef*, videos, books and printables for younger children. Start here: <https://www.funbrain.com/teachers-and-parents>(K-8)

STORYLINE ONLINE offers free videos of celebrities reading books, on YouTube. Great readings, with subtitles to support reading skills and they are irresistible, with really engaging animations. Each book has an activity guide for discussion, writing and research. Start here: <https://www.storylineonline.net/library/>. (K-4).

INTO THE BOOK is a free tool for bilingual elementary school learning developed by PBS Wisconsin Public Education. Students can switch between English and Spanish texts in any activity. There is a student website (<https://reading.ecb.org/student/index.html?login=>) and for parents who are home schooling, a teacher resource page that will help them figure out how to use the tools best (<https://reading.ecb.org/teacher/index.html>). (K-6)

STARFALL offers learning by phonics for young students with disabilities that make reading hard. Starfall activities are research-based and align with Individual and Common Core State Standards in English language arts and mathematics. It is free, but also offers an optional membership program that offers more interactive programming. Start here: <https://www.starfall.com/h/>(K-3)

IXL is a membership organization that offers personalized curriculum tools for students with disabilities. Their family learning hub offers resources that work on multiple devices and can support math and language arts for your child. There are also blogs and tips to support success. Start here: <https://www.ixl.com/inspiration/family-learning>. (K-12)

THE EXPLORATORIUM, San Francisco's science museum, offers online learning videos and activities to support active learning. There is a whole Learning Toolbox about viruses to make Covid-19 into a meaningful curriculum topic, as well as other hands-on problem-based learning activities unrelated to viruses. Start here: <https://www.exploratorium.edu/learn>. (Grades 5-12)

VIDEOS ON YOU TUBE:

Everyone loves a field trip to the museum, especially when the museum is designed with kids in mind. In this video, an autistic toddler goes to the Sacramento Children's Museum. (If you want to give your kids a museum experience from home, many museums have virtual experiences possible for students of all levels. Search on the internet for those experiences. <https://www.youtube.com/watch?v=P-M98PXj6rA>

You've definitely heard about how important it is to vote. It's our civic duty, after all, and the most important way to spark change in the country. But if you've just turned 18 or never voted before, it might sound like a really confusing process. We followed along as these teens voted for the first time to see how easy it really is. <https://www.youtube.com/watch?v=WnD1VUIJcUE>

Kids with a formal diagnosis, such as autism, Asperger's, ADHD, learning disabilities, Sensory Processing Disorder, and Central Auditory Processing Disorder -- along those who just need to move while learning--often find it challenging to shine in a traditional classroom. The kids who collaborated to write and star in this "Dear Teacher" video represent such students. So, they wanted to share with educators how their brain works and offer simple ways teachers (and parents, who are teachers, too!) can help. This video might also help students ask for what they need to learn better. https://www.youtube.com/watch?v=ITMLzXzgB_s

TED TALKS:

Note: TED talks tend to be for adults and students from middle school upwards, and depending on your child's interests and abilities, you may want to watch these (and any) videos with your student and discuss them.

CHECK OUT TED-ED!

They have lessons for every age.

Some great teaching videos for any student to support learning and puzzling include:

Matt Porter and Margaret Hamilton: How one woman put man on the moon

https://www.ted.com/talks/matt_porter_and_margaret_hamilton_how_one_woman_put_man_on_the_moon

The Apollo 11 moon landing was about the astronauts, mission control, software and hardware all working together as a seamless integrated system. None of which would have been possible without the contributions of one engineer: Margaret Hamilton. Who was this pioneer? Matt

Porter and Margaret Hamilton detail how a woman and her team launched the software that took mankind to the Moon. (Science/technology/history: Middle school to high school).

Can You Solve the Giant Cat Riddle?

https://www.ted.com/talks/dan_finkel_can_you_solve_the_giant_cat_army_riddle

The villainous Dr. Schrödinger has developed a growth ray and intends to create an army of giant cats to terrorize the city. Your team of secret agents has tracked him to his underground lab. You burst in to find ... that it's a trap! Can you escape from Dr. Schrödinger's lair and save the day? Dan Finkel shows how. (Math Puzzle: High School).

