## GAP

## Guide to Access Planning: Communication Access & Hearing and Hearing Assistance Technologies for Teens and Young Adults

## GAP TRANSITION CHECKLIST<sup>1</sup>

## Part 1. Transition Checklist

The purpose of this checklist is to guide you, and your parents or caretakers and the professionals who provide you support, information about the acquisition of important skills and activities that lead to successful transitions from high school to independent living, a job, college, or vocational training. This checklist should be completed with the help of your teachers, parents or others who are responsible to assist in your transition planning.

- Directions:
- 1. Begin by thinking about and discussing your plans and goals for after high school and enter the information into the Post School Goals section of the checklist.
- 2. Complete the remaining sections of the checklist to identify specific topics where training is needed or activities need to be initiated.
- 3. Enter identified topics as "Learning Objectives" and "Activities to Complete" into the Planner along with timelines and persons responsible for teaching you or assisting you with completion of the activities.

<sup>&</sup>lt;sup>1</sup> This Checklist was adapted for deaf and hard of hearing teens from the work of several previous authors including Eileen Humphrey, Passage Director/Transitional Counselor, Klein ISD, Klein, TX; Barbara Martinez, Career Guidance Program, Texas State Commission for the Blind; Marty Lee, Community Services Director, Indiana School for the Blind, & Judy Ackerman, Ohio Rehabilitation Services Commission.

Name:	Date Completed:
	POST-SCHOOL GOALS
Vision for the Future	What do you see yourself doing following graduation? Describe your plans to help you get there?
Living And Academic/Job Arrangements After High School	After graduation from school, what do you think your living situation will be?  Independent apartment On campus housing At home Apartment with support Foster home Group home Other (please state) –
Work or Education:	What kind of work or education do you hope to be involved with after graduating from high school (check all that may apply)?         University or College (academically oriented 4 yr program), Full Time         University or College, Part Time         Community/Technical Colleges (technical 2 yr program or less), Full Time         Community/Technical College, Part Time         Adult Vocational Education (advanced job training, e.g., secretarial), Full Time         Adult Vocational Education, Part Time         Competitive Employment (working in a job on your own), Full Time         Competitive Employment, Part Time         Supported Employment (a job with a job coach helping to train), Full Time         Supported Employment (low pay work activities and training), Full Time         Sheltered Employment, Part Time         Sheltered Employment, Part Time         Other (clease and training)
	U Other (please explain) -

Name: Date Completed:					
Section 1 HEARING LOSS AND HEARING TECHNOL	Section 1 HEARING LOSS AND HEARING TECHNOLOGY SKILLS				
Please indicate "Yes/In Process/No/Does Not Apply" for the following areas related to your hearing loss and hearing technology skills.	Yes	In Process	No	Does Not Apply	
<ul> <li>a. I can explain basic concepts of hearing and hearing loss, basic causes of hearing loss, and procedures to treat hearing loss.</li> </ul>					
b. I can explain my hearing loss and my audiogram.					
<ul> <li>c. I can explain how my hearing instrument (hearing aid/cochlear implant/ Baha) works to my employer/educator/friend.</li> </ul>					
d. I can independently monitor my hearing instrument (HA/CI/Baha).					
<ul> <li>e. I can perform basic troubleshooting of my hearing instrument when malfunctions occur.</li> </ul>					
f. I understand the different programs that may be available on my hearing instrument and use them appropriately (quiet, noise).					
<ul> <li>g. I can successfully connect my personal hearinginstrument (HA/CI/Baha) to other audio devices (i.e., ipod, TV, cell phone).</li> </ul>					
<ul> <li>h. I have the name and contact information for my audiologist and contact my audiologist for repairs and replacement of my hearing instrument.</li> </ul>					
i. I can buy or obtain replacement batteries for my hearing instrument.					
j. I understand how a personal FM system works and when it is needed.					
<ul> <li>I can operate my personal hearing instruments with FM or other Hearing Assistance Technology (HAT).</li> </ul>					
<ol> <li>I can identify funding sources to assist with payment of hearing and hearing assistance technology.</li> </ol>					
m. I have met with vocational rehabilitation (VR) to identify what hearing instruments and HAT are needed at home/school/work.					
<ul> <li>I have met with the Office of Accessibility or Disabilities at my college to identify the HAT and other access services I need.</li> </ul>					

Date Completed: \_\_\_\_\_ Name: Section 2 COMMUNICATION NEEDS AND ACCOMMODATIONS Please indicate "Yes/ In Process/No/Does Not Apply" for the following Yes In No **Does Not** areas related to your communication needs and accommodations. Process Apply a. I can describe communication problems that occur as a result of my  $\square$  $\square$  $\square$  $\left( \right)$ hearing loss. b. I can describe common communication methods (talk, sign, both, cues)  $\square$  $\square$ and the communication methods I use. anoral accommodations that I need to comm . ما ممينام م nicat  $\frown$ 

с.	effectively with others.		
d.	I can describe detailed accommodations that I need to learn effectively at school and in recreational and community settings.		
e.	I can describe limitations of hearing and hearing assistance technology (HAT) on communication.		

