



# Ages 18 – 21

## Family Guide For Vocational Training

At 18, your son or daughter, like everyone else at this age, is still gaining skills to further independence and increase employability. He or she may be thinking about enrolling in classes after high school (e.g., technical school, community college), getting a job, or continuing high school through a modified diploma program. Regardless of the path your son or daughter chooses to take, supports and services should be tailored with his or her needs and preferences in mind.

18 – 21	Themes	Examples
Explore jobs & careers	<ul style="list-style-type: none"> <li>Continue discussion about current and future fit of employment and other resources</li> <li>Increasingly independent involvement in community activities</li> </ul>	<ul style="list-style-type: none"> <li>Communicate with those supporting employment; what is working well and what needs improvement.</li> <li>Celebrate successes in job and other pursuits.</li> <li>Provide support when needed, but allow for mistakes that are not major health or safety risks.</li> </ul>
Understand preferences	<ul style="list-style-type: none"> <li>Increased familiarity with rights and laws</li> <li>Increased self-advocacy</li> <li>Reinforce attributes that are valued in work and social settings</li> </ul>	<ul style="list-style-type: none"> <li>Talk about guardianship and rights and responsibilities of being an adult.</li> <li>Problem-solving skills (e.g., issues around transportation, health care, benefits planning, and finances).</li> <li>Stating preferences.</li> <li>Evaluating options and making decisions.</li> <li>Join self-advocacy organizations.</li> <li>Discuss commitment to work, commitment to others, and commitment to self.</li> </ul>
Improve work skills	<ul style="list-style-type: none"> <li>Continued exploration and refinement of preferences</li> </ul>	<ul style="list-style-type: none"> <li>Provide opportunities for independent exploration work settings.</li> </ul>
Partnerships	<ul style="list-style-type: none"> <li>Potential continued support with school until 21.</li> <li>Developing partnerships – DD services, Vocational Rehabilitation, One Stop Career Center and others.</li> <li>Advocacy organizations such as APSE, FSA, FL SAND.</li> <li>Other advocates as determined by your son/daughter.</li> </ul>	

