

Center for
Independent Futures

A Nonprofit's Practical, Person-Centered Transition Toolkit

A practitioner's
framework for adult life,
learning, and agency

About Me



Marney Orchard



About Me

Education Director,
Center for Independent Futures



Marney Orchard



About Me

Education Director,

Center for Independent Futures

- Former educator



Marney Orchard



About Me

Education Director,

Center for Independent Futures

- Former educator
- Parent of a child with an intellectual disability



Marney Orchard



About Me

Education Director,

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- Former educator
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- Works within an organization founded by two mothers seeking better post-transition paths to independence



Marney Orchard



About Me

Education Director,

Center for Independent Futures

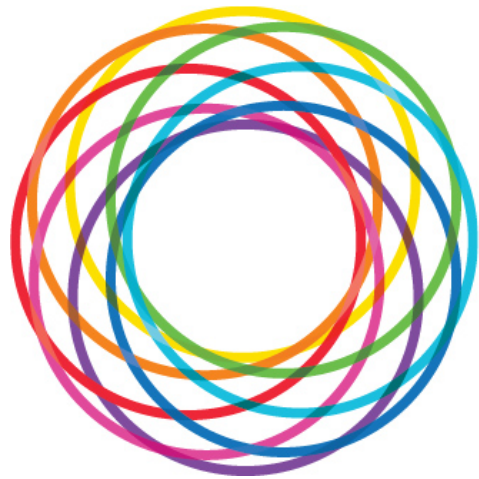
- Former educator
- Parent of a child with an intellectual disability
- Works within an organization founded by two mothers seeking better post-transition paths to independence
- Two decades of direct service work alongside individuals with disabilities and their families



Marney Orchard



WHO WE ARE



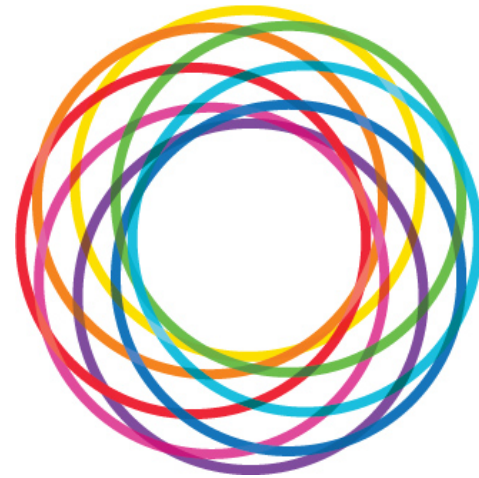
Center for
Independent Futures



Life
Skills
Coaching

One-on-one guidance
in daily living,
employment, financial
literacy, health, and
self-advocacy.

WHO WE ARE



Center for
Independent Fu



Life Skills Coaching

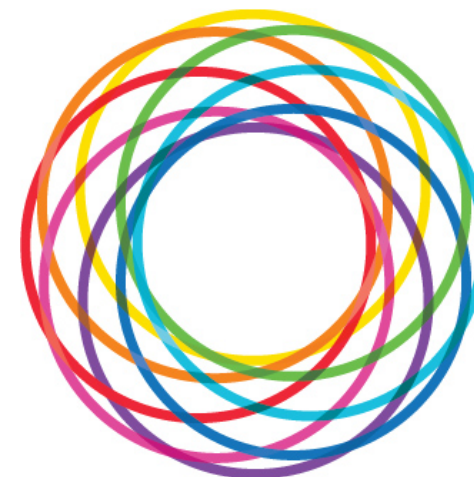
One-on-one guidance in daily living, employment, financial literacy, health, and self-advocacy.



My Full Life™ Digital Curriculum

An interactive, 175+ course online platform with over 1,000 resources for building independence and confidence.

WHO W



Center for Independent Living



Life Skills Coaching

One-on-one guidance in daily living, employment, financial literacy, health, and self-advocacy.



My Full Life™ Digital Curriculum

An interactive, 175+ course online platform with over 1,000 resources for building independence and confidence.



Inclusive Housing Options

Safe, supportive housing opportunities integrated into the community.

W





Life Skills Coaching

One-on-one guidance in daily living, employment, financial literacy, health, and self-advocacy.



My Full Life™ Digital Curriculum

An interactive, 175+ course online platform with over 1,000 resources for building independence and confidence.



