



Serving Tweens, Teens & Young Adults with Developmental Disabilities  
A Program of PSL  
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## **TOPS Program**

### *Transition Outcomes Program for Students*

- Get to know self
  - o Strengths/Weaknesses
  - o Personality
  - o Career interests
  - o Wants/needs
- Communication
  - o Appropriate conversations
  - o Initiating conversations
  - o Body language
  - o Forms of communication
- Routine
  - o Personal
  - o Work
  - o Weekly
- Boundaries
  - o Finding your own physical space
  - o Being aware of others space
- Behaviors
  - o "Socially Appropriate"
  - o Safe
- Safety
  - o Food Safety
  - o Cleanliness
  - o Health/physical
  - o "Strangers"
- Emergencies
  - o What is an emergency?
  - o What do I do in an emergency?
- Laws
  - o Citizenship
  - o Disability
  - o Voting

- Transportation
  - Walking
  - Bus
  - Taxi
  - Car
- Clothing
  - Weather appropriate
  - Work vs home
  - Being prepared
- Planning
  - Future planning
  - Trip planning
  - Break down into steps
- Meal Prep
  - Measuring
  - Cutting
  - Organization
  - Cleanliness
- Meal Plan
  - Breakdown weekly food
  - Include nutrition
- Cooking
  - Safety
  - Turning on stove/oven
  - Turning it off
  - Boiling water
  - Baking food
  - Food thermometer
- Grocery Shopping
  - Creating a list from meal plan
  - Budgeting
  - Locating items
  - Out Of Milk App
  - Paying – cashier routine
- Shopping
  - Coupons
  - Discounts
  - Etiquette in stores
- Budgeting
  - Figuring out total budget
  - Breaking down into needs/wants
  - Organizing money
- Money Skills
  - Learn each bill/coin
  - Counting
  - Counting back change

- Banking
  - o Credit/Debit/Checks/Loans
  - o Navigating bank
  - o Slips
- Career Exploration
  - o Career Clusters
  - o Values/Wants in career
  - o Lifestyle
  - o Job Shadowing
- Future Planning
  - o What's next?
  - o Where do you want to be?
  - o How do you get there?
- Cleaning
  - o General house cleaning
  - o Dirty vs Messy
  - o Laundry
- Volunteer work
  - o Purpose of volunteering
  - o Lending a hand
- Leisure Time
  - o Entertainment
  - o What's going on around town?
  - o Friends/Family
  - o Groups
- Support Systems
  - o Who do you call when you need something?
  - o Sharing good news
  - o Resources
- Ideal Living Situation
  - o Housing
  - o State/Town
  - o With who?
  - o Pets?
- Housing
  - o Apartments
  - o Houses
  - o Shared Living
  - o Money/ Bills
- Restaurants
  - o Budgeting
  - o Reading Menu
  - o Talking with staff/ Ordering
  - o Allergies/ asking for alternatives
  - o Paying bill
  - o Tip

- Nutrition
  - Nutrients
  - Balanced meals
  - Trying new foods
- Physical Health
  - Knowing your body
  - Seeing a doctor regularly
- Hygiene
  - Teeth
  - Hair/Body/ Showering
  - Nail care
  - Deodorant
  - Washing hands
  - Clean clothes
- Exercise
  - Types of exercise
  - Why it is important
  - How often?
- Technology
  - Using technology
  - I pads, smart board, phones
  - Importance of staying current
- Cultures
  - Different cultures
  - What is your culture?
  - Recognizing differences
- Resources
  - Phone book
  - Internet
  - Networking
- Navigate
  - Maps
  - Using GPS
  - Directions (NESW)
  - Paying attention to surroundings
- Medications
  - Timing
  - Safety
  - Prescriptions
- Food Safety
  - Expiration dates
  - Refrigerate or not?
  - Re-packing correctly