My 2015-2016 Portfolio

A "Get to Know Me" Portfolio for

Insert Full Name

For Students With disABILITIES!

This guide is developed by Families Helping Families of Jefferson, the Louisiana Parent and Training Information Center (LaPTIC) for students in middle - high school.

Families Helping Families
Supporting All Disabilities

Changing Lives. Every Day.

Welcome!

I'm glad you have taken the time to get to know me!

My portfolio will give you more insight into who I am, my likes and dislikes, job interests, what motivates me, how I learn best, and a lot of other important information about my health and medical needs.

My portfolio has input from my parents , teachers, and other people I work with from time to time.

Like most people, I have good days and bad days...my portfolio will help you to identify situations and triggers that may make me have "one of those days".

Most important, this portfolio will show you how talented, unique and capable I am to learn what you have to teach me!

I hope you enjoy reading my portfolio as much as I enjoyed making it for you!

Sincerely,

Insert First Name

My Family…

My family is very important to me!

They are my biggest fans and know me better than anyone. If there is ever anything you need to know about me, please feel free to ask them!

My Mother's Name is

My Father's name

I have brother(s) and sister(s)

Their names are:

Some other very important people in my life are:

Name	Relationship

My Strengths...

My Learning Style:

☐ Visual

☐ Auditory

☐ Tactile (hands-on)

Communication:

Socialization:

I am also good at:

Some of My Interests...

Some activities I really enjoy are:

Things that interest me:

Things I like to do in the community are:

My favorite ways to be recognized for doing well are:

Transition Planning...

Self-determination (having a say in the important decisions in your life) has been linked to better transition outcomes, including: better employment, independent living, recreation and leisure outcomes, better quality of life, and life satisfaction.

After I finish school I plan to:

Careers that interest me are:

My abilites for employment are:

I would like to further my education by:

My dreams for my future are:

I have the following community supports in place:

- ☐ New Opportunity Waiver
- ☐ Children's Choice Waver
- ☐ Supports Waiver
- ☐ Local Human Services Authority/District
- ☐ Social Security Income
- ☐ Social Security Disability Income
- ☐ Medicaid / Family Opportunity Act
- ☐ Medicare
- ☐ Louisiana Rehabilitation Services (LRS)

Life is full of transitions, and one of the more remarkable ones occurs when we get ready to leave high school and go out in the world as young adults. When a student has a disability, it's especially helpful to plan ahead for that transition. In fact, IDEA requires it. Below are resource to help you with the key elements of transitioning from high school to the adult world.

Transition to Adulthood - http://www.parentcenterhub.org/repository/transitionadult/#summary

Transition Services & Planning - http://www.advocacyla.org/tl_files/files/Publications/AC%20Transition%20Services.pdf

LRS Involvement in Student's Transition Plan for Employment - http://www.advocacyla.org/tl_files/files/Publications/LRS%20Involvement%20in%20Transition.pdf

Legal Status in Louisiana - http://www.advocacyla.org/tl_files/publications/LegalStatus.pdf
Representation: Procuration and mandate - http://www.advocacyla.org/tl_files/publications/Representation.pdf

Transition of Students With Disabilities To Postsecondary Education: A Guide for High School Educators - http://www2.ed.gov/about/offices/list/ocr/transitionguide.html

Think College - http://www.thinkcollege.net/

Social Security Benefits for Children with Disabilities - http://www.ssa.gov/pubs/EN-05-10026.pdf

What does Health Have to Do with Transition? Everything! - http://www.ncset.org/publications/viewdesc.asp?id=2967

Pictures

Recent Changes in My Life...

It is said that the only constant in life is change.

Some changes make me happy, some may make me sad or uncomfortable.

Here is a list of some things that have happened recently that may affect how I feel.

My Sensory Challenges...

SOUNDS

I usually _____ avoid _____ seek _____ no concern

Comments:

SMELL

I usually _____ avoid _____ seek _____ no concern

Comments:

TASTE

I usually _____ avoid _____ seek _____ no concern

Comments:

My fears are:

I usually have warning signs that occur before I get upset, they are:

The best way to calm or comfort me is to:

My Self Care...

Dressing

_____ Independent
_____ Needs Assistance
_____ Working on skills

Toileting

_____ Independent
_____ Needs Assistance
_____ Working on skills

Eating

_____ Independent
_____ Needs Assistance
_____ Working on skills

Hand Washing

_____ Independent
_____ Needs Assistance
_____ Working on skills

Some other things you may need to know about my self care skills are:

I have the following medical concerns:

Some other important information you should know about me is:

I'm really glad that you got to know more about me!

I look forward to getting to know you better, learning and showing you all the wonderful things I can do!

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