How Do You Use a Semicolon?

https://www.ted.com/talks/emma_bryce_how_to_use_a_semicolon

It may seem like the semicolon is struggling with an identity crisis. It looks like a comma crossed with a period. Maybe that's why we toss these punctuation marks around like grammatical confetti; we're confused about how to use them properly. Emma Bryce clarifies best practices for the semi-confusing semicolon. (Middle to High School).

PART TWO: Skills for Daily Living

These skills include managing personal finances, managing a household, caring for personal needs, demonstrating relationship responsibilities, buying/preparing/consuming food, buying and caring for clothing, responsible citizenship, leisure and recreation, and choosing and accessing transportation. Although the last category is hard to practice while staying at home, all of the others are part of our daily lives, and opportunities for learning and practice come up all the time.

RESOURCES FOR PARENTS:

WANT TO TEACH LIFE SKILLS TO YOUR CHILD?

[This blog from VeryWellFamily](#) shares some ways to teach life skills to children with special needs. “If your child has [special needs] challenges, they may not just "get" daily living skills as their typically developing peers do. But that doesn't mean they can't learn most or even all of those skills with the right teaching approach.”

DAILY LIVING SUPPORT SERVICES:

[Parents Helping Parents \(PHP\)](#) is a parent-directed family resource center serving children with special needs, their families, and the professionals who serve them. Children with special needs are simply children that have a need for special services due to illness, accident, conditions of birth, learning differences or family stress. PHP's mission is to help children with special needs receive the resources, love, hope, respect, health care, education, and other services they need to reach their full potential by providing them with strong families, dedicated professionals, and responsive systems to serve them.

[Internet Special Education Resources Directory \(ISER\)](#) is a nationwide directory of professionals, organizations, and schools that serve the learning disabilities and special education communities. It helps parents and caregivers find local special education professionals to help with learning disabilities and attention deficit disorder assessment, therapy, advocacy, critical teen issues, and other special needs. It also offers a directory of professional resources and special needs software and assistive technology.

[The Center for Parent Information and Resources \(CPIR\)](#) has great tools to support parents in transition planning. They include: [Links to accessibility tools](#), including the [Accessible Television Portal for students with visual impairment](#).

You can find out if there's a Parent Center near you and go to their website for resources about Covid-19, tips on improving outcomes, and connections to local services. They also have specific tools for transition, often bilingual (Spanish/English) webinars and state forms. Start here: (<https://www.parentcenterhub.org/find-your-center/>)

[ABLEDATA](#) provides information on assistive technology and rehabilitation equipment available from domestic and international sources to consumers, organizations, professionals, and caregivers within the United States. Although ABLEDATA does not sell any products, it

can help locate the companies that do. AbleData is sponsored by the National Institute on Disability and Rehabilitation Research (NIDRR).

[Independent Living Resource Utilization \(ILRU\)](#) is a training organization that offers a great resource page for parents working towards independent living transitions for youth. Start here: <https://www.ilru.org/resources-youth-transition>.

Note: Although many of the links go to Illinois services, there are links to fully loaded curriculum to build skills, such as the Rural Institute's [Advocacy Skill-Building Toolkit](#), which combines an emphasis on improvisational theatre (with videos!) and tips for getting your story out there to advocate for your child or for change in your school or community.

[The Delaware DisABILITY Hub](#) with toolkits and links to transition assistance for parents, including resources for checklists to help with transition milestones, and resource topics such as *Benefits and Assistance*. Specific Delaware programs are highlighted, but national and tool-based resources are included in this comprehensive site.

[Learning Disabilities Resources for Action \(LDRFA\)](#) resources like [How to Overcome Stigmas and Build Confidence](#), with a [satisfying list of celebrities with LD](#) to encourage your child with learning disabilities that success is possible.