Inclusive Housing Options

Safe, supportive housing opportunities integrated into the community.



Community Building

Social events, peer groups, and activities that foster belonging and connection.

This Session Is For You If...

- You've built lessons from scratch more times than you can count
- You've pieced things together and adapted materials that sort of worked
- You care deeply about choice and dignity —and still have to meet requirements
- You've wondered if you're teaching or learning the right skills for adult life



You Make It Work

This session is for people who've been making it work — even when the system hasn't.



Improvisation Isn't a Strategy

When life-skills instruction relies on patchwork solutions, something deeper is missing.



Rethinking Independence

Independence isn't a destination
—it's a process that only makes
sense in
real life.



Independence Isn't Doing Everything Alone

In real adult life, independence only works through interdependent reliance on trusted networks.



When Person-Centered Isn't Enough

Person-centered support needs structure to create growth.



What Makes Up a Full Adult Life?

A full adult life is more than skills — it's a set of interconnected domains.



The Full Life Model™





The Full Life Model™







Talents

Hopes & Dreams

Wellness

Action Planning

Review & Revise

Getting





Learning

Hopes & Dreams

Action Planning

Review & Revise

Earning My Way



Getting Around

Community Engagement





The Full Life Model™



Not a Checklist — A Planning Lens

Planning for the whole
person — not just isolated
goals



A Living Framework for Moving Lives

The structure stays stable.
The content has to evolve.



Start With What Matters



“Where Do I Want More Control In My Life?”



From Theory To Adult Life



From

Planning Anchored
in the Full Life Model



Starting point:
What matters to me —
and where do I want
more control?

From Theory To Adult L



From Theory to Real Adult Li

Planning Anchored
in the Full Life Model



Starting point:
What matters to me —
and where do I want
more control?

Skills Assessment
Informed by Real Life



What's going well —
and what do I want help
with on a typical day?

From Theory



From Theory to Real Adult Life

Planning Anchored in the Full Life Model



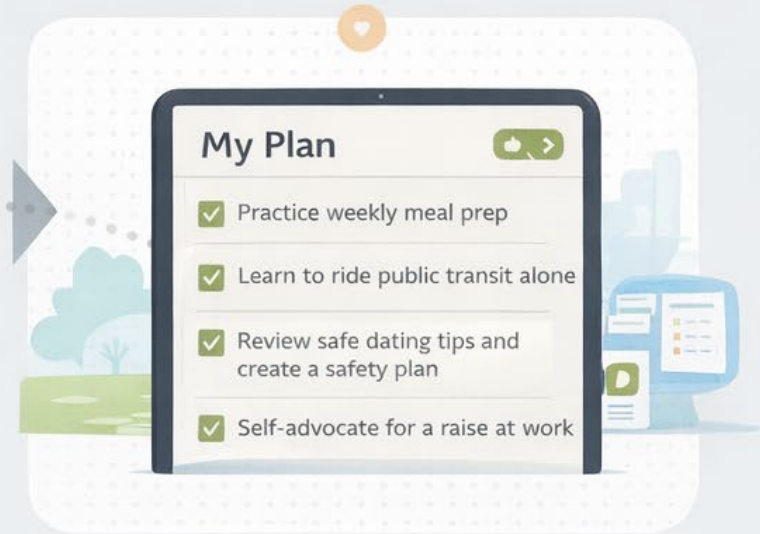
Starting point:
What matters to me —
and where do I want
more control?

Skills Assessment Informed by Real Life



What's going well —
and what do I want help
with on a typical day?

Grounded Goals for Lifelong Learning



Adult domains meet
real-life action steps.

A Living Framework for Moving Lives

What's going well

- ✓ I make my own lunch daily
- ✓ I ask for help when I don't understand someone

Where support helps

- I need reminders to take my meds
- Riding the city bus alone is confusing

From there, we identify skills and needs without labeling deficits—pinpointing where the learner feels confident, where they want support, and what situations are showing up in day-to-day life.

Life Skills

CURRICULUM



My Full Life™



ENGAGING PERSON-CENTERED INSTRUCTION **PERFECT FOR:**

- Individuals With IDD
- Special Education Teachers
- Schools and Nonprofit Agencies
- Transition Programs
- Direct Service Providers (DSPs)
- Day Programs

Why My Full Life™?

