



**Putting your SPIN
on your life**




Michigan Alliance for Families
information, support, and education

Welcome & Introductions





Your Name 

Town you live in 

Favorite flavor of ice cream 

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Ground Rules to Learn Together

-  Cameras on when possible
-  Use chat or raise hand to talk (Zoom or actual hand)
-  Listen to understand
-  Ask questions


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Self-Determination

Controlling your own life
Self = me
Determination = the ability to continue trying, although it is difficult



- speaking up for yourself
- knowing you have control
- knowing yourself
- problem solving
- setting goals
- decisions
- choices






Size of Steps Matters



Self-Awareness

Knowing yourself
Self = me
Awareness = understanding of a subject




Self-Awareness




SELF AWARENESS
+ 5 Reasons it's important




What could IEP stand for?




Iced Eye Pack




Icky Eagle Poop





Poll

Individualized Education Program



What is an Individualized Education Program?

IEP is required to meet your unique needs

- A team gets together to talk about you in a meeting at least once a year.
- Who is in that meeting?
- What do you want the rest of the team to know about you?



Transition Planning in the IEP

Transition planning is a process used to assist students with disabilities to move from school life to adult life

- identifies opportunities for you to gain knowledge and skills needed for continuing education, work, and community participation, in preparation for adult life
- Must have your input!!
- Required at age 16



Your SPIN, Your Life



- S** Strengths
- P** Preferences
- I** Interests
- N** Needs



I'm Determined One-Pager

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Please put in the chat something you are good at

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My Strengths

What do I do well in school?
 What do I do well at home or in my community?
 What do other people say are my strengths?

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Preferences



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My Preferences

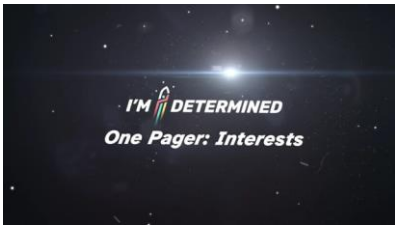
What works for me? What helps me be successful?
Where do I see myself in the future:

- Living?
- Working?
- Doing for fun?

 One-Pager

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Interest




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My Interests

What do I like to do when I'm not in school?
What activities or organizations do I enjoy participating in?
What are my hobbies?





Please put in the chat something that helps you learn



My Needs

What are the accommodations that help me?
How can others help me?
What are some things that are difficult for me?



my SPIN One-Pager

Name: Stephanie
Today's Date: June 1, 2022

<p>My Strengths</p> <p>Creating things </p> <p>Sharing Ideas </p>	<p>My Interests</p> <p>Flowers </p> <p>Pets </p> <p>Rocks </p>
<p>My Preferences</p> <p>To-Do Lists </p> <p>Having a clear daily schedule</p> <p>Opportunity to ask questions</p>	<p>My Needs</p> <p>To move outside </p> <p>Sunshine / Vitamin D</p> <p>7 hours of sleep / to sleep on a schedule</p>



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Strengths Preferences Interests Needs

Your SPIN

Who would you share this with?



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Strengths Preferences Interests Needs

Your SPIN

Where would you use it?




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Your SPIN




How might it help you make decisions?



Action Plan

- Complete your One Pager / SPIN with your strengths, preferences, interests, and needs
- Share your SPIN with the rest of your IEP team
- Think about how you use your SPIN when out of school
- Look at your SPIN regularly, it will keep changing as you change



We are here to support you!

-  @MichiganAllianceForFamilies
-  @mialliance
-  @michiganallianceforfamilies
-  /MichiganAlliance



For more information visit:
<https://www.michiganallianceforfamilies.org>

Call: 800-552-4821
 Statewide Email: info@michiganallianceforfamilies.org



Michigan Alliance for Families

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