



For Immediate Release:

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“disABILITY” TRANSITION WORKBOOK: STEP-BY-STEP GUIDE FROM CHILDHOOD TO INDEPENDENT ADULTHOOD

Vetted by the U.S. Dept. of Education’s Office of Special Education Programs

BIRMINGHAM, AL—One of the nation’s foremost authorities on “disAbility transition,” [The Full Life Ahead Foundation](#) offers educators and families of children or adults with disAbilities the transition resource they’ve been looking for: *Full Life Ahead: A Workbook and Guide to Adult Life for Students and Families of Students with disAbilities*.

By providing a uniquely user-friendly experience with colored, tabbed-sections for quick reference and fill-in-the-blank worksheets, this book easily guides families from childhood to an independent adulthood and walks them through the complicated process of obtaining that which everyone hopes for, but which is often kept “out of reach” for the disAbility community: higher education, employment, transportation, living assistance and more.

“This is not your dense, run-of-the-mill book which readers take one look at and give up any hope of finishing, much less understanding,” says Judy Barclay, workbook co-author, parent and national transition trainer. “Instead, we offer families and educators key information in a format that can be digested in the few minutes they have to spare each day while meeting the demands of someone with disAbilities. More importantly, we offer hope that those with disAbilities can have a future as bright and independent as they wish it to be.”

The workbook—which has been vetted by the United States Department of Education’s Office of Special Education Programs—focuses on the *ability* in “disAbility.” Readers find instruction, testimonies and tips that empower them to be *proactive* and not reactive in the transition process.

The book covers every area necessary for a successful transition:

- **Start a “HOPE” Team:** Create a circle of advisors from your community that will help mentor, encourage and assist a child to accomplish their passions, be it employment, higher education or other dreams.
- **Diploma Options:** Selecting the highest level of diploma track instead of settling for what a child “can” do helps them achieve what they “want” to do. Education tracks are usually established before high school and in most states can’t be changed to a higher level once a lower degree track is chosen.

The Full Life Ahead Foundation

H.O.P.E. — Helping Other People Envision



- **Individualized Education Plans (IEP) Meetings:** Parents can set the agenda, time and direction of the meeting. Parents should bring their child and other supporters who can positively contribute to the meeting. After all, it's their child's future that's being planned.
- **OSEP Regulations:** Learn what the law covering disAbility transition says and what it doesn't. Readers may be surprised.
- **Resource Guide:** A handy list of contact numbers and websites for resources and organizations across all disAbilities.

Other important areas covered by the book include: parents' rights and responsibilities; a guide for financial options; tips from parents to parents; higher education options; creating a resume; interviewing for a job and living and transportation arrangements. "This book is definitely needed to meet the demands of a growing disAbility community, which currently includes around 20 percent of the total U.S. population," adds Barclay. The truth is, no other transition resource gives parents the practical tools they need to move from the entitlement of services provided during their schooling years to living a successful, independent adult life where government and/or organization services are obtained individually by eligibility.

"We know first-hand how overwhelming the transition process can be," says workbook co-author Jan Cobb. "Out of our own struggles and successes we offer this parent-friendly book so that others can help their children achieve "**H.O.P.E.**"—**H**elping **O**ther **P**eople **E**nvision—what their child is capable of doing."

The curriculum is available in both English (\$20) and Spanish (\$15) and can be ordered by going online at <http://www.FullLifeAhead.org> or by calling (205) 439-6527. Purchase orders can be faxed to 1-866-700-2026.

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