Direct Service Expertise: Based on CIF's 20+ years of collaboration with educators and families.

Comprehensive Life Skills Curriculum: Covers key skills for independent living across 8 domains.

Real-World Focus: Tailored for individuals with disabilities transitioning to adulthood.

Addresses a Need: Special Education transition resources are scarce.

User-Friendly, Flexible Learning

Platform: Easy to navigate with goal-setting and progress tracking.





Marney Orchard




My Learning
Dashboard


My Inbox


Courses


My Profile


Learning Path



Skills Inventory

Welcome to My Full Life!





Courses

Filter

View all



Category

-- Hopes and Dre...



Search...

Search

Cart

In progress



Getting Started with Your Full Life

Lessons 10

In progress



Create Your Full Life

Lessons 8

Completed



Obstacles and Assets

Lessons 6

In progress



Goal Setting

Lessons 7

My Learning Dashboard

My Inbox

Courses

My Profile

Learning Path





Courses

My Learning Dashboard

My Inbox

Courses

My Profile

Learning Path

Filter

View all

Category

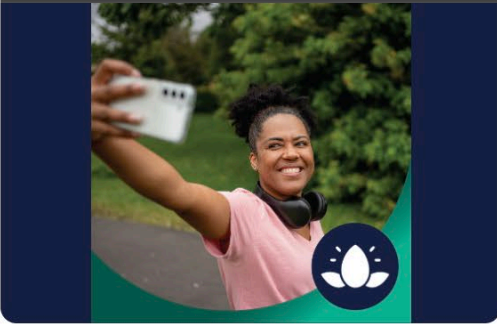
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Getting Started with Your Full Life

Lessons 10

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Create Your Full Life

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Obstacles and Assets

Lessons 6

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Goal Setting

Lessons 7



My Full Life™



1



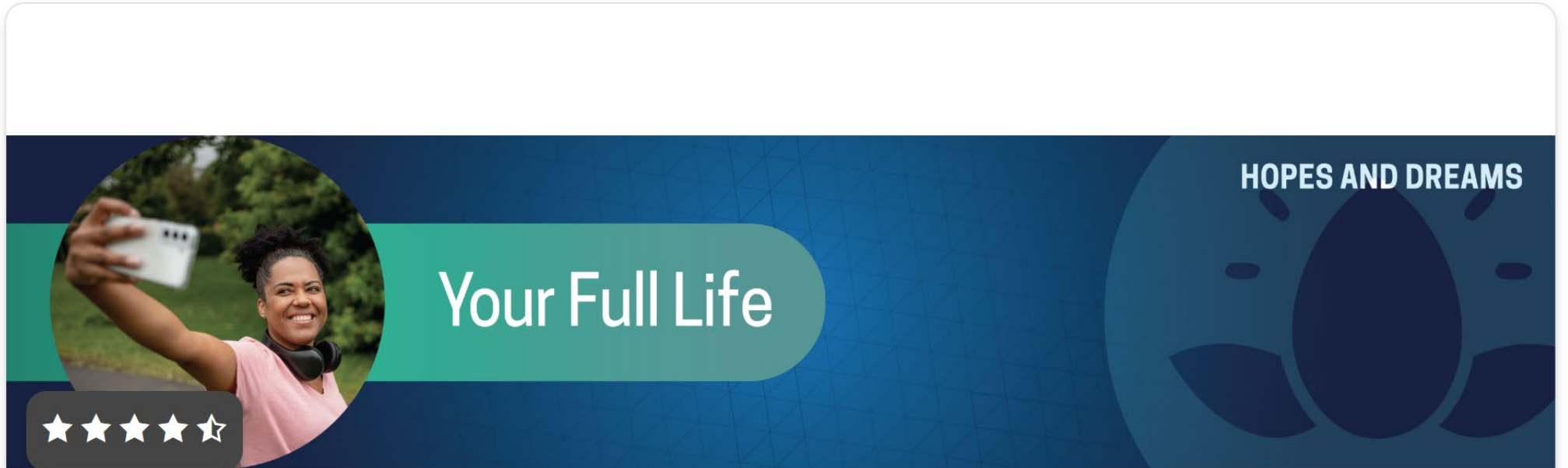
 This course is past due.


