

## An Introduction

**A**nne Carlsen Center (ACC) is dedicated to helping individuals lead a full life that incorporates as much independence as possible. For many individuals, this means finding employment or volunteer work, becoming a college student, and being a productive member of a community.

That is what our *Transition* programs are all about. We help individuals with disabilities connect with their community and let their abilities shine. This can take place through a volunteer site, employment, and/or recreational opportunities – any place that suits an individual's interests.

Through our expert guidance, we will help determine an individual's strengths and needs, as well as the easiest way to implement a specific plan for each person. The individual and that person's best interests are always at the center of what we do at ACC. We nurture abilities to help create lives of greater independence.

Our namesake, Dr. Anne Carlsen, believed in the worth of every person. Born without lower legs or forearms, she refused to allow disabilities to limit her life. Instead, this remarkable woman became known for the variety and depth of her abilities.

Throughout her life, Dr. Anne dispelled many myths about individuals with disabilities. She provided a shining example of resilience in the face of overwhelming odds and what it means to be a productive citizen of a community.

## About ACC

Anne Carlsen Center provides individualized services for children, teens and adults with disabilities, such as autism, pervasive and other behavior disorders, cerebral palsy, vision and hearing impairments, and many other medical challenges. Our caring and experienced staff nurtures abilities in order to change lives.

### How Can I Learn More?

The presentations investigate the aspects of *Transition* and are informative with practical ideas for workshops, trainings, conferences and in-services. (*Presentations are not limited to those listed*).

For more information or to set up an appointment with one of our highly-trained staff members, please contact Anne Carlsen Center Outreach Specialist **DEAN GIEDT** at 1-800-568-5175.



*Anne Carlsen*

C E N T E R

Nurturing abilities. Changing lives.

**Jamestown Campus**  
701 3rd Street NW  
Jamestown, ND 58401  
1-800-568-5175

**Grand Forks Community Services**  
2860 10th Avenue North, Suite 400  
Grand Forks, ND 58203  
1-888-815-3770

[www.annecenter.org](http://www.annecenter.org)

# Anne Carlsen Center

## Transition Workshops

## Getting Creative with Volunteer Programs

Being a Volunteer Coordinator requires a lot of creativity. More than ever, individuals with disabilities are asking to be involved in organizations with volunteer programs. In this presentation, participants will learn new ways to assist their volunteers in finding a good fit for their skills.

## A Day in the Life of a Job Coach

Since 1988, the Anne Carlsen Center has had a Community Integration program using Job Coaches or Life Skills Assistants to instruct students. We have the expertise to provide suggestions and tips that will assist you in developing more effective job-coaching techniques. These tips will be helpful as you prepare students with disabilities for employment and community living following the completion of their educational program.

## “Lien” On Me Grocery Pick Up Service

Under the direction of a Life Skills Assistant, a student is matched with a person who needs the service of grocery shopping. The presenter will share ideas for creating ways to make grocery lists including non-reader lists. Participants will also learn shopping tips including a variety of ways to pay for groceries and ask for assistance when needed.

This program is beneficial for the student and the recipient. The student benefits from the opportunity to learn shopping skills and connect with their community. The recipient benefits by having the service of a dedicated assistant who picks up and delivers grocery items.

portunity to learn shopping skills and connect with their community. The recipient benefits by having the service of a dedicated assistant who picks up and delivers grocery items.

## Get a Job - Get a Life!

This multi-level workshop can be offered as an overview for participants or as an in-depth examination. A presenter will give detailed descriptions of effective job development, job carving, and client placement as ways to help individuals reach success in the workplace.

The presenter will:

- Share ideas for creative job experiences.
- Provide sample forms to be used.
- Show examples of students at work.
- Share tips for adaptive equipment and visual cues.

## Transition Tips and Other Stuff to

### Worry ... Think About

The presenter of this workshop will share practical and economical tips and techniques for life skills, social skills, community participation, leisure, and life-long learning. Participants will learn a wide array of ways to assist an individual with a disability to be more independent and to better advocate for themselves.

## Success in a Suitcase

This program will illustrate recreation and leisure activities that can fit into a suitcase. These suitcases are full of examples and ideas that will be helpful as you prepare an individual with a disability for community leisure opportunities or recreation activities.

## GRASPing for More

This presentation will assist professionals who want to start — or enhance — a vocational services program. It also provides useful forms and tips for student interest surveys, and provides ideas for unique vocational sites.

The presentation will provide an overview of GRASP (Grass Roots Assessment Services Project). This assessment has been provided by the Anne Carlsen Center since 1996 and is usually completed in the individual's home community.

Results of this assessment can be shared with adult providers, school personnel, employers, etc., to aid in developing a transition plan.

**For more information, you can speak toll free to one of our helpful and caring professionals at the Anne Carlsen Center. To speak to one of the experts at our Jamestown Campus, please call 1-800-568-5175. To talk with an expert at our with Community Services office in Grand Forks, please dial 1-888-815-3770.**