

Expanding the Breadth of Caregiver Resources for Navigating Secondary Transition



Hana Chouinard, M.S., OTR/L, NH-ME LEND Occupational Therapy Trainee

Site Introduction

The **Parent Information Center (PIC)** is a statewide resource center located in NH for youth with disabilities or special healthcare needs, their families, and the providers that serve them. PIC works to support families and individuals to make informed decisions to enhance development and wellbeing.

PIC utilizes their **Life After High School Online Learning Module** to help caregivers best support their youth during the transition process. This module guides caregivers through navigating the IEP process, goal setting, and transition planning with their youth.



Project Methods

- Tasked with presenting portion of Life After High School workshop
- Reviewed online Life After High School Module for area of interest to present
- Connection to emotional component of transition for caregiver
- Met with Project Staff, collaborated on initial idea of caregiver module
- Met with clinical psychologist to help inform module content
- Attended Transition Summit, listened to youth perspectives
- Met with Transition Initiatives Coordinator to discuss incorporation of youth perspectives into modules
- Collaborated with above partners to create modules and present content

Youth Perspectives on Transition

Youth should be at the center of secondary transition planning. The **YEAH Council (Youth Education and Advocacy in Healthcare)** is a youth driven group of individuals with disabilities and/ or special healthcare needs.



“Listen to the child when they want to become independent on something. Try to strike a balance between doing too much and not enough. If the child isn't comfortable, don't force the issue and you might want to scaffold it.”

Keagan, YEAH Council



Scaffolding

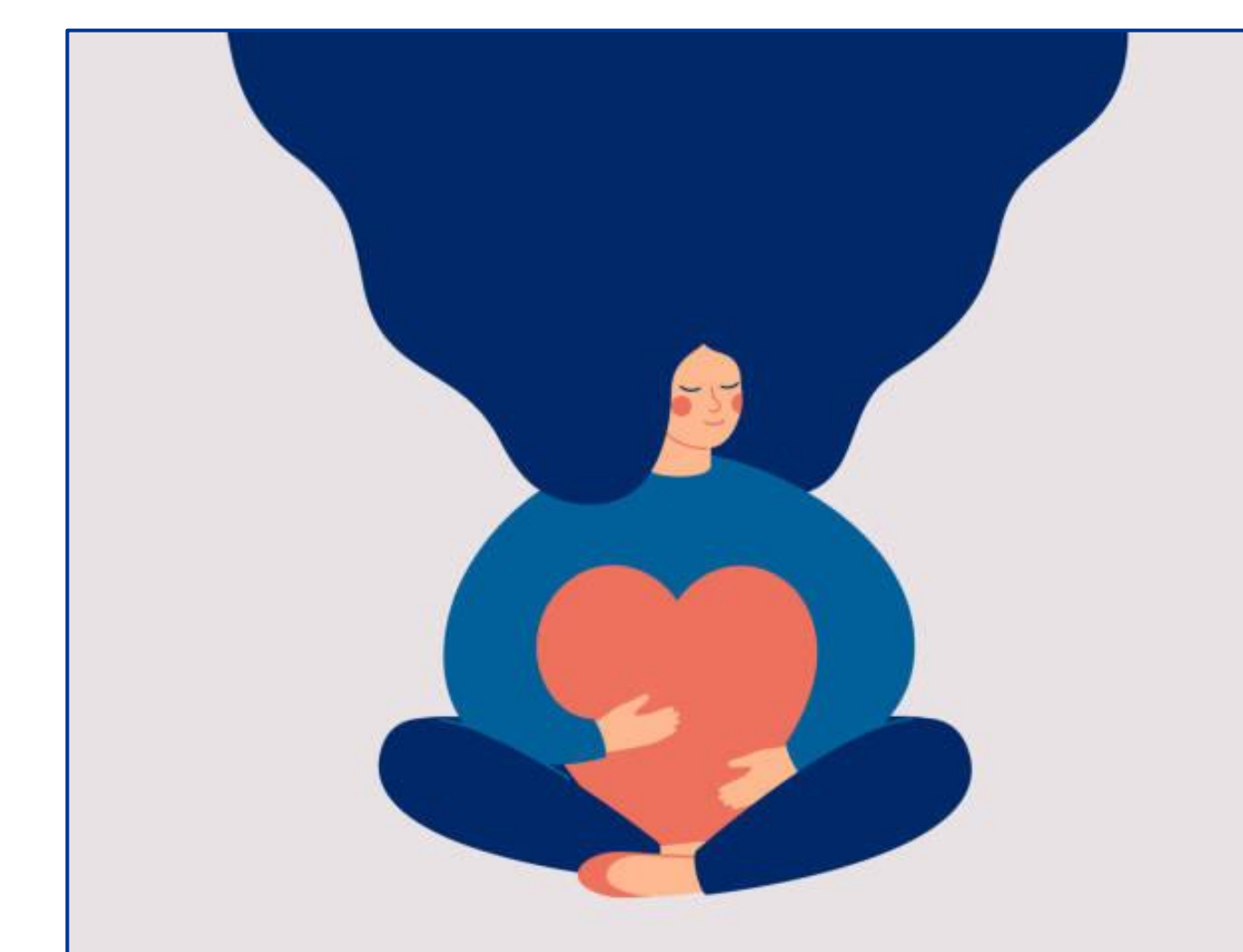
- Break up activities into achievable steps
 - ◆ Change does not need to happen all at once
- Example from CJ, YEAH Council Member: Making an appointment
 - ◆ 1. Having your child listen to you make an appointment
 - ◆ 2. Writing a script for your child to make the appointment
 - ◆ 3. Accompanying your child on the phone call using the script, be there for support
 - ◆ 4. Your child makes the appointment on their own