My Learning
Dashboard


My Inbox


Courses


My Profile



Your Full Life

HOPES AND DREAMS

★★★★☆

Getting Started with Your Full Life

Welcome to My Full Life! This course will introduce the My Full Life Model and introduce you to using the system.



Welcome back, Marney

My Learning Dashboard

My Inbox

Courses

My Profile

Learning Path

Skills Inventories

Badges



Certificates

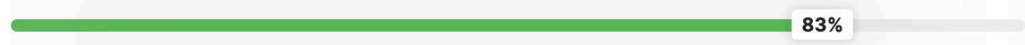


Checklists [Show Completed Lists](#)

Filters:

- All
- Due Soon
- Courses
- Awards
- Events
- Videos
- Other

Checklist Volunteering Checklist



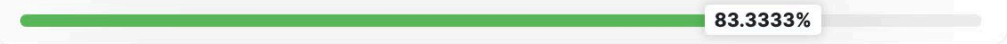
- Research organizations to volunteer with.

Course Progress [Show Completed Courses](#)



Safety When Walking

Started: 2024-10-17 Progress: 83.3333%





Welcome back, Marney

My Learning Dashboard

My Inbox

Courses

My Profile

Learning Path

Skills Inventories

Badges



Certificates



Checklists [Show Completed Lists](#)

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- All
- Due Soon
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- Events
- Videos
- Other

Checklist Volunteering Checklist



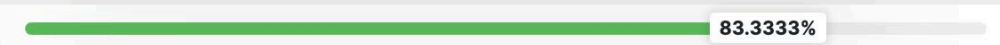
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Course Progress [Show Completed Courses](#)



Safety When Walking

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Welcome back, Marney

My Learning Dashboard

My Inbox

Courses

My Profile

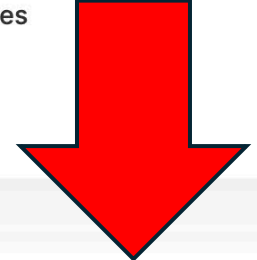
Learning Path

Skills Inventories

Badges



Certificates

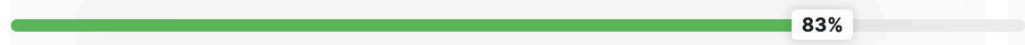


Checklists [Show Completed Lists](#)

Filters:

- All
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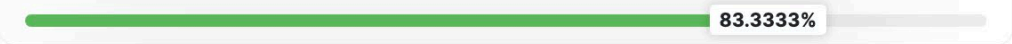
- Research organizations to volunteer with.

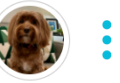
Course Progress [Show Completed Courses](#)



Safety When Walking

Started: 2024-10-17 Progress: 83.3333%





Welcome back, Marney

Dashboard: Marney's Team Dashboard

Team Members

Assignments

Registration Requests

Team Members (5 Members)



Search Filters



Search

+ Add User

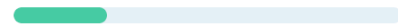
Bulk import



Erin Quilquin

Checklists: 0 of 3 completed

Course Progress: 20 of 82 completed



Dashboard



Attendance



Activity



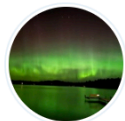
Transcript



Message



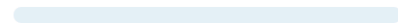
Edit



Marney Paschen

Checklists: 1 of 3 completed

Course Progress: 0 of 2 completed



Dashboard



Attendance



Activity



Transcript



Message



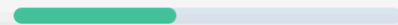
Edit



Sharon Purdy

Checklists: 0 of 3 completed

Course Progress: 31 of 73 completed



Dashboard



Attendance



Activity



Transcript

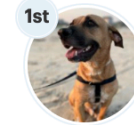


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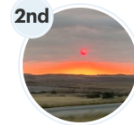


Edit

Leaderboard



1st



2nd



3rd



Reporting

Education

Virtual Class/Meeting Attendance

Team Activity

My Learning Dashboard



My Inbox



Courses



My Profile



Learning Path



Skills Inventories



Marney Orchard



Courses

My Learning Dashboard

My Inbox

Courses

My Profile

Learning Path



Filter

View all

Category

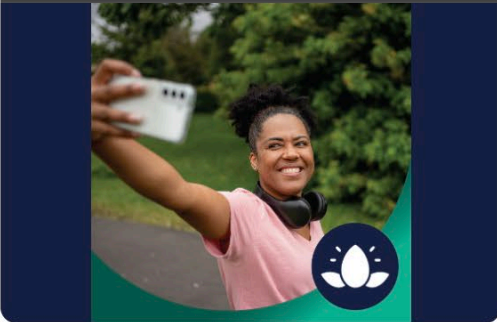
-- Hopes and Dre...

