Introducing Parents to Discovering ME!

What is Discovery?
Discovery is a person-centered approach to gathering information about a student’s interests, skills, and support needs in environments and activities where the student is at his or her best.

Why is Discovering ME! important?
The employment outcomes for people with disabilities in this country are very disappointing! Only 1 out of every 3 Virginians with a disability is employed. We must change what we have been doing to prepare students for competitive employment as an adult.

As a parent, how can you support Discovering ME!?
Discovering ME! will not work without your involvement. You can help by: (1) participating in team planning meetings; (2) helping us gather information through observations of your child in his or her home or community; and (3) being supportive and patient (this is a process that takes time).

Why begin Discovering ME! in middle school & early high school?
Waiting often leads to regrets
Unlike public schooling, adult services almost always involve costs to the family. Most of the adult agencies providing services have long waiting lists. Exploring possible service needs during middle school helps to ensure you understand and prepare for your child's future needs.

Building skills takes time!
The information gathered now will help plan for school, home, and community activities your child can engage in to build work skills and interests. Always ask, “How will this help my child to become work ready?”

We need to raise our expectations
How we perceive ourselves and how others perceive us is extremely important. Low expectations lead to low results. As a parent, share with others your expectation that your child can and will be competitively employed as an adult.

Discovery is a VDOE approved age-appropriate transition assessment
Since we are required to complete assessments, let’s use one that will reveal the best information about your child.

www.centerontransition.org
The contents were developed under a contract (881-APE62524-H027A190107) from the Virginia Department of Education.
VCU is an equal opportunity affirmative action university