Name: Date Completed:				
Section 3 SOCIAL SKILLS				
Please indicate "Yes/ In Process/No/Does Not Apply" for the following areas related to how you get along with others.	Yes	In Process	No	Does Not Apply
a. I say "hello" and I give other proper responses when greeted.				
b I get along with peers (i.e., I hang out with friends outside of school time, friends invite me to participate).				
c. I participate in group activities with peers.				
d. I make friends easily.				
e. I express affection.				
f. I get along with family members.				
<ul> <li>g. I express emotions in a non-aggressive manner (i.e., without yelling or physically attacking).</li> </ul>				
h. I can tell about my successes and failures.				
i. I react positively to most requests.				
j. I respect others' personal space and property.				
k. I respond to constructive criticism in a positive way.				
I. I accept responsibility for my own behavior/I do not blame others.				
m. I follow through on commitments without being reminded.				
n. I solve personal problems and I ask for help when needed.				
o. I discuss and listen to others talk about ideas that are different from my own.				
p. I talk about my feelings and moods.				
q. I accept consequences for when I do something wrong.				
r. I make my own decisions.				

ame: Date Completed:				
Section 4 FUNCTIONAL SKILLS				
Please indicate "Yes/ In Process/No/Does Not Apply" for the following areas related to getting along with others.	Yes	In Process	No	Does Not Apply
a. I follow simple directions.				
b. I perform routine chores.				
c. I can make calls from cell phones/videophones/telephones (with relay or other appropriate service if needed).				
d. I can tell time using a clock and a watch.				
e. I can set my alarm clock to go off at the correct time and get up on own.				
f. I write simple letters (i.e., thank you cards).				
g. I plan activities.				
h. I set my appointments.				
i. I record my appointments on my calendar/PDA/appointment book.				
j. I remember events and appointments without being reminded.				

Name:	Date Completed:				
Section 5 MONEY MANAGEMENT					
Please indicate "Yes/ In Process/No/Does Not Apply" for the following areas related to money management.	Yes	In Process	No	Does Not Apply	
a. I can identify the proper amount of money to carry.					
b. I give a salesperson enough money to pay for a purchase.					
c. I understand credit cards and interest rates.					
d. I buy needed items at the best price (i.e., on sale).					
e. I go to stores by myself.					
f. I budget my money over time.					
g. I save money in a bank account for future purposes.					
h. I write checks, balance my checkbook, and fill out deposit slips.					
i. I understand agreements before signing.					
j. I go to the right department /area of store to buy items I need.					

Name:

Date Completed:

Bute completed.				
Section 6 SURVIVOR SKILLS				
Please indicate "Yes/No/Does Not Apply" for the following areas related to survivor skills.	Yes	In Process	No	Does Not Apply
a. I can give directions to my own home?				
b. I can correctly respond to emergencies/informational signs in the environment (i.e., fire truck, sirens, fire alarms)?				
c. I can ask for directions if lost?				
d. I can use public transportation (bus, cab) to a place I have not been before?				

Name: Date Completed:				
Section 7				
WORK RELATED SKILLS		r		Γ
Please indicate "Yes/ In Process/No/Does Not Apply" for the following areas related to work and work-related skills.	Yes	In Process	No	Does Not Apply
<ul> <li>a. I can order/request special equipment (i.e., alarm clock, TTY/TDD, etc.) if needed.</li> </ul>				
b. I can complete assigned work on time.				
c. I have met with a Vocational Rehabilitation Counselor.				
d. I can fill out job applications.				
e. I have a state I.D. or a driver's license.				
f. I know where to look for a job (i.e., newspaper, school, internet, job fairs, friends).				
g. I know my Social Security number.				
<ul> <li>I can locate, evaluate, and interpret information about career and career options.</li> </ul>				
i. I can explain or provide information regarding hearing loss.				
j. I have transportation to and from work/school.				
k. I have completed a Personal Profile and Accommodations Plan.				
<ol> <li>I can explain work related deaf or hard of hearing accommodations to my instructor/employer.</li> </ol>				
m. I can negotiate with adults for adaptations/accommodations.				
n. I can initiate a work task by myself without being instructed to do so.				
o. I remember the day, and time of day, that a chore/job is to be done.				
p. I can identify 3 occupations I would like to do.				
q. I can complete work within a reasonable timeframe.				
r. I understand wages and benefits.				
s. I can keep materials and tools organized and ready to use.				
t. I assume responsibility (i.e., accept credit/blame for actions while on the job).				
u. I give firm handshakes when introduced.				
v. I stick with tasks to completion.				