Search...

Search

Cart

In progress



Getting Started with Your Full Life

Lessons 10

In progress



Create Your Full Life

Lessons 8

Completed



Obstacles and Assets

Lessons 6

In progress



Goal Setting

Lessons 7



My Learning Dashboard



My Inbox



Courses



My Profile



Learning Path



Skills Inventories

Filter

View all



Category

✓ Select one...

Lifelong Learning

- -Applied Academics
- -Technology and Cell Phone Usage
- -Executive Functioning
- -Time Management
- -Planning and Directing my IEP
- -Personal Growth and Learning

General Courses

- Hopes and Dreams
- Instructor or Coach Versions

My Place

- -Kitchen Appliance Use
- -Home Cleanliness and Safety
- -Meal Planning
- -Meal Preparation
- -Grocery Shopping

Connections

- -Communicating and Listening

Fun and Talents

Wellness

- -Self Care
- -Physical Health
- -Safety
- -Emotional Health
- -Sexual Health

Getting Around

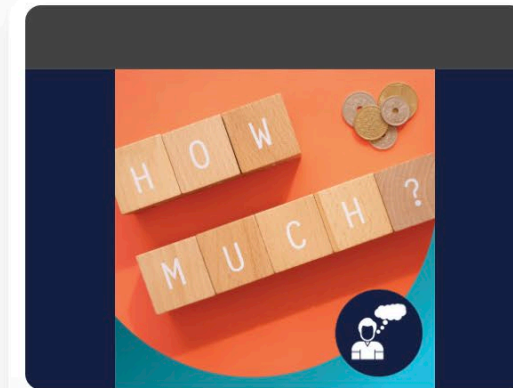
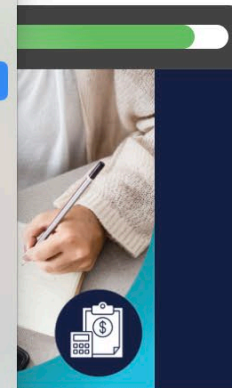
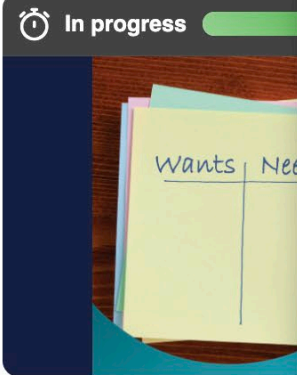
Community Engagement

Earning My Way



Search

Cart



- My Learning Dashboard
- My Inbox
- Courses
- My Profile**
- Learning Path
- Skills Inventories
- Contact

 <p>FUN & TALENTS ACTIVITIES I ENJOY</p> <p>Activities I Enjoy - Fun ... Issued: 2024-08-09</p>	 <p>FUN & TALENTS INTRODUCTION TO FUN & TALENTS</p> <p>Introduction to Fun and T... Issued: 2024-08-09</p>	 <p>GETTING AROUND INTRODUCTION TO GETTING AROUND</p> <p>Introduction to Getting A... Issued: 2024-08-20</p>	 <p>GETTING AROUND PARATRANSIT SERVICES</p> <p>Paratransit Services - Ge... Issued: 2024-11-01</p>	 <p>COMMUNITY ENGAGEMENT OBEYING THE LAW</p> <p>Obeying the Law - Communi... Issued: 2024-08-29</p>	 <p>GETTING AROUND GETTING A DRIVER'S LICENSE</p> <p>Getting a Driver's Licens... Issued: 2024-08-22</p>
 <p>EARNING MY WAY Basic Money Skills WITHDRAWALS AND DEPOSITS</p> <p>Withdrawals and Deposits ... Issued: 2024-09-04</p>	 <p>EARNING MY WAY Basic Money Skills INTRODUCTION TO BANKING</p> <p>Introduction to Banking - ... Issued: 2024-09-01</p>	 <p>EARNING MY WAY Basic Money Skills KNOWLEDGE AND VALUE OF MONEY</p> <p>Knowledge and Value of Mo... Issued: 2024-09-06</p>	 <p>EARNING MY WAY Basic Money Skills INTRODUCTION TO EARNING MY WAY</p> <p>Introduction to Earning M... Issued: 2024-10-01</p>	 <p>WELLNESS SAFETY BASIC FIRST AID</p> <p>Basic First Aid - Wellnes... Issued: 2024-09-12</p>	 <p>HOPES & DREAMS CREATE YOUR FULL LIFE</p> <p>Create Your Full Life - H... Issued: 2024-10-28</p>
 <p>WELLNESS SAFETY HOW TO SHELTER IN PLACE</p> <p>Shelter in Place - Wellne... Issued: 2024-09-12</p>	 <p>WELLNESS EMOTIONAL HEALTH RECOGNIZING OUR EMOTIONS</p> <p>Recognizing Emotions - We... Issued: 2024-09-22</p>	 <p>HOPES & DREAMS YOUR FULL LIFE</p> <p>Getting Started with Your... Issued: 2024-10-15</p>	 <p>HOPES & DREAMS OBSTACLES AND ASSETS</p> <p>Obstacles and Assets - Ho... Issued: 2024-10-11</p>	 <p>HOPES & DREAMS GOAL SETTING</p> <p>Goal Setting - Hopes and ... Issued: 2024-10-22</p>	 <p>HOPES & DREAMS ACTION PLANS</p> <p>Action Plans - Hopes and ... Issued: 2025-03-19</p>