[Learning Disabilities Association of American \(LD AMERICA\)](#) offers resources for understanding learning disabilities, negotiating the special education process, and helping your child and yourself. Many kinds of learning disability are explained with resources offered for each unique challenge and related disorders. Start here: <https://ldaamerica.org/parents/>.

RESOURCES FOR STUDENTS:

VIDEOS ON YOU TUBE:

Heidi decides to cook by herself for the first time. She says, “It was a big deal because I have a physical disability called Arthrogryposis (joint and mobility problems from birth). I’ve been learning to cook in Occupational Therapy and I’ve been practicing at home. Today I’m making Mac n Cheese! Remember no cooking without a parent’s permission!”

<https://www.youtube.com/watch?v=OQIQz5FQkuE>

A Florida student with Down syndrome asked his girlfriend to the prom. The way he asked her was super romantic! Spoiler alert -- she said YES! He posted it on Facebook, and it went viral! <https://www.fox35orlando.com/news/heartwarming-video-shows-florida-boy-asking-girlfriend-both-with-down-syndrome-to-homecoming>

Is your child at college or thinking of going to college? Here’s a wonderful story about a teenager with Down syndrome who was never told by his parents that there were things he won’t be able to do, such as going to college. When his friends went off to college, he decided he would go off to college too. Although his parents didn’t think he’d be accepted to Clemson, they encouraged him to try. As it turns out, Clemson has a very competitive program for students with intellectual disabilities called [ClemsonLIFE](#). Parents and students would find this video helpful as the family starts to adjust to life at college and life with an empty next.

<https://www.youtube.com/watch?v=N3VmNbhgZ5k>

TED-ED IS HELPFUL HERE, TOO:

How to Set the Table

https://www.ted.com/talks/anna_post_how_to_set_the_table

Can't remember where your soup spoon ought to go? What about your salad fork? Knowing how to set a traditional table can seem like old-fashioned etiquette -- but it can come in handy!

How to Tie Your Shoes

https://www.ted.com/talks/terry_moore_how_to_tie_your_shoes?

Terry Moore (an adult!) found out he'd been tying his shoes the wrong way his whole life. In the spirit of TED, he takes the stage to share a better way. This is an amusing and practical take on tying shoes securely.

AND TED IN GENERAL HAS SOME REALLY INSPIRING TALKS, LIKE THIS ONE:

The Perks of Being a Pirate

https://www.ted.com/talks/tom_nash_the_perks_of_being_a_pirate_feb_2019

In this deeply charming and humorous talk, DJ/musician and self-professed pirate (because he has two hooks instead of two hands) Tom Nash meditates on how facing adversity due to disability invited patience, ambition and pragmatism into his life in enlightening, unexpected ways. "We all have unique weaknesses," he says. "If we're honest about what they are, we can learn how to best take advantage of them." (High School or middle school if you watch it with your student – he uses big vocabulary).

PART THREE: Self Determination and Interpersonal Skills

These skills are all about being self-aware, knowing how to communicate well and ask for what we need and want, setting and working towards our own goals, making good decisions, developing social awareness and understanding the rights and responsibilities of being a person with a disability. Every day, our children can learn these skills in all they do, starting wherever they are in their development.

RESOURCES FOR PARENTS:

TOOLKITS FOR BUILDING SELF DETERMINATION AND INTERPERSONAL SKILLS:

The Pacer Center offers publications, with many free .pdf downloads that can support career planning as well as basic questions, like *High Expectations*, *How to Have a Better Relationship with Your Teen*, and preventing *Cyberbullying*. Scroll down on this page and you will find something to help you with planning, preparation, and crisis-management in a detailed list. Start here: <https://www.pacer.org/transition/resource-library/>

Pacer Center resources on Self-Determination are useful and free. Start here: <https://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp>

Even if you don't live in Virginia, the Training and Technical Assistance Centers ([TTAC](#)) [online resources](#) share a lot of connections to organizations, toolkits for you and your child, and opportunities for your children to build community, leadership, and goals. Some of the programs might not be accessible to you, but still might give you ideas about what to look for when you search for Delaware opportunities, and tools to help your child. These include the [Good Day Plan](#) (what structure and play do you need at school and work?), and the [How Self Determined are You? Toolkit](#), and [The Accomplishment Box Starter Kit](#) to celebrate your child's accomplishments and increase their confidence.

