

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Emancipation/Preparation for Adulthood

---

Material Title: **AD-HD in Adulthood and College**  
 Author: information Packet *Information Packets* 2008 75 pages

This packet contains articles reprinted with permission from the CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder) website. Included are such titles as "Time Management," "Managing Medication for Adults ...," "Managing Money," "Succeeding in the Workplace," "Succeeding in College," "Social Skills in Adults ...," "Women and AD/HD," etc.

---

Material Title: **Aging Out (DVD)**  
 Author: DVD *DVDs* 2004 90 min

Aging Out chronicles the daunting obstacles that three young people in foster care encounter as they "age out" of the system and are suddenly on their own for the first time. Navigating the transition from adolescence to adulthood is challenging for even the most mature and privileged youth. For three teens in urban New York and Los Angeles, however, making the transition to independent living is considerably more difficult. Lacking family support, they are suddenly forced to fend for themselves with no job skills, meager financial resources, and little preparation to survive on their own. This emotionally complex film is also a portrait of young adults struggling to overcome the scars of their troubled childhood in order to realize their dreams of independence and fulfillment.

---

Material Title: **Back on Track: Information for Youth in Care (DVD)**  
 Author: DVD *DVDs* 2006 30 minutes

This DVD is a film for and about youth in care of the state child welfare system. It is mainly geared towards middle school and high school age youth. This was produced by Washington State Department of Social & Health Services.

---

Material Title: **Casey Life Skills: Certified End-User Training**  
 Author: Casey *Books* 33

This training manual prepares the reader to learn the "basics to be able to conduct the Ansell-Casey Life Skills Assessment and use the online tools that support the assessment". It is designed to be used by foster and adoptive parents as well as professionals for use with children from age eight into their teens. The reader uses the how-to manual in conjunction with the website. There are 3 components or web tools: Ansell-Casey Life Skills Assessment, Life Skills Guidebook and Ready, Set, Fly! The user is also given access to a wide array of additional resources on this excellent website. A hard copy is also available and this program is also available in Spanish and French.

---

Material Title: **Introduction to Independent Living in Foster Care: Trainers Workbook**  
 Author: Living Resources Independent *Books* 2002 71 pp

This trainer's manual is "designed to give the trainer all the materials needed to conduct the Introduction to Independent Living in Foster Care workshop" and for use in conjunction with the participants' workbook described above. In addition, the trainer is given the opportunity to evaluate her/his own training skills. The same five sections are examined: defining independent living, identifying and using teaching moments, assessing young people with a focus on their strengths as well as their needs, understanding adolescent stages and characteristics and their importance, and helping youth to make decisions with the use of an 8-step decision making process.

---

Material Title: **Kaplan Scholarships, 2014 Edition: Billions of Dollars in Free Money for College**  
 Author: Gail Schlachter and David E. Weber *Books* 2013 525 pages

This book features information on programs that offer significant and unrestricted scholarships combined with tips and advice on how to get them. The guide includes:

- \*A list of scholarships—each worth at least \$1,000--that do not restrict to any one school, and do not require repayment of any kind.

- \*Detailed summaries on each scholarship's financial data, duration of scholarship, eligibility requirements, and application and contact information.

- \*Expert tips and advice on how applicants should research their options, set a timetable, apply for the best opportunities, and avoid scholarship scams.

## Emancipation/Preparation for Adulthood

---

Material Title: **Mi plan para obtener un empleo: Guía de transición para los estudiantes con discapacidades que terminan la secundaria**

Author: Consejo de OR sobre Discapacidades del Desarrollo *Paquete de informaci* 2015 53 paginas

Si usted es un estudiante, es probable emocionados por tener un trabajo y ganar dinero! Es posible que tenga preguntas sobre la escuela y otros servicios disponibles para ayudar a planificar su transición de la escuela al trabajo y la vida adulta. Esta guía de transición es que los estudiantes con discapacidad y sus familias para ayudar a navegar los servicios y recursos de la comunidad en el camino de la escuela al trabajo.

---

Material Title: **Moving Forward: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

---

Material Title: **Parenting Children Who May Never Leave Home (CD)**

Author: Linda Price and Nancy Umbach *CDs* 2002

This workshop explores the realities of parenting children with disabilities who may never be independent. It presents Canadian and American strategies for finding appropriate services and schooling for children and young adults, advocating for change, and facing the physical and mental realities of aging parents caring for adult children.

---

Material Title: **Planning My Way to Work**

Author: Oregon Council on Developmental Disabilities *Information Packets* 2015 60 pages

If you are a student, you are likely excited about having a job and earning money! You may have questions about school and other services available to help you plan for your transition from school to work and adult life. This transition guide is for students with disabilities and their families to help navigate services and community resources on the path from school to work.

---

Material Title: **Preparing Youth for Adult Life (VHS)**

Author: Ed-Net Series *Videotapes* 1996 2 hours

A panel consisting of a therapist, an agency director, and an adoptive/foster parent discuss developmental issues for youth ages 11-30, with a focus on the additional developmental tasks adopted and foster youth face. The video will challenge adoptive parents to re-evaluate their views on defining family, honoring birth family connection, educating the community, understanding the tasks and steps that assist youth in moving into adulthood, and the wisdom of independent living at a particular age. This video is intended for parents of adolescents and young adults.

---

Material Title: **Ready Set Fly!: A Parent's Guide to Teaching Life Skills**

Author: Casey *Books* 2006 48 pp

This book "was created through a series of discussion groups with foster and adoptive parents, teens, and young adults at the former Tuscon Division of Casey Family Programs. The goal was to develop a practical resource to help caregivers teach youth some of the skills needed for youth to live successfully on their own." The workbook "is a companion tool for the Life Skills Guidebook, containing activities for use in one-on-one settings" for use by foster and adoptive parents, as well as child welfare professionals and the activities are presented in an easy to use format which "are age appropriate and developmental, matching the levels of the Ansell-Casey Life Skills Assessment and Guidebook." Topics include daily living skills, housing transportation and community resources, money management, self-care, social development, work and study skills and a family's story about application of these skills.

---

Material Title: **Toolbox No. 3: Facilitating Permanency for Youth**

Author: Gerald P. Mallon *Books* 2005 81 pages

This book from Child Welfare League of America offers a permanency assessment approach that identifies the youth's current relationships and attitudes toward permanency, provides guidelines that promote permanency, and includes an array of practices, including family group decision making, circles of support, digital portraiture, person-centered planning, lifebooks, mentoring programs, permanency retreats, youth empowerment programs, etc.

---

Material Title: **Twenty Life-Transforming Choices Adoptees Need to Make**

Author: Sherrie Eldridge *Books* 2003 270 pages

For adoptees, the past is full of mixed emotions. There's joy and sadness, confusion and relief. Often, difficult and inescapable questions can linger well into adulthood. These questions include: Does my birth mother still think about me? Why was I given up? Was I unworthy for some reason? These feelings are common for many adoptees, even if they grew up in an open, loving adoptive home, they still may be asking some of these questions. The final question that needs to be asked is this: "Will I choose to heal?"

---