

National Center on Deaf-Blindness



Transition Activities

Solidifying and Role Releasing Community Connections: Social Fitness

Topic:

Solidifying and Role Releasing Community Connections: Social Fitness will increase your son's/daughter's independence through the support of others in the community, particularly in social fitness.

Overview:

There comes a time when a parent wants to know that, in the event of their own unavailability, their son/daughter has other people and resources to help them with their life. We will look at different aspects of your son's/daughter's current life (social fitness, spiritual fitness, physical fitness, and medical needs) and encourage you to role-release parts of your son's/daughter's supervision, care, or support to someone outside the family or in the community.

Outcomes for your child's transition development:

The result from these activities will be a gentle thinking process and a way for you to become confident that your son/daughter has help beyond yourself.

Activity Directions:

1. When considering your son's/daughter's social fitness, think about these:
 - a. Does he/she get together with peers without disabilities?
 - b. Does he/she get together with peers with disabilities?
 - c. Are his/her social activities with older people?
 - d. Are his/her social engagements with younger children?
 - e. Is he/she limited to family members for social engagement?
 - f. Does he/she have what he/she needs to be well-rounded socially? Or is this an area that needs to be worked on so that when I'm not around, he/she maintains social engagement?
2. Using the template in the Resources section, or your own version of the template, look at all your son's/daughter's social engagement opportunities. Look for ways to release some of what you do to another person in the community.

- a. Other people who participate in the same activity might be able to provide transportation, intervene or guide, or take him/her "under their wing."
- b. Ask your son/daughter for suggestions for the question, "who else could . . ."
- c. Start simply with one or two changes that you could make and see how it goes; see how it feels to you and adjust accordingly.

Resources:

Social activities my son/daughter participates in:

Activity	Who helps with planning or arranging or participation?	Transportation need	Who Else Could Help	Will I consider this change?
Community Chorus	Dad	Needs to be picked up and brought in building.	Choir conductor has offered; Mrs. Smith (neighbor) also attends.	No, dad likes sharing this time with son/daughter. But I could set it up just in case dad is sick and can't go; so, yes!

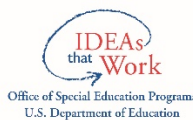
Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

N/A

Ideas for Increasing the Complexity of the Activity

N/A



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