


Getting started with Adobe “Acrobat” XI Pro

In order to use this document you must have Adobe “Acrobat” XI Pro. When you open My Portfolio you will see light blue fields that can be edited. On the first page you can edit the “Insert School Year” field to include current school year (i.e. 2015 – 2016) and “Insert Full Name” field where you can enter your child’s full name.


You can use the tab key to help you navigate to each field where text or pictures can be inserted. The picture fields are not highlighted blue, instead you will see a hand with an index

finger pointing that looks similar to this  when you click into the field.

Here you can insert a picture of your child. Left click the field. You will see a box appear that is titled “Select Icon” there will be a button that says “Browse” click it.

This will then allow you to enter your computer to search for the picture you would like to insert. FIRST – next to file name you will see a drop down key with the words, “Adobe PDF Files (.pdf**)” click the drop down arrow and choose the format the picture you want to insert is saved as (i.e. JPEG, PNG, TIF, etc...) Then choose the picture from your computer that you would like to insert and double click it. The picture will insert.

If you want to replace the picture, simply do the same steps above to replace it.

You can repeat the steps above to insert information and pictures throughout the document. Remember to look for  for places you can insert pictures. On Page 7 there is a place to add six photos of your child doing various things in the community, with family, playing, etc.

A sample of what a complete document looks like is shown as an example.

If you have any problems navigating the document, please call: Bebe Bode 504-888-9111 ext. 220. or bbode@fhfjefferson.org

My 2015-2016 Portfolio

A “Get to Know Me” Portfolio for

Isabella Lawrence



For Students With disABILITIES!

This guide is developed by Families Helping Families of Jefferson, the Louisiana Parent and Training Information Center (LaPTIC) for students in middle - high school.



Changing Lives Every Day

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Contact us and find out how we can help.

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Welcome!

I'm glad you have taken the time to get to know me!

My portfolio will give you more insight into who I am, my likes and dislikes, job interests, what motivates me, how I learn best, and a lot of other important information about my health and medical needs.

My portfolio has input from my parents, teachers, and other people I work with from time to time.

Like most people, I have good days and bad days...my portfolio will help you to identify situations and triggers that may make me have "one of those days".

Most important, this portfolio will show you how talented, unique and capable I am to learn what you have to teach me!

I hope you enjoy reading my portfolio as much as I enjoyed making it for you!

Sincerely,
Isabella

My Family...



My family is very important to me!

They are my biggest fans and know me better than anyone. If there is ever anything you need to know about me, please feel free to ask them!

My Mother's Name is Jenna Lawrence

My Father's name Darrel Lawrence

I have 0 brother(s) and 0 sister(s)

Their names are:

Some other very important people in my life are:

Name	Relationship
Susanna	Best Friend
Timothy	Boyfriend
Evie & Jason	Aunt & Uncle
MeMe & PopPop	Grandparents
Mr. Phillip	Coach



My Strengths...



My Learning Style:

- Visual
- Auditory
- Tactile (hands-on)

Communication:

I communicate using words.

Socialization:

I am very social and I enjoy meeting people, going to dances, and attending all the school functions on campus as well as off of campus.

I am also good at:

I am really good at sports and I love competing. Basketball is my favorite. I've been playing on recreational sports teams for as long as I can remember. I am gifted in theater and have been in numerous productions and plays both in school and our local Performing Arts Center.

Some of My Interests...

Some activities I really enjoy are:

I love playing sports. I play basketball and field hockey. I love to swim, bowl and go parasailing. I go to the gym four times a week and train with a personal trainer.

Things that interest me:

At home I work on designing leggings and fun kinds of outfits for teenage girls. My mom and I go to different fabric stores to find different patterned materials. We also spend time using the internet to shop for fabrics and love to look at Pinterest and DIY.

Things I like to do in the community are:

I love attending as many sporting events in the community as I can. I belong to a theater group and we perform plays in the community. My favorite place is the mall with my boyfriend and friends.

My favorite ways to be recognized for doing well are:

I like getting tickets to earn a dress down day on Friday at school. I also like to be encouraged and not pitied just because I have Down syndrome.

Transition Planning...

Self-determination (having a say in the important decisions in your life) has been linked to better transition outcomes, including: better employment, independent living, recreation and leisure outcomes, better quality of life, and life satisfaction.

After I finish school I plan to:

I want to attend college. I have plans to attend the University of New Orleans because it is closer to home. The first year I plan to live on the college campus. Afterwards I'd like to share an apartment or condo with a roommate or two.

Careers that interest me are:

I am very interested in sports and would love to be able to work for either the Saint's or Pelicans as a sports commentator. I also like to model and create designs for different types of fun leggings that teenage girls can wear.

My abilities for employment are:

I am very creative, committed and devoted to everything I do. Once I put my mind on something... There is NO STOPPING ME!

I would like to further my education by:

I want to go to college and take courses in clothing design and marketing. I would like to take broadcasting courses in college as well as continuing with my education in theater.

