

Transition World: Independent Living and Other Skills Essential for Adulting Success

February 22, 2024

Michigan Department of Labor & Economic Opportunity
Michigan Rehabilitation Services



MICHIGAN DEPARTMENT OF
LABOR & ECONOMIC
OPPORTUNITY

MRS PROMOTING
ABILITIES
Michigan Rehabilitation Services

Renée Lyon,
MS/OTRL, ADAC

Benjamin Post,
MA, LPC

Mandy Matthews,
MA

Why Are We Here?

Increase understanding of the differences between high school and post-secondary education and employment expectations.



Let's have a conversation on how to help our students improve skills, get past their speed bump barriers, and experience success in transition.



A person going nowhere can be sure of reaching his destination. Take the first step in faith. You don't have to see the whole staircase – just take the first step.

Martin Luther King, Jr.

IT'S BETTER
TO MOVE
FORWARD AT A
SNAIL'S PACE,
THAN
BACKWARD AT
ANY PACE

RHONDA BEGOS



Communication Skills:



- Styles of communication
- Self-determination
- Questions

“

The ability to listen is as important as the ability to speak. Miscommunication is always a two-way street.

SHARON SANDBERG

Relationships:

- Boundaries
- Control vs. Influence
- Living with others



“

“To like and dislike the same things, that is what makes a solid friendship.”

—*Sallust*

Independent Living Skills:

- Grooming and hygiene
- Wake up and show up
- Clean and organized environment

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Ralph Waldo Emerson

Higher Level Independent Living Skills



“

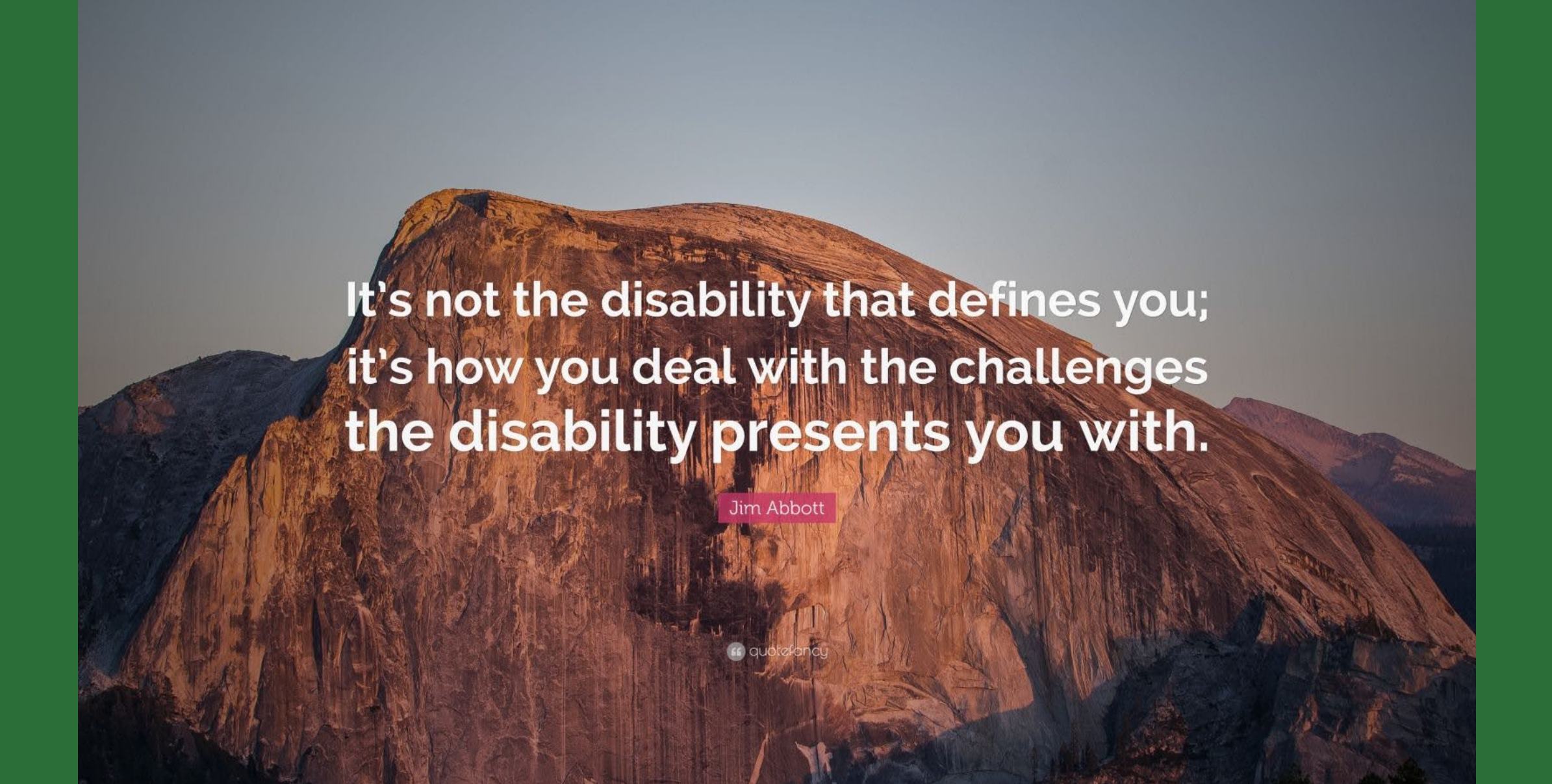
**“Don’t let the noise of others’ opinions
drown out your own inner voice.”**

- Steve Jobs

Disability Management Skills:



- Know your disability
- Disclosure
- Reasonable Accommodations



It's not the disability that defines you;
it's how you deal with the challenges
the disability presents you with.

