

# National Center on Deaf-Blindness



## Transition Activities

### Home Base Training

#### **Topic:**

*Home Base Training* will help your son/daughter with people skills and community belonging which will have a positive impact on employment success.

#### **Overview:**

Young adults benefit from practice in “trying on” a new persona or condition to gain an understanding of what it would feel like or be like to be living that reality. Hopefully, your son/daughter has been doing just that in a variety of employment opportunities.

The life experience that is needed for living more independently or at least away from mom and dad, can also be practiced. Home base training is a way to do just that. It helps a young adult imagine what it might be like to find an apartment, move in, and then find the resources in the community that are needed - things like laundromats, grocery stores, medical facilities, a dentist, bus stops, shopping areas, recreational facilities etc. to manage ones' life. It is a beneficial activity and can be a lot of fun, but it takes a little time and commitment.

Many steps in the process will be listed and you pick and choose what you can accomplish and what will be most meaningful to your son/daughter.

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

Your son/daughter will increase in his/her ability to function more independently in making choices and plans for living in the community away from home with his/her parents.

#### **Activity Directions:**

Ask your son's/daughter's Orientation & Mobility (O&M) instructor if this activity has already been done during O&M instruction. If so, clarify what steps need more practice and gain any insight that can be shared.

Explain home base training to your son/daughter: *You will pretend that you are moving to a new neighborhood or community (hopefully because you found a job). You will find a place*

*to live, and from that location, find the resources that you need for living a successful and meaningful life.*

You can use your own community for this activity. Your son/daughter may already have a group of community resources he/she uses, but he/she will have to find them from a new location.

1. Determine housing possibilities
  - Find an apartment.
    - i. Use local paper
    - ii. Internet
    - iii. Word of mouth
  - Consider costs and budget
  - Visit location
    - i. Walk around the block to see what kind of neighborhood it's in
    - ii. Are there busy streets? Nearest bus stop?
    - iii. Steps or ramps?
  - If unacceptable, repeat previous steps. (Having the opportunity to compare two places would be a great experience for many young adults.)
2. After deciding where to pretend live, make a list of resources you will want/need to live there such as:
  - Grocery store
  - Library
  - Medical facility
  - Laundromat
  - Beauty salon
  - Shopping area
  - Bowling alley

*Variation:* For youth who use daily calendar systems, use routines as a starting place to discuss what resources are needed. This can be as simple or complex as you need it to be.
3. If a bus user, start with finding out where the nearest bus stop is and practice walking from apartment to bus stop.
4. Continue to find each resource, using addresses to visit it, starting from your new home base.
  - Walk
  - Take a bus
  - Hire a driver
  - Give mom or dad specific directions on how to get there.
5. Take the time to familiarize yourself to at least one location—find counters or people that are needed in buildings, locate restrooms, find wheelchair ramps and elevators, etc.

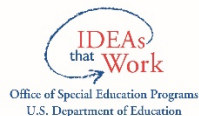
## **Ways to either Simplify or Increase Complexity:**

## Ideas for Simplifying Activity

Ask your son/daughter: If you stayed with Grandma for 5 days what activities would you need/like to continue? How can you make that happen?

## Ideas for Increasing the Complexity of the Activity

N/A



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