

Preparing for Post-secondary Life

20 Powerful Strategies

Prepare Your Child for Inclusive Post-Secondary Education Programs

Make sure your child is a regular attendee at an over-night, sleep-away camp.	Have your child become comfortable with electronic communication, including email and attachments	Empower your child to manage a schedule using a cell phone (calendar, timers, reminders, etc)	Strategize a system for independent medication management	Help your child practice talking about disability characteristics, best learning styles, and needs.
Sign up for a drama or improv group	Have your child call and make appointments for doctor/dentist/advisor	Give your child a budget for clothing. Step back from the selection process.	Support choice-making.	Start a savings program for college.
Build expectations for post-secondary life (working, living independently)	Open a bank account with your child. Give your child the debit card and train responsible use of money.	Let your child fail, and talk through making a different choice next time.	Help your child become comfortable with down-time & using time constructively	Use public transportation, even if YOU don't live on the bus line.
Encourage moderation strategies around food and money	Fill your life with interest other than the social/sports/activity schedule of your child. (i.e. Get your own life)	Support your child in volunteering for a cause or organization. (Excellent work experience!)	Dignify your child's desires with high expectations.	Use Family Support dollars to pay for inclusive camping experiences and extend that use for post-secondary programs