

# National Center on Deaf-Blindness



## Transition Activities

### Short-term and Long-term Supports: Mentors and Life Coaches

#### Topic:

*Short-term and Long-term Supports: Mentors and Life Coaches* will help your son/daughter develop skills and use the supports that will aid in employment success as an adult.

#### Overview:

This activity focuses on your son/daughter's understanding of the support given by others on a weekly or monthly basis and encourages everyone to think about the benefits of a life-long mentor or life coach.

#### Outcomes for your child's transition development:

The progression through the transition years (ages 14 – 24) is a time when parents and their son/daughter identify the conditions needed for living a holistic and satisfying life, and practice doing just that.

#### Activity Directions:

There are a number of ways to structure this activity and it will depend on your son/daughter's understanding of time and sequence. You will co-actively chart either a weekly or monthly time line of activities and name any people who help with specific tasks. The people may be family members, service providers, friends, or relatives.

Be prepared to spend some time researching opportunities for life coaches and/or deafblind mentors for your son/daughter.

1. Recognize people who offer support on a daily, weekly, or monthly basis. (The longest span of time your son/daughter conceptualizes).
  - Create your chart. Consider the time line that is most beneficial for your son/daughter. Here are some examples:

### Daily Activity Chart

Time	Activity	Who helps and in what way?
6:30 am	Get up, shower, and dress	Independent
7:00	Eat breakfast	Mom makes my oatmeal
7:30	Get on the school bus	Bus driver helps me up the steps
7:45	Arrive at school; get off bus	Ms. Ellie helps me off the bus (physical support) and follows me to my locker. She helps me with buttons and zippers, but I hang up my own jacket.

### Weekly /Monthly Recreational /Therapy Activity Chart

Day	Activity	Who helps and in what way?
Monday	Swimming lessons	Mom provides transportation. Mr. Ed helps me in the locker room and pool.
Tuesday	Physical Therapy	Ms. Francis helps me learn to walk with a walker.
Wednesday	Wheelchair bowling club	Mr. Elmo physically assists me in releasing the ball in the guide.

2. Read about certified "life coaches" and/or "deafblind mentors".
  - Mentoring tends to be easily understood because the term has been around for a long time. To some, however, the idea of a "life coach" may be new. Begin by doing some preliminary research on your own.
  - Here is an example of the websites that pop up when a simple google search of the topic: Life Coaches and Life Coaches for People with Disabilities is done. No recommendations are being made to contact any of them. This activity is simply about becoming more knowledgeable about what services might be available for purchase.
  - This website explains what professional and trained life coaches do: <http://www.lifecoaching.com/>
  - Life Coaching is a profession that is profoundly different from consulting, mentoring, advice, therapy, or counseling. The coaching process addresses specific personal projects, business successes, general conditions and transitions in the client's personal life, relationships, or profession by examining what is going on right now,

discovering what your obstacles or challenges might be, and choosing a course of action to make your life be what you want it to be.

[http://www.lifecoaching.com/pages/life\\_coaching.html](http://www.lifecoaching.com/pages/life_coaching.html)

- This is an example website of a private life coach who specializes in working with people who have disabilities: <http://www.butterflywheel.com/life-coaching-for-people-with-disabilities/personal-life-coaching>
3. "Deafblind Mentor" information searching -
    - The definition of a mentor is a person who is an experienced and trusted adviser. Here are some starting points for determining what is available for your son/daughter.
    - [Helen Keller National Center](#)
    - Use Google to find your state DeafBlind (DB) projects. They should know of the local DB organizations.
    - Many DB Projects host family weekends too and invite local DB leaders and this is a good way to connect.
  4. Two national consumer organizations are:
    - [American Association of the DeafBlind](#)
    - [DeafBlind Citizens in Action](#)
  5. Some state Division for the Blind or VR programs have resources or participate in transition camps. For example, Texas and Georgia have a state DB specialist.

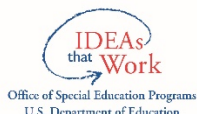
## Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

N/A

Ideas for Increasing the Complexity of the Activity

N/A



*The contents of this document were developed under a grant from the U.S. Department of Education #H326T130013. However, those contents do not necessarily represent the policy of The Research Institute, nor the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Jo Ann McCann.*