

*What's Next? tips and resources are created for young adults, their families, and supporters who are exploring options for life after high school in Indiana.*

## Welcome to life after high school! What's next?

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Got mixed emotions? We can relate. In those first years after you leave school it's normal to feel excited, anxious, confused, hopeful, and frustrated-- maybe all on the same day. We're here to help.

**What's Next?** is a monthly email featuring a quick tip, and bonus resources, suggestions, and success stories that might help you take those next steps toward working, living, voting, playing, and participating in your community.

We're hoping you'll take this information and run with it. Focus on what you love to do, what you want to achieve, and what you want to contribute to your family, your workplace, your town, or your world. And develop your own "voice." That means you have the right to tell people what you want in life.

### **This month's tip:** Assemble your team!

We'll let you in on a little secret: The key to success as an adult isn't necessarily being able to be completely independent. Rather, it's having a support team with the right players. Make sure you invite people on your team who "get you," who you can trust, who have time, and who are capable or who have special talents. For instance, your

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team may include your friend who can teach you how to download and use helpful apps; your cousin who will drive you to work; a friend of your mother's who understands money, funding, and benefits issues; your parents; and a therapist you used to work with who is great at helping you make decisions. For more about teams, check out this article, "Supported Decision-Making Teams: Setting the Wheels in Motion," by Suzanne Francisco and Jonathan Martinis.

<http://supporteddecisionmaking.org/sites/default/files/Supported-Decision-Making-Teams-Setting-the-Wheels-in-Motion.pdf>

(Note: Deciding on guardianship versus supported decision-making or other alternatives to guardianship is a complicated, but important decision. Keep in mind that **you can still have a team to support you no matter what type of legal support you have.** When reading the article above, focus on the characteristics of your team members and how to get your team started.)

## **Bonus resource:**      **Indiana Disability Resource Finder**

<https://www.indianadisabilityresourcefinder.org/> Even the most talented team members need to do some research now and then. **Indiana Finder** is your source for information and connections to resources in your community and around the state. Try typing "employment" in the search field. You'll get 275 results, including information about Indiana's Project SEARCH internship sites, the Job Accommodation Network, Project Indy, WorkOne, organizations promoting employment for people with disabilities, and many more.

**What's Next?** is a project of the Center on Community Living and Careers and the Indiana Department of Education.

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