

# KY-SPIN's Youth eNews 1/31/2025

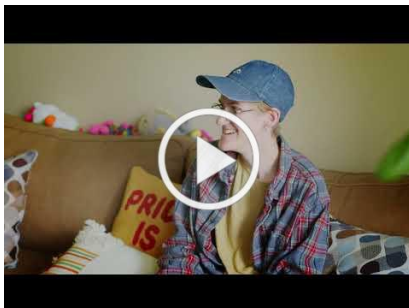


## Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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**Check out this video on Independent living by Disability Hub Minnesota.**

Developing your Transition Plan involves some research and careful consideration. Disability Hub Minnesota offers a variety of brief videos that cover various transition topics. Be sure to take a look!



### New Year, New Goal, New Plan?

January is a great time to think about what you want to achieve in the coming year. But why stop there? Why not take a moment to picture your future and start putting together a plan for what comes after high school?

A good Transition Plan is basically a personalized roadmap to help you navigate life once school is over. It should reflect what you're good at, what you like, and what you dream of doing.

Creating a solid Transition Plan is all about teamwork. You, your family, teachers, and other helpful folks need to come together to make sure you've got everything you need to succeed.

So, as we kick off 2025, let's make your Transition Plan a priority this year!

Kentucky's Exceptional Youth  
Voices!!!

## Advocacy Success Story: College Student - age 20

I was scared my last semester in high school. I knew it was time to leave and that I had to move on, but it was hard. I wasn't sure what I was going to do, and I do not like change.

I advocated for myself by asking my family and friends to help me. I could have stayed quiet and just gone along with the flow, but then I would have just lost control.

When I asked my family and friends for help, it was better. We talked about my goals for the future, and they helped me realize I already had a plan for my future.



Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

## Timing Is Everything!

Knowing your goals, having actionable steps, and knowing who to ask for help are some of the most important parts of independent living.

But remember, these plans can change as you continue to learn and explore your options.

Keep updating your goals and plans frequently to make sure you are staying on target. A great time to do this is at your annual ARC meeting.

### My Goals

Date \_\_\_\_\_

I want to live... \_\_\_\_\_

I will support myself by... \_\_\_\_\_

I will get around by... \_\_\_\_\_

I will participate in... \_\_\_\_\_

### 5 Steps to prepare for your TRANSITION

- 1 DETERMINE YOUR GOALS**
  - Residence
  - Income
  - Transportation
  - Social / Recreational activities
  - Community involvement
  - Financial independence
- 2 IDENTIFY YOUR SUPPORT TEAM**
  - Family or caregivers
  - Teachers
  - Doctors or therapists
  - Friends
  - Social workers
  - Counselors
- 3 DETERMINE YOUR COMMUNITY RESOURCES**
  - Center for Accessible Living
  - Vocational Rehabilitation
  - Public Library
  - State and Recreation
  - Local Organizations
  - Health Care
- 4 CREATE YOUR PLAN**
  - Identify a goal
  - Write down 3 things you have and 3 things you need
  - Write down what you can help you reach that goal
- 5 UPDATE YOUR PLAN**
  - Review your goals every 6 months
  - Add new goals
  - Remove goals you completed or no longer need
  - Keep growing!

### Resources

- [KY-SPIN](http://kyspin.com)
- [kyspin.com](http://kyspin.com)
- Vocational Rehabilitation**  
[kcc.ky.gov](http://kcc.ky.gov)
- Center for Accessible Living**  
[calky.org](http://calky.org)
- Kynect Benefits**  
[kynect.ky.gov](http://kynect.ky.gov)
- Social Security (SSI)**  
[ssa.gov](http://ssa.gov)





## Online Webinars

### TRANSITION TUESDAYS

#### Building a Strong Foundation for Youth with Disabilities

WHEN: 4TH TUESDAY MONTHLY      TIME: 9:30AM - 10:35AM EST

**Jan 28, 2025 Hey, Where's My Transition Plan?**  
Transition planning is essential to success after high school. Join Nick as he explains to you what to consider in your transition plan and how to get the support you need.

**Feb 25, 2025 Identifying Healthy Relationships**  
You will have many different types of relationships as you enter adulthood. In this session, Nick will explain different types of relationships you will need and how to recognize relationship red flags.

**Mar 25, 2025 Disability Disclosure**  
What is Disclosure? When and why would you disclose? How should you disclose your disability? Nick will be explaining all of this and offering you great resources to help you learn what, when and how to disclose your disability to those around you.

**Educators and students encouraged to attend!**  
FOR MORE INFO CONTACT:  
Davis Rodriguez    270-804-9927  
DAVIS@KYSPIN.COM

**REGISTER HERE**



<https://tinyurl.com/3cqv5xoc>

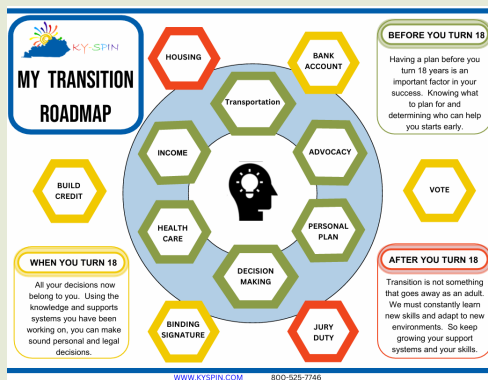
[www.kyspin.com](http://www.kyspin.com)

KY-SPIN has a monthly webinar that is dedicated to providing you with the information you need to have a successful transition. Join Nick, our Youth Educator, every month as he tackles topics like Relationships, Disability Disclosure and more! [Click here to register](#)

## Transition Resources for You

Your transition is a big deal, and it's super important to have the right resources at your fingertips. Check out these organizations that are dedicated to helping you reach your goals for independent living.

And don't forget, KY-SPIN is always around to help you find the resources you need in your community!



## Know where you are heading by creating a map!

You wouldn't embark on a journey without a well-thought-out plan. Before you set off, it's essential to determine your route, estimate the travel time, and decide what to pack.

Transitioning to independence requires the same careful planning. Utilize tools like the "My Transition Roadmap" to create a list of the skills you need to develop for your future.

After compiling your list, discuss with your **ARC (Admissions and Release Committee)** the possibility of incorporating functional goals into your IEP. KY-SPIN offers various examples of goals available on their [website](#) that you might find helpful.

Nick Carpenter, our KY-SPIN Youth Educator, knows what he is talking about!! Watch this video as Nick talks about his own journeys to Independent living. Nick releases his [KY-SPIN Youth Talks](#) on a variety of topics, once a month. Make sure you check them out!



**If you need someone to talk to...**

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)  
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)

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Learn more about us [KY-SPIN Infographic](#)  
REQUEST ASSISTANCE OR MAKE A REFERRAL  
800-525-7746 or 502-937-6894- [spininc@kyspin.com](mailto:spininc@kyspin.com)  
[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

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