

# Transition Bootcamp Conference and Transition Booster Sessions: Empowering Families and Youth with Disabilities to Plan for a Successful Transition to Adult Life

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## Background

The transition from school-based education/social life to adult life and work in the community is challenging for many youth/young adults with developmental disabilities and their family members/caregivers. Data have consistently shown that 60% of youth with disabilities and their families do not receive the services necessary to make appropriate transitions to adult health care, work and independence (National Survey of Children with Special Health Care Needs, NS-CSHCN 2009/10). In 2013, our University of Cincinnati Center for Excellence in Developmental Disabilities (UCCEDD), Cincinnati Children's Hospital Medical Center (CCHMC), our four (4) southwestern Ohio regional county boards of developmental disabilities services and seven (7) regional community-based organizations serving individuals with developmental disabilities came together to address gaps in transition planning for family members/caregivers of youth/young adults who have developmental disabilities and the professionals who serve them. Our planning group of 13 organizations decided to develop an annual, regional transition training day (*Transition Bootcamp Conference*) and monthly transition information sessions (*Transition Booster Sessions*) so that family members and professionals have the opportunity to gain and maintain transition knowledge that they can put into action.

## Attendee Feedback from Bootcamp

"All presentations were informative and well executed. I liked the entire conference. Well done! Quite informative for me as a parent and educator."  
2014 Family/Professional Attendee

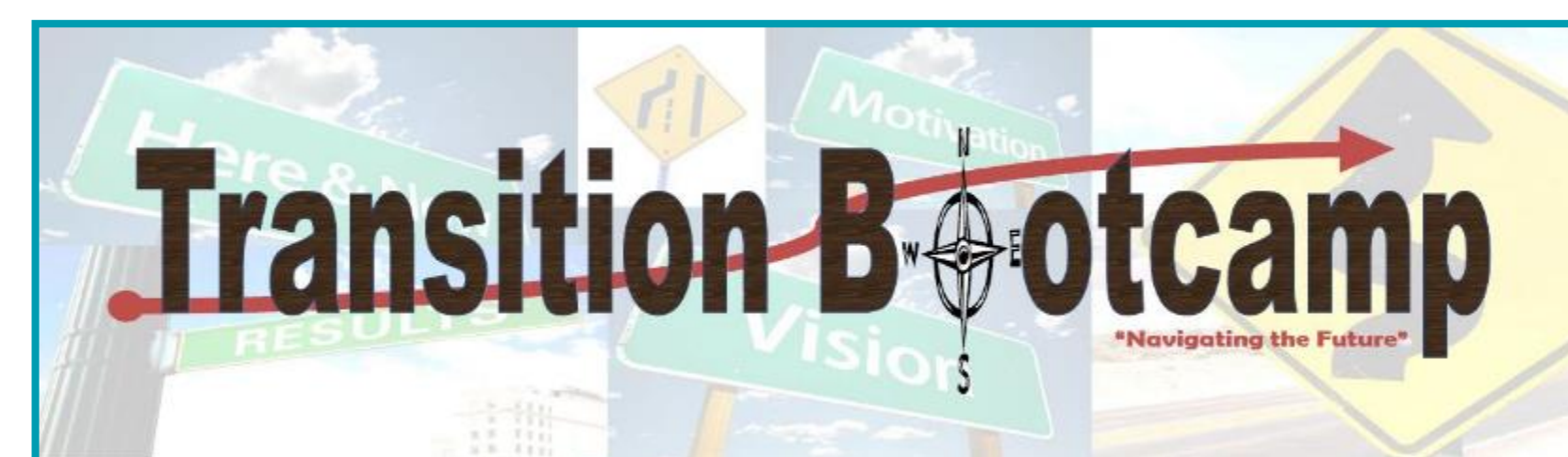
"How wonderful! I was very happy to be here today and felt like this was a great way to look at the bigger picture! What a great intro! The binder was the best swag I have ever been given."  
2014 Parent Attendee

"[...] I had the opportunity to meet other parents and professionals who have helped our family so much. Some I had only known through e-mail and phone calls. I feel so much more connected and supported."  
2015 Parent Attendee

"Overall, all the speakers were fantastic. Very helpful as a special educator."  
2016 Professional Attendee

"[...] One of the best conferences I ever attended! [...] I really liked the education on things I can do after high school [...] I met some great people."  
2016 Parent Attendee

## Transition Bootcamp Conference



- Transition Bootcamp is conducted annually in the fall
- Provided at a venue conveniently located for family members and professionals from four counties
- Financed through sponsorships, vendor fair and small conference fee
- Stipends/scholarships available for family members
- Target Audience: Family members of transition-age youth
- Secondary Audience: Professionals who work with transition-age youth/young adults
- Four break-out sessions throughout the day with five transition topic-specific workshops each session
- 300-400 attendees each year; split between family members and professionals
- ~ 50 vendors representing healthcare, post-secondary education; job training; day programs, recreation opportunities; transportation providers, etc.

