



# POST- SECONDARY TRANSITION

LIFE AND LISTENING

SUE HAYES, HIGH DESERT ESD  
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“Before I can tell my  
life what I want to do  
with it, I must listen  
to my life telling me  
who I am.”

Parker Palmer, *Let Your Life Speak*, Listening for the Voice of Vocation

Give yourself the  
gift of being present

# GOALS FOR TODAY

- To refresh ourselves on research that supports transition
- Get a feel for the toolkit
- Look more deeply at 3-4 tools and try them today and use them tomorrow!



If tomorrow you were  
asked to support a student  
with brain injury in  
planning their transition,  
where would you rate  
yourself on the scale?

C O M F O R T -  
S T R E T C H - D A N G E R

One more question:

WHAT WOULD  
MOVE YOU  
INTO A  
COMFORT  
ZONE?

Where do we start?

We must create coordinated services between agencies. Person Centered Planning is an integral part of this planning.

# The Key stuff to remember about TBI

Individuals with TBI may  
experience:

Cognitive, Behavioral, Physical,  
Social and Emotional Challenges



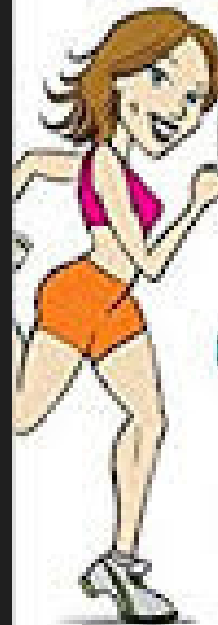
Also....

Transition planning can become difficult  
when an individual struggles with:

Initation  
Motivation  
Executive Functioning  
Lack of self awareness

KICK YOUR FRIEND'S BUTT  
WHILE SHRINKING YOUR OWN

# THE Game On DIET



**KRISTA VERNOFF**

GREY'S ANATOMY  
EXECUTIVE PRODUCER

**& AZ FERGUSON**

BODY-FOR-LIFE™  
MILLION-DOLLAR CHAMPION

# CHALLENGES WITH FAMILY INVOLVEMENT AND STUDENTS WITH TBI

*Rapidly changing abilities*

*Pursuing pre-injury transition plans*

*Family and student unaware of student's new set of strengths and challenges*

## Grief/adjustment process

Families may feel protective and may find it difficult to promote autonomy

Student wants autonomy and needs ongoing family support

This is TBI research, how have you seen this play out with any young person or adult, including ourselves?

From the research:

Teaching in the natural context  
promotes generalization

Environmental set-up is key to  
the success of plans

The big question: Who am I since  
the injury

**WE ALL HAVE  
A DESIRE TO  
LEAD A  
MEANINGFUL  
AND  
PURPOSEFUL  
LIFE**

AND.....

Most of us love to  
talk about  
ourselves



At any given time,  
we could all use a  
coach

Your life has dramatically  
changed, you will now be  
working with people to support  
you in planning your future

EMPOWER OR DISEMPOWER



# THE TOOLS

Listen with the  
intensity that  
others save for  
talking

- EDITH ANN

# WHAT IS IN THE TOOLKIT?

There are Core Tools and Specialized or supporting tools, page 16

The format:

When to use the tool  
Purpose of the tool  
Directions  
Sample  
Blank tool appendix

Based on the concept of motivational interviewing (MI)



**Student Map, page 19**

Talent is the multiplier. The more energy and attention you invest in it, the greater the yield. The time you spend with your best, is quite simply your most productive.

Marcus Buckingham

**Task list, Page 41**

# Looking at strength and weakness differently

What you're good at isn't always something you love to do

Imbalance your life with tasks that make you feel strong

I'm at my best when \_\_\_\_\_ or I feel strong or empowered  
when \_\_\_\_\_

# Questions to ponder

Who might you bring on to her team?

What environments might you add to her  
day?

What type of job might you explore with  
her?

Get creative on how you do this!



Everybody is a genius  
but if you judge a fish by it's  
ability to climb a tree,  
it will live it's whole life believing  
it is stupid.

Albert Einstein



Goal Processing, Page 51

# Sociogram Planner, Page 27





# Key pieces to the puzzle called life

Change schedule as necessary

Let the individual choose supports they believe work for them

Create more opportunities to work in their strength or empowered state

Add Leisure and FUN!!!

Generate a vocational plan

Use this information to guide an IEP and a daily schedule

# INCREASING OUR CHANCES OF SUCCESS

- Use the action plan in the appendix to nail down next steps.
- If you use a Map as your key tool, set up a check-in system. Be specific.
- Get everyone in concordance.
- Assign a CHAMPION!
- No drawers or file cabinets or ?



# A REFLECTION

- More fun than you might think
- Set aside time
- Break it up over time
- Fluid process
- Sit back and listen
- Watch out that your perspective or bias doesn't blind you
- Too valuable to waste

“NEVER  
MISS A  
GOOD  
CHANCE  
TO  
SHUT UP.”

-will rogers

thank you  
for your time!

*Kindly get in touch to let me know if you have any questions.*

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