

Transition to Adulthood: Surviving the Turbulent Teen Years



Presented By,



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Goals for this presentation



- Set the stage for success
- Foster developmental growth
- Promote independence
- Build natural supports
- Promote self advocacy
- Think like an employer!



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What Do We Know Today?



- Teens have same needs as peers
- Tendency to infantilize
- Lack of puberty education
- Socially isolated
- Higher risk for abuse/neglect
- Lower social-emotional skills



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Turbulent Teen Years



- Confusing for EVERYONE!
- Lack of self awareness
- Desire for independence but still needs help
- Overly dependent on adults
- Likely to have few friends



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Dignity in Risk



- Right to make decisions
- Right to make mistakes
- Right to experience consequences from actions
- Right to try new things
- Right to privacy



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Personal Care Skills



- Hygiene
 - Bathes and dresses independently
 - Brushing teeth
 - Washes hands
 - Fixes hair
 - Applies makeup if desired
 - Toileting independently
- Lifeskills
 - Food choices and portion control
 - Takes medication
 - Cleans room and area with little support



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Community Living Skills



- Self Help
 - Orders food
 - Pays for items
 - Meal prep
 - Asks for help
 - Manage schedule
 - Takes care of personal belongings

- Living Space
 - Makes bed, cleans and organizes possessions
 - Does laundry and washes dishes
 - Has responsibilities around the house



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Community Living Skills



- Self advocacy

- Can share personal information

- Articulates wants/needs

- Communicates emotions appropriately

- Participates in age appropriate activities

- Physically active

- Lifelong learning



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Leisure Skills



- Hobbies
- Technology (teach safety!)
- Faith life
- Personal enrichment
- Community service
- Has meaningful relationships
- Healthy food choices



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Where is Your Teen?



- Needs help but won't accept
- Won't do anything we ask
- Frustrated with his disability
- Unable to perform simple tasks (skill or will?)
- Not interested in being independent
- Not consistent in performing tasks
- Checked out and not interested in learning new skills



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Puberty



- Everything comes late but this?!
- Anatomical names of body parts
- Introduce concepts well before adolescence
- Privacy and boundaries are critical
- Discuss healthy relationships vs. abusive relationships



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Puberty



- Hormone surges
- Dating and friendships
- Changes happening to my body
- Privacy and boundaries are critical
- Discuss healthy relationships vs. abusive relationships
- Don't shame for exploratory behavior



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Sexuality



- Anticipate sexual behavior
- Teach about healthy relationships
- Preview curriculum and adapt
- Learn to control impulses
- Provide safe place where they can explore their bodies
- Zero tolerance for inappropriate touching



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Sexuality



- Teach in context (tv, movies, songs)
- Discuss responsibility of sex
- Demonstrate how to say NO and discuss consent
- Meet them where they are and answer questions as candidly and simply as possible
- Openly discuss questions

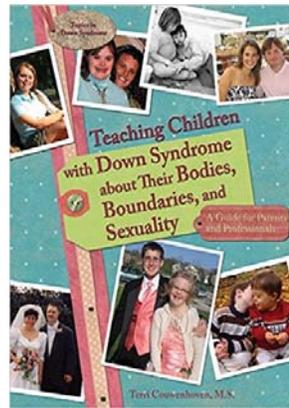
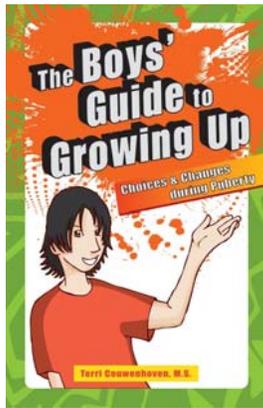
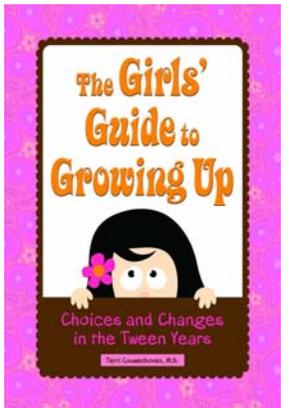


The Five W's of Sex:
Who
What
Where
When
Why



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Puberty/Sexuality Resources



woodbinehouse.com



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Puberty/Sexuality Resources



Circles Intimacy & Relationships

- Stranger Circle
- Wave Circle
- Handshake Circle
- Far Away Hug Circle
- Hug Circle
- Private Circle



IT'S OK TO HUG YOUR MOTHER... IT'S NOT OK TO HUG THE MAIL CARRIER.

Life Horizons I discusses the physiological and emotional aspects of being male & female. It is the most widely used sex education program for individuals with developmental and learning disabilities.

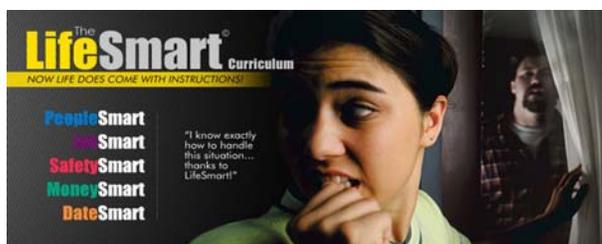
Life Horizons II is a great addition to level I; it focuses on attitudes and behaviors that promote good interpersonal relationships and responsible sexual behavior.



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Puberty/Sexuality Resources



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What Are My Sibs/Friends Doing?



- I want to drive too!
- Part time jobs
- Graduating at 18
- Applying to colleges
- Dating
- Preparing to move out
- Relationships



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High School: It's now or NEVER!



- Independence
- Home alone
- Extracurricular activities
- Lessons-dance, karate
- Group dates
- Walks in neighborhood
- Shopping/budgeting



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High School Curriculum



- Plateau
- Reading/math are lifeskills too!
- Inclusion
- Peer mentoring
- Vocational assessment
- Transition IEP's
- Community based instruction



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Successful Teens with Down Syndrome



- Have disabled and typical friends
- Are able communicate about their disability
- Know how/when to ask for help
- Socially appropriate in variety of settings
- Accept redirection when prompted
- Can handle schedule changes/disruptions
- Seek attention appropriately



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Teen Anxiety



- Common for all teens
- Peer Pressure
- Longing for friends
- Desire to fit in
- School workload
- Chronological age vs developmental age
- Self awareness of differences



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College



- Siblings and friends are going!
- Thinkcollege.net
- Financial considerations
- Education or Experience
- Primary education is a right
Post secondary education is not
- General classes vs. vocational track



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Where's My Job?



- 80% are underemployed or unemployed
- My siblings and friends work
- Define skills/interests THEN job hunt
- Entrepreneurship/Self employment
- Financial considerations (SSI/Medicaid)
- Job Coaching



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I'm Moving Out!



- Siblings/friends moving out
- Residential options
- Home Community Based Waivers
- Financial considerations (SSI/Medicaid)
- Guardianship/Conservatorship
- **EMPTY NEST SYNDROME ROCKS!**



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Aging and Medical Issues



- Accelerated aging
- Not good at self reporting health issues
- Balanced diet/weight considerations
- Physical activity
- Depression after high school
- Transition plan of care



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Questions???



To learn more about supporting students with Down syndrome:

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