Jim Abbott

“ quoteancy

MRS

Work Experience:

- Build stamina and endurance
- Build soft skills
- Helps with decision making



Difficult
doesn't
mean
impossible.
It simply
means that you
have to
work hard.

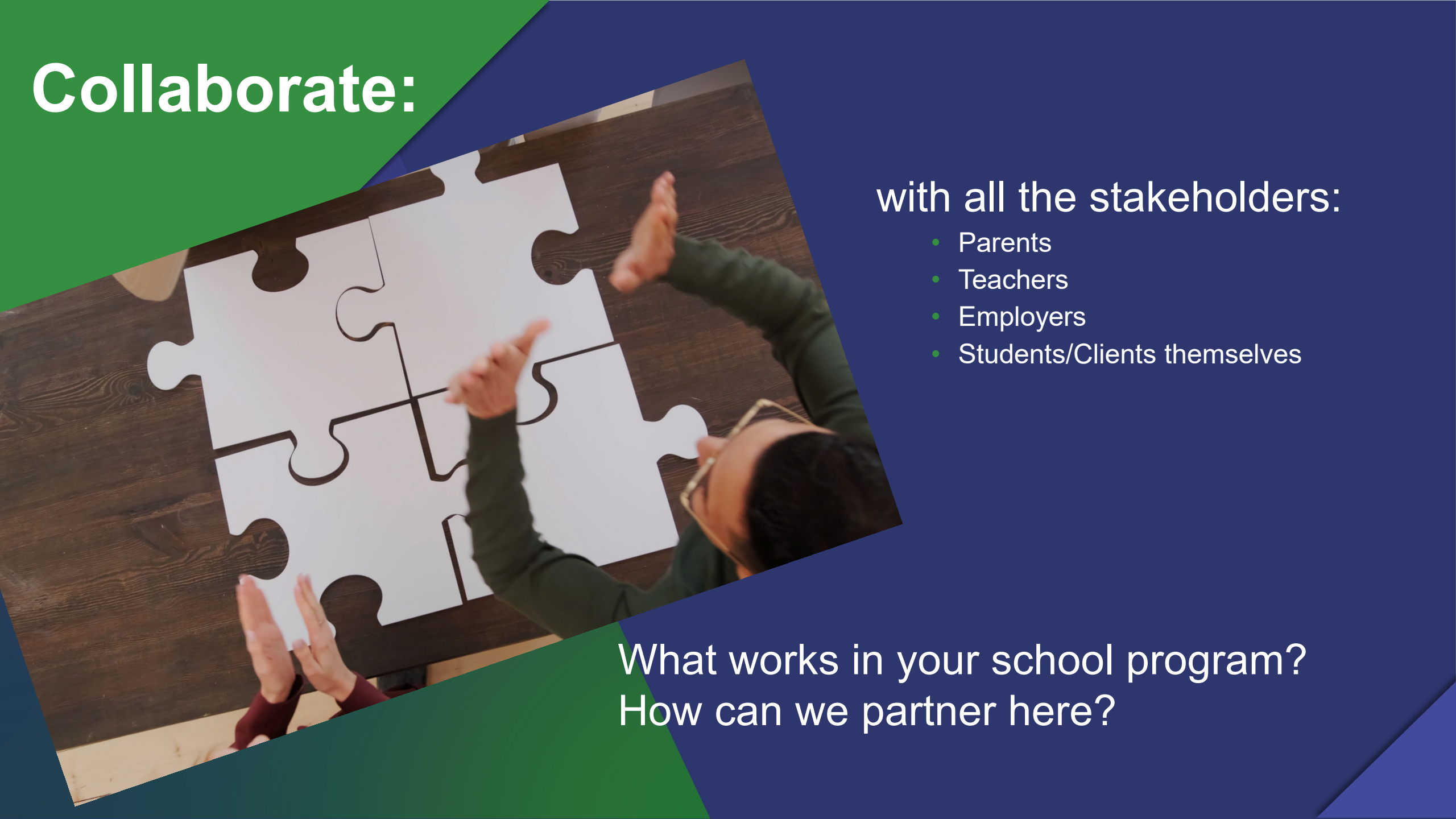


Collaborate:

with all the stakeholders:

- Parents
- Teachers
- Employers
- Students/Clients themselves

What works in your school program?
How can we partner here?





TEAMWORK

Coming together is a beginning.
Keeping together is progress. Working together is success.

postermy.com

Henry Ford

MRS

hey! I GOT
A QUESTION





MICHIGAN DEPARTMENT OF
**LABOR & ECONOMIC
OPPORTUNITY**

MRS *PROMOTING
ABILITIES*
Michigan Rehabilitation Services



Address

11611 Pine Lake Road
Plainwell, MI



Email

LyonR3@michigan.gov
MatthewsA6@michigan.gov
PostB3@michigan.gov



Phone

269-664-4461



Website

Michigan.gov
[LEO - Michigan Career
and Technical Institute](#)



Facebook
MichTalent



X
MichiganTalent



LinkedIn
Michigan Talent

MRS