Name:	Date Completed:				
	Section 8				
	COMMUNICATION SKILLS				
Please indicate "Yes/ In Process/No/Does No areas related to your communication skills.	Apply" for the following	Yes	In Process	No	Does Not Apply
a. I can introduce myself.					
b. I speak/sign clearly and distinctly.					
<ul> <li>c. I speak in an appropriate loudness level/sig etc.</li> </ul>	n with appropriate emphasis,				
d. I have good posture when standing or sittir	g.				
e. I directly answer all questions (use good jud personal).	Igment if questions are too				
f. I answer questions completely.					
g. I give accurate and honest answers.					
h. I am courteous.					
i. I maintain eye contact.					
j. I am pleasant and good company.					
k. I act natural by being myself.					
I. I ask questions.					
m. I say "Thank you," "I'm sorry," or "Excuse n ( I do not interrupt rudely).	e" when appropriate				
n. I wait until others have finished speaking b	efore I begin to speak.				
o. I order meals at fast-food restaurants or fr	om a menu at a restaurant.				

Name:	e: Date Completed:					
Section 9 SCHOOL/WORK RELATED GROOMING SKILLS						
Please indicate "Yes/ In Process/No/Does Not Apply" for the following areas related to your grooming skills.	Yes	In Process	No	Does Not Apply		
a. I groom myself (i.e., bath, comb hair, brush teeth, use dental floss, use deodorant) and dress appropriately.						
b. I make myself presentable (i.e., clean, combed hair, shaved, etc.).						
c. My clothes and shoes are clean and unwrinkled.						
d. I dress appropriately for different occasions.						

Name:	Date Completed:				
Section 10 HEALTH SKILLS AND SAFET	Y				
Please indicate "Yes/ In Process/No/Does Not Apply" for the following areas related to health skills and safety issues.	Yes	In Process	No	Does Not Apply	
a. I know what to do in case of a health emergency.					
b. I know basic first aid.					
c. I know names of my doctors/dentists and how to contact them when needed.					
d. I can identify pertinent medical and health specialists, their supporting roles, and how to locate them (otology, genetics, mental health, counseling) and my own medical/health support persons.					
e. I understand appropriate dating behavior and the signs of teen dating violence and what to do if there is a problem.					
f. I can dial 911, fire, emergency, or police to ask for help.					
g. I could scream for help if anyone became physically aggressive with me.					

Name: D	e: Date Completed:			
Section 11 RECREATIONAL SKILLS				
Please indicate "Yes/ In Process/No/Does No Apply" for the following areas related to recreational skills.	Yes	In Process	No	Does Not Apply
a. I have an interest in a hobby/craft activity.				
b. I listen to my favorite music or utilize websites of captioned music.				
c. I attend movies, plays, concerts, etc. with friends.				
d. I exercise regularly.				
e. I visit with neighbors, friends and family.				
f. I arrange or accept invitations to go to events or activities with a friend or a group of friends.				
g. I am a member of club(s)/organizations, (i.e., YMCA, health club).				
h. I am involved in individual and/or group sports (i.e., football, volleyball, bowling, etc.).				
<ul> <li>I offer ideas on how to involve myself in activities not adapted for the Deaf or Hard of Hearing.</li> </ul>				

Name: I	Date Completed:			
Section 12				
EDUCATION/TRAINING AFTER HIGH SCHOOL				
Please indicate "Yes/ In Process/No/Does Not Apply" for the following areas related to recreational skills.	Yes	In Process	No	Does Not Apply
a. I understand the IEP process and manage my own IEP meetings.				
b. I can describe my educational history and the special services I use.				
c. I have completed a vocational assessment.				
<ul> <li>I explored vocational programs available during my junior/senior year in high school.</li> </ul>				
e. I have explored vocational programs that are available after high school.				
<ul> <li>I have discussed my strengths and special needs related to future training with an instructor and/or counselor.</li> </ul>				
g. I know the different forms of assistance available, understand what services are provided and not provided, and can acquire them when needed (interpreter, TTY/TDD, support services).				
<ul> <li>I can obtain information on hearing technology and adaptive equipment available (i.e., personal FM system, phone relay systems, CART, real time captioning).</li> </ul>				
<ol> <li>I know the high school courses required for non-conditional admission to state universities.</li> </ol>				
<ol> <li>I have explored the cost of college or other post high school training programs.</li> </ol>				
k. I have completed driver education.				
<ol> <li>I can identify/use transportation that is available in my community (i.e., bus, carpool).</li> </ol>				
<ul> <li>m. I have explored scholarships specifically for people who are deaf or hard of hearing (i.e., Sertoma, AG Bell).</li> </ul>				
n. I have explored financial aid opportunities.				
<ul> <li>I have visited college campuses and/or post high school technical/ vocational training programs.</li> </ul>				
<ul> <li>p. I have contacted the Office of Disabilities or Accessibility at colleges</li> <li>I am interested in attending.</li> </ul>				