My dreams for my future are:

Becoming the first sports commentator or clothing designer with Down syndrome is a big dream of mine. I love both so much. Of course I want to get married one day and have children. I would like to start a career first. I designed the leggings that I am working out in on the next page. A lot of people express interest in the leggings I wear to the gym. I think my dream of being a designer will be a reality for me.

I have the following community supports in place:

- | | |
|--|--|
| <input checked="" type="checkbox"/> New Opportunity Waiver | <input type="checkbox"/> Social Security Disability Income |
| <input type="checkbox"/> Children's Choice Waiver | <input type="checkbox"/> Medicaid / Family Opportunity Act |
| <input type="checkbox"/> Supports Waiver | <input checked="" type="checkbox"/> Medicare |
| <input type="checkbox"/> Local Human Services Authority/District | <input type="checkbox"/> Louisiana Rehabilitation Services (LRS) |
| <input type="checkbox"/> Social Security Income | |

Life is full of transitions, and one of the more remarkable ones occurs when we get ready to leave high school and go out in the world as young adults. When a student has a disability, it's especially helpful to plan ahead for that transition. In fact, IDEA requires it. Below are resource to help you with the key elements of transitioning from high school to the adult world.

Transition to Adulthood - <http://www.gereiscenterhub.org/resources/transitionedw/summary>

Transition Services & Planning - http://www.educacore.org/_files/Publications/5C%20Transition%20Services.pdf

LRS Involvement in Student's Transition Plan for Employment - http://www.educacore.org/_files/Publications/5B%20Employment%20and%20Transition.pdf

Legal Status in Louisiana - http://www.educacore.org/_files/Publications/Loss/Status.pdf

Representation: Procurement and mandate - http://www.educacore.org/_files/Publications/Representation.pdf

Transition of Students With Disabilities To Postsecondary Education: A Guide for High School Educators - <http://www2.ed.gov/about/offices/list/ose/transition/transition.html>

Think College - <http://www.thinkcollege.net/>

Social Security Benefits for Children with Disabilities - <http://www.ssa.gov/pubs/EN-05-10026.pdf>

What does Health Have to Do with Transition? Everything! - <http://www.ncset.org/publications/viewdesc.asp?id=5297>

Pictures



Recent Changes in My Life...

It is said that the only constant in life is change.

Some changes make me happy, some may make me sad or uncomfortable.

Here is a list of some things that have happened recently that may affect how I feel.

Both my grandparents had to be moved to an assisted living center. They left the stove on in their house and a fire started. They weren't hurt but it was very traumatic for them and our family. They are up in age and getting forgetful. We are afraid that they will get hurt. My dad has to spend a lot of time with his sister getting my grandparents affairs in order. He is spending a lot of time out of state. I miss him and worry about my grandparents.

My Sensory Challenges...

SOUNDS

I usually avoid seek no concern

Comments:

SMELL

I usually avoid seek no concern

Comments:

One activity I avoid is Parades. I cannot stand the smell of the diesel fuel from the tractors. I get a severe migraine.

TASTE

I usually avoid seek no concern

Comments:

I like to eat sweets and I will eat way to many if not monitored. I have to watch my weight because I've worked hard to maintain my weight loss of 50 lbs.

My fears are:

Fire and black smoke! I am very afraid of fire since my grandparents home burned down. Whenever I see black smoke I get very anxious that there is a fire and someone is getting hurt. I worry that my house may burn down. When the fire alarm goes off at school I become very upset.

I usually have warning signs that occur before I get upset, they are:

I am very outgoing so if you see that I have withdrawn and become quiet then something is bothering me.

The best way to calm or comfort me is to:

Let me know when there will be a fire drill and prepare me by telling me that it is just a drill. I will need guidance from you. If you could assign a couple of peer buddies to help me during this time I will feel more comfortable. If I am sad or withdrawn can you take me to the side and talk. This helps a lot!



My Self Care...

Dressing

- Independent
- Needs Assistance
- Working on skills

Toileting

- Independent
- Needs Assistance
- Working on skills

Eating

- Independent
- Needs Assistance
- Working on skills

Hand Washing

- Independent
- Needs Assistance
- Working on skills

Some other things you may need to know about my self care skills are:

I have difficulty with the buttons on my pants. I wear pull on skirts at school in the summer so it is not a problem during the hot months. During the winter, when it is cold, I may need assistance unfastening and fastening the button on my pants. I am getting better at it and will let you know if I need assistance.

I have the following medical concerns:

None at present.

Some other important information you should know about me is:

Never pity me just because I have Down syndrome. I want to be as independent as I can. I am not afraid to ask when I need assistance. Having Down syndrome is not going to stop me from fulfilling my dreams. I have very supportive parents who have taught me that I can achieve my dreams by working hard.

I'm really glad that you got to know more about me!

I look forward to getting to know you better, learning and showing you all the wonderful things I can do!