Resulting Caregiver Modules

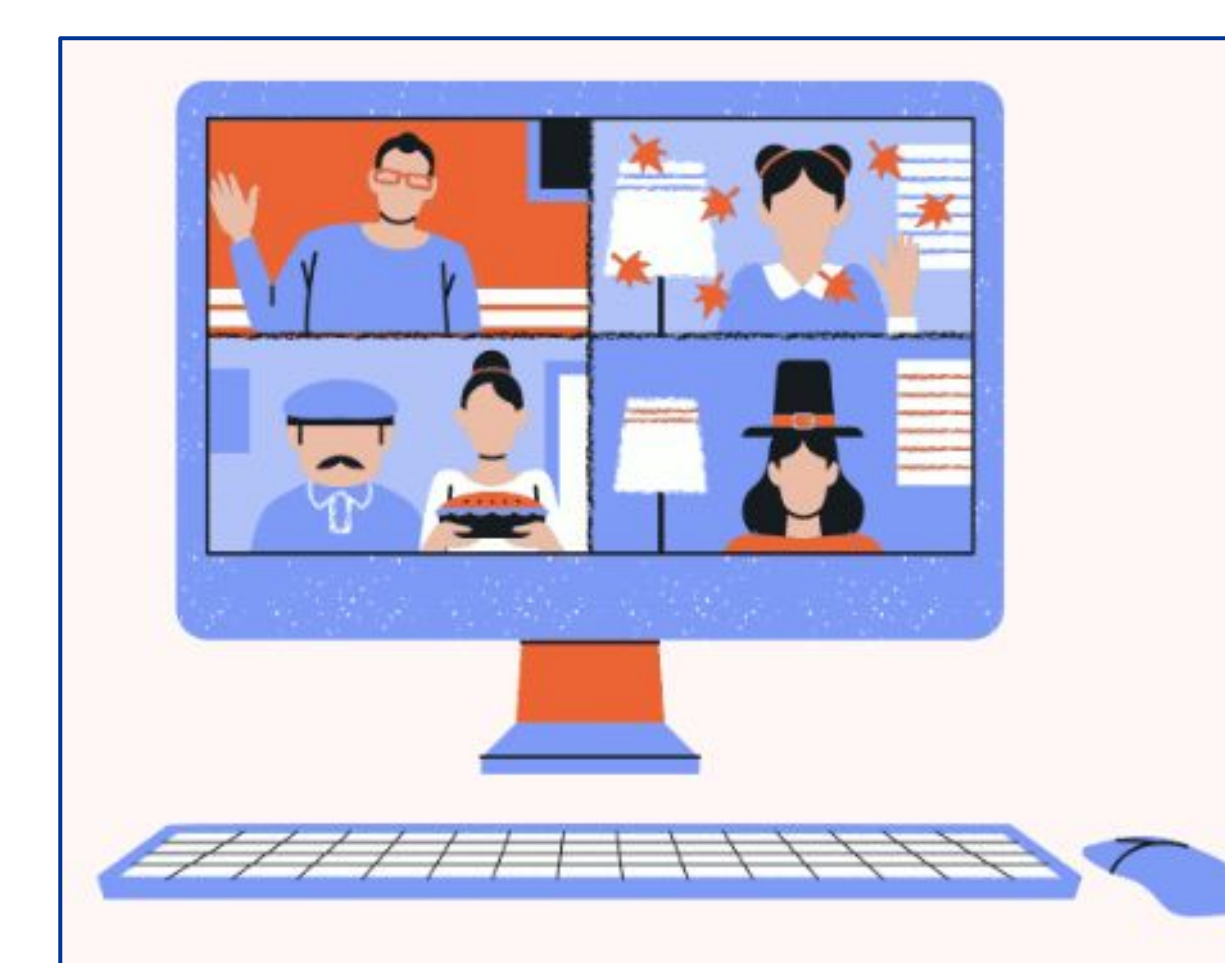
1. **Supporting your Child Through Secondary Transition**
 - a. Provides tools and strategies for parents to use with youth
 - b. Focus on youth empowerment, self determination, and modification of activities and tasks

2. The Ups and Downs of Secondary Transition: For Caregivers

- a. Ideas to cultivate connection and emotional wellness among caregivers and youth
- b. Mindfulness strategies



Live Presentation



Supporting your Child Through Secondary Transition presentation was shared 4/17 during **Time for Transition Event**

Zoom, # of Attendees: 4

Future Directions

- Working to publish both modules on the Parent Information Center (PIC) website
- PIC will continue work on “The Ups and Downs of Secondary Transition: For Caregivers” with mental health professional input
- Continued collaboration with PIC and the YEAH council on transition related resources

