

TRANSITION

PROGRAM AT CIDA

INTRODUCTION

Community Inclusion & Development Alliance (CIDA) introduces an innovative transition program designed for individuals with exceptional needs to develop independent living and self-determination skills. This program is a non-credit bearing transition program for individuals with IDD, or exceptional needs who have already completed their K-12 educational program. The program goals and activities are focused on developing independent living and community skills that support vocational and employment outcomes for participants.

*The program participant is not required to have a disability diagnosis.

THE PROGRAM

CIDA's transition program focuses on four skill areas that are crucial for the independent and inclusive community living of persons with disabilities: Self-Determination & Self-Advocacy Skills; Independent Living Skills, Financial Literacy and Social Skills.

Program participants will engage in all four core courses across three semesters. Each participant will have his or her program plan which includes individualized course goals. We aim to assist all participants in reaching their individualized course goals by the end of the program.

During the final semester, individuals are required to develop a My Vision and Independent Life Plans portfolio in collaboration with family members and service providers. CIDA will also actively work with the individuals' families to assist in community life resources and training.

The classes are held two times each week and a participant can attend the program up to 2 years.

KEY COURSES & CONTENTS

Self-Determination & Self-Advocacy (Course No: SDT01, STD02 & STD03)

- Making goals and plans to achieve those goals
- Self-Assessment and Learning My Own Capacity
- Expressing interests, goals and plans to others
- Being assertive and asking for help
- Being the center of service plans and personal future
- Decision making (ESCAPEDD Curriculum)
- Being part of advocacy organizations

Independent Living Skills (Course No: ILS01, ILS02 * LIS03)

- Personal Care
- Transportation (Travel training for Public Transportation)
- Purchasing skills (online and offline)
- Housekeeping skills
- Abuse prevention training
- Home and community safety skills
- Simple cooking for my meals
- Using community facilities
- Emergency and crisis preparedness

Financial Literacy Skills (Course No: FLS01, FLS02 & FLS03)

- Daily banking (online & offline)
- Taxes & Tips
- Organizing my daily finances and budget (Organizing expenses & record keeping) using application
- Working with service providers (for those who have OPWDD Self-direction budget and Life Plan)

Interpersonal & Social Skills (Course No: ISS01, ISS02 & ISS03)

- How to initiate friendships
- Presenting "myself" in front of others
- Building my resume and introduction
- Social media and SNS safety
- Problem solving with my peers
- Teamwork
- Leading and participating in meetings
- Volunteering in the community
- Enjoying leisure

Independent Project (Final Semester) (Course No: IPFS)

- Develop My Vision and Independent Life Plans

CIDA TRANSITION PROGRAM CONSTRUCT AT A GLANCE



Year 1

- Develop Concepts & Basic Skills
- Explore Community Living



Year 2 -1

- Expand Concepts & Skills
- Practice and Application



Year 2 -2

- Apply the Learned Skills in Independent Community Living

PROGRAM STAFF

Each class will be small-sized (no more than six students per section) with one main teacher, one assistant teacher, and an aid. All staff, volunteers, and trainers are screened for any criminal background. Our program staff members have extensive experience in serving persons with disabilities. We also provide regularly scheduled staff development training to maintain high-quality services to our clients.

TUITION

The estimated program tuition is \$800 per month

Those individuals who have the NYS OPWDD Self-Direction budget may be able to link the program to their Life-Plans and Self-Direction budget after consulting with their Care-Coordinators and getting approval from their current Fiscal Intermediaries (FI).

If you wish to fund the tuition via an individual's Self-Direction budget, please consult Dr. Young Seh Bae, Executive Director. The budget for the program should be approved before the first day of the program. Upon approval, CIDA will directly request tuition reimbursements to your FI.

Note: CIDA is not an OPWDD provider and the program will not be provided in an OPWDD certified setting. The program is also not part of the NYS Education Department or IDEA funded projects.

*** The program tuition does not include books, materials and transportation costs.**

APPLICATION

If you are interested in the program, please contact Dr. Young Seh Bae at (718) 224 - 8197 (ext. 3) or email to cida@cidainfo.com.