

## PRACTICAL TOOLS/TIPS

1. Making the Move to Managing Your Own Personal Assistance Services (PAS): A Toolkit for Youth Transitioning to Adulthood

<http://www.ncwd-youth.info/PAS-Toolkit>

Accessing and maintaining long-term supports such as PAS has often been a significant barrier to employment youth and adults with disabilities. This new toolkit assists youth in strengthening some of the most fundamental skills essential for successfully managing their own PAS: effective communication, time-management, working with others, and establishing professional relationships. Such skills are key to not only enhancing independence, but also thriving in the workplace and growing professionally.

2. Transition Tools

<http://www.floridahats.org/>

3. Transition Tools

<http://www.waisman.wisc.edu/wrc/pub.html>

4. HRTW National Resource Center

[http://web.syntiro.org/hrtw//tools/check\\_transition.html](http://web.syntiro.org/hrtw//tools/check_transition.html)

5. My Health Passport Tool

<http://www.sickkids.on.ca/myhealthpassport/>

6. FROM NCSET E-NEWS

Youth Transition Toolkit Available Online from Talent Knows No Limits (2011)  
(Toolkit)

The “Youth Transition Toolkit: A Guide for Young People with Disabilities Transitioning to Adulthood” is available online from [Talent Knows No Limits \(TKNL\)](#), a public information campaign of the California Health Incentives Improvement Project (CHIIP). Developed in partnership with young people, the toolkit is a guide on preparing for transition to adulthood and making choices about their own health care, education, employment, finances, independent living, and social and recreational activities. While some of the services and resources provided are California state-specific, much of the guidance applies to youth in any state.

<http://www.tknlyouth.org>

7. The Office of Disability and Employment Policy (ODEP) has created an **Integrated Employment Toolkit** that offers resources for individuals and families, policymakers, employment agencies, employers and researchers about integrated employment for people with disabilities. Reports, papers, policies, fact sheets, case studies, and discussion guides are included in the Toolkit.

<http://www.dol.gov/odep/ietoolkit/>

This resource, provided through the 13<sup>th</sup> Chronic Illness and Disability Conference: “Transition from Pediatric to Adult-based Care,” is used with permission from Baylor College of Medicine, Houston Texas.

8. The Research and Training Center on Community Living (RTC) at the University of Minnesota and the Arc have created a self-advocacy website called **Self-Advocacy Online** for people with intellectual and developmental disabilities. The site contains personal stories, a listing of self-advocacy groups by state, self-advocacy in different areas of life, and links to other online resources. <http://www.selfadvocacyonline.org/>

9. The Maryland Developmental Disabilities Administration has partnered with a team of self-advocates to create My Health – My Decision, a **training module about informed consent for healthcare** for people with disabilities. The module contains fact sheets, workbooks, and trainer cards to help individuals become in charge of their healthcare decisions.

<http://myhealthconsent.org/myhealthmydecision.html>

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