

My Portfolio

A “Get to Know Me” Portfolio for

For Students With disABILITIES!

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



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,

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 _____

My Father's name is _____

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

Their names are: _____

Some other very important people in my life are:

Name

Relationship

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

My Strengths...

My Learning Style:

_____ Visual

_____ Auditory

_____ Tactile (hands-on)

Communication:

Socialization:

I am also good at:

Some of My Interests...

Some activities I really enjoy are:

Things that interest me:

Things I like to do in the community are:

My favorite ways to be recognized for doing well are:

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:

Careers that interest me are:

My abilities for employment are:

I would like to further my education by:

My dreams for my future are:

I have the following community supports in place:

- | | |
|--|--|
| <input type="checkbox"/> New Opportunity Waiver | <input type="checkbox"/> Social Security Disability Income |
| <input type="checkbox"/> Children's Choice Waver | <input type="checkbox"/> Medicaid / Family Opportunity Act / TEFRA |
| <input type="checkbox"/> Supports Waiver | <input 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.parentcenterhub.org/repository/transitionadult/#summary>

Transition Services & Planning - http://www.advocacyla.org/tl_files/files/Publications/AC%20Transition%20Services.pdf

LRS Involvement in Student's Transition Plan for Employment - http://www.advocacyla.org/tl_files/files/Publications/LRS%20Involvement%20in%20Transition.pdf

Legal Status in Louisiana - http://www.advocacyla.org/tl_files/publications/LegalStatus.pdf
Representation: Procuration and mandate - http://www.advocacyla.org/tl_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/ocr/transitionguide.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=2967>

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.

My Sensory Challenges...

SOUNDS

I usually _____ avoid _____ seek _____ no concern

Comments:

SMELL

I usually _____ avoid _____ seek _____ no concern

Comments:

TASTE

I usually _____ avoid _____ seek _____ no concern

Comments:

My fears are:

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

The best way to calm or comfort me is to:

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 the following medical concerns:

Some other important information you should know about me is:

*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!*