[The Center for Parent Information and Resources](#) (has [a great resource page to support self-advocacy skill building](#). Self-Advocacy an important part of self-determination, and includes learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.

The James Madison University's [I'm Determined Program](#) has resources for educators, parents, and youth. For parents, the [Parent Path to Success](#) is a good place to start.

RESOURCES FOR STUDENTS:

YOUTH-INCLUSIVE SERVICE ORGANIZATION:

[\(The\) National Consortium on Leadership and Disability for Youth \(NCLD-Youth\)](#) is a youth-led resource, information, and training center for youth and emerging leaders with developmental disabilities, housed at the Institute for Educational Leadership and funded by the Administration on Developmental Disabilities. We are a project led by the next generation of young leaders with disabilities for the next generation of young leaders with disabilities--taking a positive development approach to working with the next generation of disability community leaders, and developing materials to better prepare them for the transition to adulthood, and leadership.

HEALTH AND STRESS REDUCTION TRAINING RESOURCE FOR KIDS:

Heartmath Institute, an organization that offers practical tools for grounding ourselves and maintaining health, is offering 100,000 free access to their educational program, *HeartSmarts Adventure*. (<https://www.heartmath.org/education/e-learning/heartsmarts-adventure/100k-coherent-kids-initiative/>). “Many life-affirming habits and skills are woven throughout the program’s many colorful and engaging activities to help educate children on healthy choices and smart behaviors. Through videos, art, music, and movement, they learn about everyday practices that promote a nutritious diet, sound sleep, exercise, self-regulation and care for others.”

VIDEOS ON YOU TUBE:

Mentoring, friends, and community are empowering! Meet Amy and Avery, two young women who became lifelong friends in North Carolina’s North Street neighborhood, a community developed to celebrate people with all abilities, “a neighborhood full of friends,” including people with disabilities.

https://www.youtube.com/watch?v=jj-YBa_sJN0

The [#HatchKids](#) are kids getting together and talking about lots of issues every kid faces. Here, they discuss bullying and why they are afraid to speak up. Also some interesting discussion of the “Bystander Effect” impacts kids and social media.

<https://www.youtube.com/watch?v=boCxZLCr0Wo>

Anne and Allegra discuss their experiences with making friends and offer tips to make social life easier for kids with learning disabilities and their parents.

https://www.youtube.com/watch?v=P0nX2q2Q_Fg

TED TALKS:

Note: TED talks tend to be for adults and students from middle school upwards, and depending on your child’s interests and abilities, you may want to watch these (and any) videos with your student and discuss them.

Teach Girls Bravery, Not Perfection

https://www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection

We’re raising our girls to be perfect, and we’re raising our boys to be brave, says Reshma Saujani, the founder of Girls Who Code. Saujani has taken up the charge to socialize young girls to take risks and learn to program -- two skills they need to move society forward. To truly

innovate, we cannot leave behind half of our population, she says. "I need each of you to tell every young woman you know to be comfortable with imperfection."

How I Learned to Communicate My Inner Life with Aspergers

https://www.ted.com/talks/alix_generous_how_i_learned_to_communicate_my_inner_life_with_asperger_s

Alix Generous is a young woman with a million and one ideas -- she's done award-winning science, helped develop new technology and tells a darn good joke (you'll see). She has Asperger's, a form of autistic spectrum disorder that can impair the basic social skills required for communication, and she's worked hard for years to learn how to share her thoughts with the world. In this funny, personal talk, she shares her story -- and her vision for tools to help more people communicate their big ideas.

