

National Center on Deaf-Blindness



Transition Activities

Adult Behaviors-Overnights

Topic:

Adult Behaviors-Overnights will help your son/daughter develop an understanding of the conditions that best support his/her use of his/her job skills for employment success as an adult.

Overview:

Sometimes, employment opportunities that are not close to home pop up and you have to move. Or, an employer wants you to go to a conference or training that requires an overnight stay in a hotel, motel, or another person's home. Being able to be away from home, take care of yourself in another living arrangement, or sleeping in a different bed—all are typical experiences for adolescents. Perhaps your son/daughter has had experience going away to an overnight camp, or stayed overnight at Grandma's while growing up. If so, that's great! If not, that's a great place to start.

Outcomes for your child's transition development:

Your son/daughter will increase in his/her abilities to stay successfully overnight somewhere other than home, a skill necessary in adult life.

Activity Directions:

1. Help your son/daughter list the experiences he/she has had staying overnight someplace other than his/her home.
 - a. Talk about how it went, what worked well, what he/she didn't like.
 - b. Talk about typical reasons for needing to stay in a hotel:
 - i. While traveling
 - ii. On vacation
 - iii. If there's damage to a house
 - c. Talk about growing up and the possibility of moving to where his/her job is, or where he/she wants to live. What would moving be like?
2. Secure an overnight opportunity for your son/daughter based on his/her comfort level. Here are some ideas:
 - a. Sleep in a different bed in your home.

- b. Sleep on your bedroom floor in a sleeping bag.
 - c. Stay overnight at a relatives' house.
 - d. Stay overnight with a friend.
 - e. Stay in a community hotel with a friend or sibling (but not mom, dad) for 1 night.
 - f. Stay in a tent with a friend—in his/her or your backyard.
 - g. Stay in a tent in the backyard or on the deck by yourself.
 - h. Stay overnight on a college campus with a friend of the family.
3. Provide supports and supervision as appropriate.
 4. Talk about the experience after the fact. Help your son/daughter feel accomplished and grown up—even if you had to go get him/her in the middle of the night!
 5. Provide more experiences.

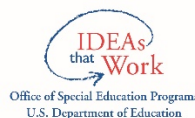
Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

- Some individuals will always need to be with an adult. These individuals can use their known routines in a variety of accommodations with exposure and experience.
- Do a scavenger hunt in a hotel: look for numbers, colors, meeting rooms, bathrooms, places to eat, places to sit, people who are working; go up and down steps and elevators, use a vending machine, find the complementary computer, ask directions to the work out room, etc.

Ideas for Increasing the Complexity of the Activity

Your son/daughter can do some research on hotel costs in your area and help choose the hotel that's most affordable. He/she can use his/her own money or the parent's money, but either way, he/she should be the one to actually make a reservation, check in and out, and pay.



The contents of this document were developed under a grant from the U.S. Department of Education #H326T130013. However, those contents do not necessarily represent the policy of The Research Institute, nor the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Jo Ann McCann.