



*"Empowering persons with all types  
of disabilities to achieve independence"*

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## LVCIL's LIFE Transition Services Description

### Career Path Services:

#### Work-Essential Skills Training - (Group Activities)

- 8-week session to develop skills necessary for competitive employment
- Can easily be offered to run simultaneously with a marking period
- Simulates a work day
- Seminars on how to find, maintain and keep a job
- Group work experiences in the community
- Times 8:30am to 3:00pm (flexible)
- Students may repeat any aspect of the 8-week program to match personal learning style and/or speed
- Referral to post-graduation services/programs including OVR

#### Vocational Assessments / Explorations - (Individual)

- Based on Person-Centered Planning and other assessments
- Opportunity for young adult to try competitive jobs of interest with support
- Can be as many as needed and according to interest (At least four recommended)
- Each assessment lasts approximately five hours – times based on need of student or circumstances of assessment
- Staff provide recommendations of strengths/skills and needed supports for success
- Recommended minimum 20 hours

#### Job Development - (Individual)

- Develop individualized training and job development plan
- Develop a resume, job interviewing skills, job seeking skills
- Contact employers, orient consumer to the job, orient consumer to work schedule
- Other functions as necessary
- Recommended minimum 40 hours

#### Job Coaching - (Individual)

- Job analysis
- Support to learn or re-learn job tasks
- Employment-related personal skills training
- Coordination of financial and/or benefits-related issues
- Transportation coordination / training
- Other job coaching training needs

- Maintenance of appropriate work and interpersonal behaviors
- Follow along services as needed in long term employment

## **Community Integration:**

### Transition House - (Individual or Group)

- Based on Person-Centered Planning
- Hands-On skill education in a house / apartment setting (potentially in student's home) to include: cooking, cleaning, laundry, shopping, light maintenance, budgeting, personal safety at home, outdoor care, accessing the community, transportation, care and cleaning apartment / home.
- Either group or individual – typically provided in a group setting
- Can complement a job or internship with a half-day schedule
- Curriculum – Life Centered Career Education by the Council for Exceptional Children
- Flexible scheduling based on student need

### Life Coaching - (Individual)

- Based on Person Centered Planning
- Accessing the community: one-on-one service
- Social / recreation, volunteering, community locations, safety in community, transportation, etc.
- Flexible scheduling based on student need

### Independent Travel Training - (Individual or Group)

- Accessing public transportation in the community
- Practice understanding bus schedule and traveling to typical locations
- Personal safety education
- Incremental steps taken to develop safe independent travel skills
- Assist with and instruct on use of paratransit system if needed
- Access services, including developing destination assessments, developing individualized “trip tip” guides, and training in a mock setting at LVCIL offices
- Accompaniment/Shadowing with consumer until he/she is comfortable and confident in his/her ability to ride independently
- National standards/online training
- Flexible scheduling based on student need

## **Person Centered Planning:**

- Initial meeting to discuss process, follow up and support up to meeting
- Facilitation of planning meeting
- Follow up meetings as necessary

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***“Empowering persons with all types of disabilities to choose independence”***

A member of the PA Council on Independent Living, a consumer controlled state association of centers for independent living.