

National Center on Deaf-Blindness



Transition Activities

Adult Behaviors: Eating Out

Topic:

Adult Behaviors: Eating Out will help your son/daughter develop skills for employment options and community living arrangements that will aid in success as an adult.

Overview:

Eating out is part of what humans do for a variety of reasons: because they are hungry in the moment, to get together socially with others, to take care of some business in a relaxed atmosphere, as a gift to someone else, to celebrate, to ward off boredom, to entertain, to distract, to have an adventure (like trying new food), or because everyone else is going and you don't want to be left behind.

Eating together in a work place or going out at lunchtime can be a team building and relationship building opportunity.

The purpose of this activity is for you, the parent, to facilitate your child's success in going out to lunch with a workmate or friend. You know which parts of the process your child needs help with and what he/she can do for himself. Provide every opportunity for him/her to do as much as possible by himself/herself.

Outcomes for your child's transition development:

Your son/daughter will increase in his/her abilities for eating out as a leisure recreational opportunity, a way to be with others he/she is in relationship with, and, as a work-related skill.

Activity Directions:

1. Your son/daughter should use resources to know what eating places exist & where they are located.
 - a. Ask others, "Where do you go for lunch?"
 - b. Reads advertisements

- c. Uses social media to ask for recommendations
 - d. Uses preferred choices such as preference for pizza, to limit options
2. Use the Internet or drop by the restaurant to preview menu and prices.
3. Your son/daughter should choose who to ask and then role play or explain how he/she will go about it.
4. Your son/daughter should make the plan, including when, where and how the eating out will occur; dress appropriately, have the needed communication cards with him/her; have his/her wallet/purse or backpack with important contact information if needed, have money, and take any adaptive devices needed to get information.
5. As the parent, provide necessary but unobtrusive supervision if appropriate.

Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

- Ask your son/daughter the questions for where he/she wants to go, with whom, what he/she might like to eat and how he/she will get there.
- If your son/daughter has a special place he/she likes to eat, make picture cards (on 3x5 or 4x6 inch note cards) of 2 options he/she usually orders, and a 3rd option that would be a new experience. Use a single hole punch to punch a hole in the upper left corner of each, and string them together with a single ring binder. He/she can use these cards to tell the wait staff what he/she wants to order. Include beverages, potatoes/starch, toppings, and dessert choices.

Ideas for Increasing the Complexity of the Activity

It is always a great idea to include Orientation & Mobility (O&M) skills suggested by your son's/daughter's O&M specialist.



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