

National Center on Deaf-Blindness



Transition Activities

Choosing Change

Topic:

Choosing Change will help your son/daughter develop work related skills within the home and the community that will aid in job success as an adult.

Overview:

What action speaks of self-determination better than choosing change? Choosing change to get away from something unwanted, or choosing change to get closer to something wanted? What feels better?

Outcomes for your child's transition development:

In the months and years to come, help your son/daughter choose change (a preferred state of being, doing, or having), and move toward it with positive expectation. He/she may not be able to communicate clearly about the unwanted vs the wanted, but you and others are in a practiced place to understand him/her and support the choice for change.

Activity Directions:

The best way to teach is through your own actions; and perhaps you as a parent, are considering some changes. This short read is written from the perspective of a parent who is learning to transition as her child transitions. "[A Path to Transition . . . for Parents](#)" by Patti McGowan, November 3, 2015.

1. Coactively plan an enjoyable get together or activity.
2. Check in:
 - a. Are you happy: at work, at home, with friends, with living arrangements, with this activity?
 - b. Is there anything you want to *change* or be different?
 - c. Are you doing what you want to do, where you want to do it, and with people you want to be with?
 - d. Is there something you want me to do to help you?
3. Who will you talk to if you want to change something? List people and resources together.

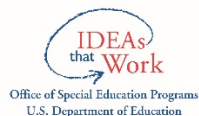
Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

N/A

Ideas for Increasing the Complexity of the Activity

N/A



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