Sue Austin: Deep Sea Diving, in a Wheelchair

https://www.ted.com/talks/sue_austin_deep_sea_diving_in_a_wheelchair

When Sue Austin got a power wheelchair, she felt a tremendous sense of freedom -- yet others looked at her as though she had lost something. In her art, she conveys the spirit of wonder she feels wheeling through the world. Includes thrilling footage of an underwater wheelchair that lets her explore ocean beds, drifting through schools of fish, floating free in 360 degrees.

PART FOUR: Employment Skills

Employment skills for people with disabilities include knowing about and understanding the possibilities of employment and exploring the choices we have, so they can seek, secure, and maintain employment through demonstrating, identifying, and practicing needed employment skills for the jobs they want or have. There are many ways to prepare for employment even when our children are unemployed or temporarily not working.

RESOURCES FOR PARENTS:

WANT TO TEACH EMPLOYMENT SKILLS AT HOME?

Check out the [Life after IEPs Toolkit](#) for activities that teach vital “soft skills” for employment! They offer videos, interesting blog links about successful strategies, and activities that can be adapted to any level of education. You can download pdfs so you can have these tools in your hands or on your computer.

In this [LDAA blog](#), Dale Brown offers some concrete ways you can help your child develop work skills. She describes real-world, active ways to take these steps: “First, teach them about the working world and the skills they will need there. Second, help them overcome any areas of weakness that are presented by their learning disabilities. And third, encourage their strengths, for it is their strengths that they will use for their future occupation.”

Ever wonder what vocational counselors are doing when they’re connecting your child with work? “Making the Business Case” Toolkit is designed to help vocational supporters with disabilities get jobs. This Toolkit demonstrates ways to better connect with businesses and potential employers to discuss the benefits of hiring people with disabilities. The Toolkit serves as a “how to” guide for communicating using a business-focused approach to increase job placements. Download the guide and other tools here:

<http://www.gatepath.org/employmenttoolkit>

EMPLOYMENT SERVICE ORGANIZATIONS:

The Center for Parent Information and Resources (CPIR) has great tools to support parents in transition planning. They include the Parent Center Hub has a lot of resources to assist with a successful transition to adulthood and independence: <https://www.parentcenterhub.org/transition-starters/#parents>

AUTISM SPEAKS, which offers a transition tool kit to guide parents through the process of transition for their child with autism, free of charge for download.

<https://www.autismspeaks.org/tool-kit/transition-tool-kit>

RESOURCES FOR STUDENTS:

The PACER Center (<https://www.pacer.org/>) has many resources. Among them:

Their Publications include free .pdf downloads that can support career planning as well as basic questions, like *It's Your Future!* and *It's Your Life!* for Eight and Ninth grade students. Scroll down and you will find something to help students with planning, preparation, and crisis-management in this detailed list. (<https://www.pacer.org/transition/resource-library/>)

[American Association of People with Disabilities \(AAPD\)](#) is the largest national nonprofit cross-disability member organization in the United States, dedicated to ensuring economic self-sufficiency and political empowerment for the more than 56 million Americans with disabilities. AAPD works in coalition with other disability organizations for the full implementation and enforcement of disability nondiscrimination laws, particularly the [Americans with Disabilities Act](#) (ADA) of 1990 and the Rehabilitation Act of 1973.

This Guardian article is from the point of view of a student with a disability who was advised by career advisers to hide the disability on applications. It advises being open about disability and turning it into a strength to get a job after graduation. Use the link below to find out how to use your disability as a strength when applying for jobs.

<https://www.theguardian.com/careers/2015/may/06/how-to-use-your-disability-as-a-strength-when-applying-for-jobs>

VIDEOS ON YOU TUBE:

Getting ready for the adult world can be difficult for any young person. Counting money, making change, communicating with the public, making eye contact with people you don't know, or riding the bus. In this program, students with special needs designed a food delivery business and used all these adult adult skills in the *Fast and Furious* food delivery program during their school lunch break.

