

PILGRIM AREA COLLABORATIVE

Extended Services

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www.pilgrimac.org

Life Coaching ~Learning for Life~

PACES LIFE COACHING PROGRAM DESCRIPTION

In this program, individuals with a diagnosis of Autism Spectrum Disorder, Specific Learning Disability, Nonverbal Learning Disorder and/or Social Emotional challenges ages 18-22 years old participate in additional structured learning opportunities that will complement the transitional goals established in their IEP. These individuals may have met graduation requirements and received a HS diploma and/or are enrolled in a District funded Transition Program. Highly trained staff conducts an initial assessment to establish specific transition targets for focused intervention. Individuals will engage in practical and authentic experiences with the Life Coach to enhance their social and independent living skills. The program will focus on participation in self-assessments, skill building, and practical experiences to identify future goals and enhance skills for either employment, or higher education opportunities beyond the high school career. In addition, the Life Coach works with the individual and/or parent/guardians to connect with community agencies and adult service providers (i.e., DDS, DMH, MRC, etc.). Progress updates will be completed cooperatively with the individual and provided monthly or quarterly to the family and referring school district.

What is a Life Coach?

A Life Coach is highly trained to help individuals meet transitional goals that are difficult to attain without some help through intensive, practical and **highly individualized one on one support**. A Life Coach helps individuals use their specific strengths to identify and overcome the particular barriers they face.

What are the Life Coaching Program Goals?

The ultimate goal is for individuals to improve their quality of life, increase their independence and progress toward reaching their full potential to build a meaningful, connected life. General Goals:

- Increase/Improve Self-awareness, Self-confidence, Self-discovery
- Set specific, and attainable goals and develop action plans
- Become calmer and more confident in yourself and your decisions
- Productive transition into adulthood and a more balanced life

Who should participate in Life Coaching Program?

This program is designed specifically for young adults with a diagnosis of Autism Spectrum Disorder, Specific Learning Disability, Nonverbal Learning Disorder and/or Social Emotional challenges 18-22 years old. Individuals may have met graduation requirements for a HS diploma, and/or are currently being serviced within a Transitional program funded by their school district.

What does a Life Coach do?

- Conduct an evaluation/assessment of individual transition needs
- Create a Personalized Plan of Action with individual transition goals/targets
- Assist and support the individual in meeting/attaining personalized goals
- Help the individual/family create a network of support within their community

How does a Life Coach provide services?

- One-on-one sessions (in the home, community, on site) as well as Phone/Skype sessions
- Logical and complete step-by-step discussions with written follow-up after each session
- Role playing and experience in real life situations
- Follow up through email/text communication
- Connecting with individual’s network of professionals (Educators, Therapists, Psychiatrists, Medical Doctors, Case Managers, Employers, Volunteer Associations, etc.) to help find resources such as funding, therapies, and schooling
- Regular check in/follow up with family

GENERAL TARGETS

Transition Skills Assessment/Exploration	Post-Secondary Options
<ul style="list-style-type: none"> ❖ Self-Assessment ❖ Understanding Your Disability ❖ Vision & Goal Setting ❖ Interest/Skill Inventories ❖ Post-Secondary Options ❖ Career Exploration ❖ Independent Living Skills ❖ Accessing Community Resources/Supports 	<ul style="list-style-type: none"> ❖ Vocational Training ❖ College Search ❖ Completing College Applications ❖ Manage Educational Workload <ul style="list-style-type: none"> ➤ Time Management ➤ Organization & Study Skills ❖ Communicate With College Personnel ❖ Identify Campus Supports & Resources ❖ Socializing In College
Independent Life Skills	Employment/Job Coaching
<ul style="list-style-type: none"> ❖ Caring For Yourself ❖ Housing ❖ Transportation/Travel Training ❖ Money Management- Budgeting/Banking ❖ Personal Hygiene & Grooming ❖ Managing Schedules ❖ Interdependence With the Community ❖ Leisure Time Activities ❖ Health And Fitness 	<ul style="list-style-type: none"> ❖ Job Readiness ❖ Volunteering ❖ Job Search ❖ Cover Letter/Resume Writing ❖ Job Applications ❖ Interviewing ❖ Work Ethic ❖ Socializing In The Work Place/Work Relationships
Personal Wellness	Family/Community Resources
<ul style="list-style-type: none"> ❖ Managing Emotions As An Adult ❖ Personal/ Social Safety ❖ Social Expectations/ Social Boundaries ❖ Recognizing And Interpreting Social Cues ❖ Risky Behavior ❖ Creating & Maintaining Healthy Relationships ❖ Making & Keeping Friends ❖ Accessing Community Resources ❖ Internet Safety & Use ❖ Appropriate Approaches To Dating & Romantic Interests 	<ul style="list-style-type: none"> ❖ Department Of Developmental Disabilities ❖ Massachusetts Rehabilitation ❖ Registry Of Motor Vehicles – MASS ID ❖ Department Of Mental Health ❖ Area ARC ❖ Community Housing Resources

REFERRALS ARE ACCEPTED FROM SCHOOL DISTRICTS & INDEPENDENT APPLICANTS*

**New enrollment option now available*

Referral forms available for download at <http://www.pilgrimac.org/paces-other-services/>

Referrals Form/Applications must be submitted to:

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