### Bootcamp Evaluation Results

Question	2014 Strongly agreed or agreed.	2015 Strongly agreed or agreed.	2016 Strongly agreed or agreed.
I am satisfied with the info I received.	97%	98%	99%
My knowledge about transition planning has increased.	96%	99%	98%
The presentations were helpful.	96%	97%	99%
The vendor fair was helpful.	96%	100%	88%
I am interested in attending booster sessions.	96%	90%	94%
The transition binder I received today is a valuable resource.	98%	100%	99%

## Transition Booster Sessions



- Transition Booster Sessions are provided in SW, Central and NE Ohio on a monthly basis
- Two-hour long evening sessions at a family-friendly/convenient location
- Booster Sessions address one specific transition topic per session
- Expert speakers present the information
- Question & Answer; Discussions at each session
- Topics addressed include healthcare transition; guardianship & alternatives; SSI & SSDI; transition IEPs; employment; financial planning; etc.
- 7-9 monthly sessions per year
- Provided in collaboration with community partners, hospitals, county boards of DD, etc.
- Cost effective (free venues; no-cost speakers)
- On average, 30 to 40 attendees at each session (range: 10 – 120 attendees)
- Over 40% of attendees attend more than one session

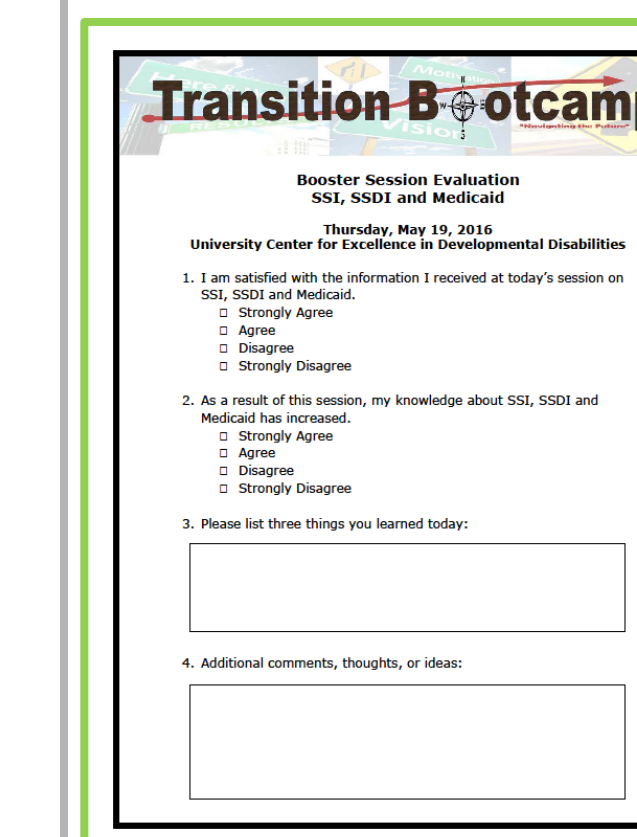
### Booster Session Evaluation Results

Question	2015 Strongly agreed or agreed.	2016 Strongly agreed or agreed.	2017 Strongly agreed or agreed.
I am satisfied with the info I received.	99%	97%	96%
My knowledge about transition planning has increased.	99%	95%	99%

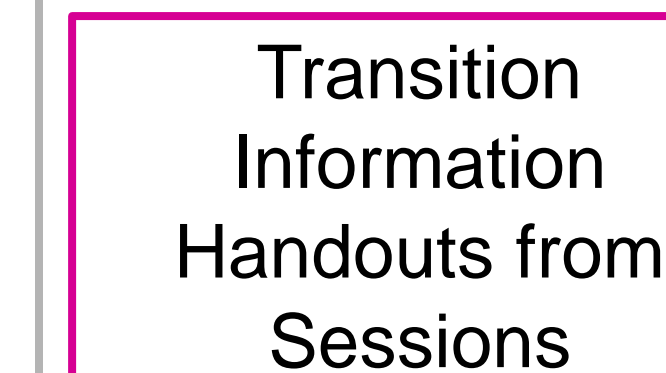
"I learned how to start the process of guardianship and to begin a conversation about how to best serve my son."  
2015 Family Attendee

"Loved the session! Feel better equipped to help [my child] plan his future. Thank you!"  
2016 Family Attendee

## Materials



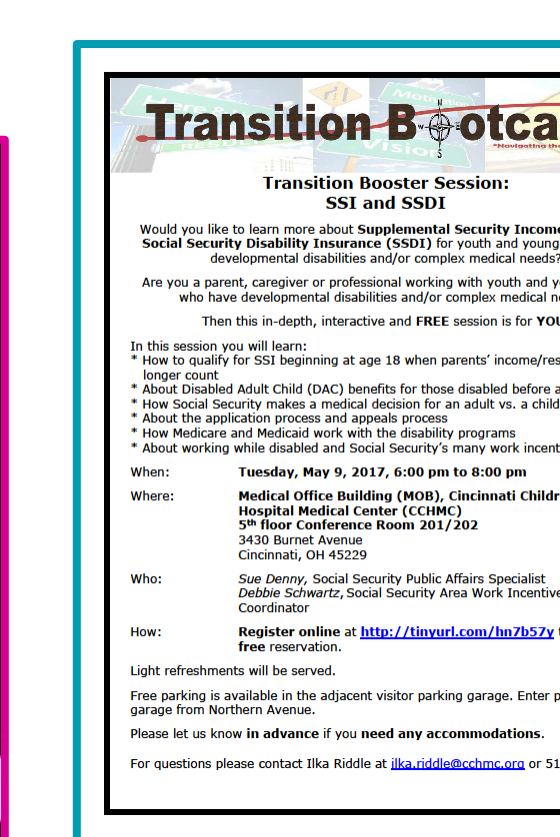
Evaluation Form



Transition Information Handouts from Sessions



Transition Resource Binder



Advertisement/Registration Flyer



Vendor Contact List

## Future Efforts

- Plan SW Transition Bootcamp Conference 2018
- Continue Transition Booster Sessions in SW, Central and NE Ohio in 2018 and beyond



## Acknowledgements

A big "thank you" to all of our planning committee members, sponsors, vendors and attendees for their support of and interest in Transition Bootcamp and Transition Booster Sessions.



## Reference

Data Resource Center for Child and Adolescent Health. *National Survey for Children with Special Health Care Needs 2009/2010*. Retrieved from <http://childhealthdata.org>