<https://www.youtube.com/watch?v=aPxA8lkmGjQ>

This SIDE HUSTLING work video lists top companies that hire people with disabilities. Even if you aren't close to any of these opportunities physically, students and parents can learn what makes a good company to join for workers have disabilities.

https://www.youtube.com/watch?v=6jOSKsMug_M

This video offers some advice on how to find a job when you have a disability, by a person with a spinal cord injury. "After suffering my spinal cord injury I have really had to adapt in life. So I'm showing you my disability lifestyle to raise disability awareness. As a disabled woman and a woman in a wheelchair who is paralyzed, I thought it would be interesting for you to see, and hopefully give you some inspiration and motivation so that you can live more independently. The wheels-no-heels message is "so no one has to feel alone."

<https://www.youtube.com/watch?v=IuREvblV4Y4>

Lifelong intellectual disabilities often can hinder a person's ability to acquire skills or get a job. The people who run the Wildflour catering company near Washington, DC know that, so they have made a special effort to hire people with disabilities. VOA's June Soh visited Wildflour and shares how the company gives its employees marketable skills, and sends them home with more than just a paycheck.

<https://www.youtube.com/watch?v=NNJpLI6QrIM>

Mitubishi Electric America Foundation has many great resources. These include videos about creative efforts by many different organizations such as Project SEARCH and Marriott Foundation's Bridges from School to Work Program ([Mitsubishi Electric America Foundation's Bridges to Work](#)), with wonderful examples of questions to ask to find a child's passions and strengths and help them prepare for and find meaningful work.

<https://www.youtube.com/watch?v=YhR12QrTOOk&feature=youtu.be>

TED TALKS:

Note: TED talks tend to be for adults and students from middle school upwards, and depending on your child's interests and abilities, you may want to watch these (and any) videos with your student and discuss them.

How Jiu Jitsu Taught Me to be a Better Employee

https://www.ted.com/talks/francesca_simon_carboni_how_jiu_jitsu_taught_me_to_be_a_better_employee

Can jiu jitsu make you a better employee? Francesca Simon-Carboni would never have been described as calm or level-headed in a crisis... until she started taking jiu jitsu. Francesca shares how the skills she built in jiu jitsu practice helped her advance in her career off the mat.

Ten Ways to Have a Better Conversation

https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?referrer=playlist-when_you_re_having_a_hard_time

When your job hinges on how well you talk to people, you learn a lot about how to have conversations -- and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

Looking for a Job? Highlight Your Ability, Not Your Experience

https://www.ted.com/talks/jason_shen_looking_for_a_job_highlight_your_ability_not_your_experience

Very few of us hold jobs that line up directly with our past experiences or what we studied in college. Take TED Resident Jason Shen; he studied biology but later became a product manager at a tech company. In this quick, insightful talk about human potential, Shen shares some new thinking on how job seekers can make themselves more attractive -- and why employers should look for ability over credentials.

We suggest adding a separate section COVID-19. Support for SWD/families, that would include such things as:

Education coach Dr. Amy Pleet-Odle has a list of resources for Covid-19 updates that she recommends: <https://amyleet.com/resources-my-favorite-covid-19-resources/>

Talking to Kids about the Corona Virus is a publication from the Child Mind Institute that helps you alleviate your child's worries and get them on track for weathering this crisis and moving towards their goals for transition. (<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>)

TED TALKS ABOUT DEALING WITH CORONAVIRUS PANDEMIC AND CRISIS:

https://www.ted.com/talks/susan_david_how_to_be_your_best_self_in_times_of_crisis
"Life's beauty is inseparable from its fragility," says psychologist Susan David. In a special virtual conversation, she shares wisdom on how to build resilience, courage and joy in the midst of the coronavirus pandemic. Responding to listeners' questions from across the globe, she offers ways to talk to your children about their emotions, keep focus during the crisis and help those working on the front lines.

[American Federation of Teachers \(AFT\)](#)

offers great resources with frequent updates for understanding news and developments about the covid-19 virus and supporting teachers, healthcare workers and students.