

How to Use This Notebook

The purpose of this notebook is to serve as an information resource on adolescent transition to adult life for students, families, schools, communities, agencies, health care providers and others in Washington State. It is organized by sections based on content. Each section contains individual documents gathered from a wide variety of sources, each with the title of the document and document page numbers on the upper right hand side of the page. The format is loose-leaf so individual documents may be removed and copied. The copied pages can be used as handouts with the original pages returned to their section. The documents included in this notebook are a sampling of available transition materials and resources. They are almost all created for families. They vary in their usefulness to individual families in content, recommended uses and literacy required. Choose those documents most helpful to you or the families you work with. Families, communities or agencies may also add their own resource documents to sections and may add additional sections if desired. This notebook is also available on CDROM and on the web at

<http://depts.washington.edu/healthtr/notebook/default.html>

Examples of how this notebook might be used:

- In a family: What kinds of skills does their student need to have to gain the most independence? Families can review resources in the Transition Overview section as well as existing supports in other sections of the notebook.
- For the student: Answers for questions a student may ask, such as: What is a PASS? What do all these letters stand for? What is included in a portfolio? What do I need to know about my disability to live independently?
- At an IEP meeting: A subject arises (such as guardianship). The teacher can find appropriate documents in the notebook and make copies for the family/student during the meeting.
- In a health care setting: A family wants guidance on the services available for their teen as he/she transitions to adulthood. The office nurse can make copies of appropriate documents for the family to take home.
- By an agency: Provide information about transition resources other than their own for families and students. This could be given to an individual client as the need arises or may provide background information for individuals in an agency.
- For organizations that do trainings: Great handouts!