Strength and Balance - We...



Trusted Supports - Connec...



Healthy Snacks - Wellness



WELLNESS



Self Care

2 LEARNING PATHS



Safety

1 LEARNING PATH



Physical Health

3 LEARNING PATHS

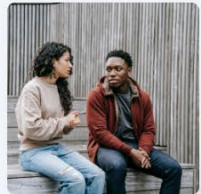


Emotional Health

1 LEARNING PATH



CONNECTIONS



Communicating and Listening

1 LEARNING PATH



Connecting with Your Network

a description

2 LEARNING PATHS



My Learning Dashboard



My Inbox



Courses



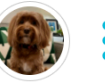
My Profile



Learning Path



Skills Inventories



Earning My Way Skills Inventory



Take your time and be honest with your answers. If you need to, take a break and come back!

I have learned. I know how to do this on my own.

I am learning. I am practicing this in order to be more independent.

I need to learn. I need to learn this in order to be more independent.

No experience. I have never tried to do this.

Need support. I need peer or adult support to do this OR I use physical, visual, or assistive technology support to do this.



Up Next...

Earning My Way Open Response



Lesson Started



Required



Incomplete

Earning My Way Inventory

I know how to answer questions in an interview

I have learned.

I am learning.

I need to learn.



Courses



My Profile



Learning Path

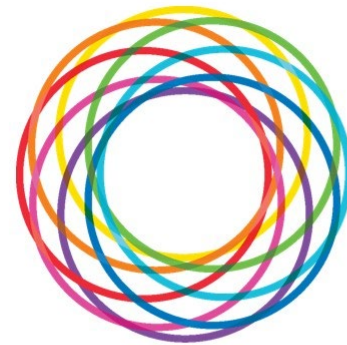


Skills Inventories



Contact

Ready to see My Full Life in action?



My Full Life™

HANDOUTS

Full
Life
Model

1



Skills
Check

2



About
Me

3



Goal
Map

4



Personal
Network

5



Action
Plan

6



Courses

7



The Full Life Model™





My Full Life Core Skills Assessment

Read each skill. Circle the answer that best matches how well you can do that skill.
There are no right or wrong answers. Take your time and be honest with your answers.

- I have learned:** I know how to do this on my own.
- I am learning:** I am practicing this skill.
- I need to learn:** I need to learn this skill.
- No experience:** I have never tried to do this skill.

My Place

I know how to prepare meals safely.

- I have learned.** **I am learning.** **I need to learn.** **No experience.**

I know how to buy groceries.

- I have learned.** **I am learning.** **I need to learn.** **No experience.**

I know how to take care of my laundry.

- I have learned.** **I am learning.** **I need to learn.** **No experience.**

I keep my home or living space neat and clean.

- I have learned.** **I am learning.** **I need to learn.** **No experience.**

Earning My Way

I know how to plan for daily, weekly, and monthly financial needs.

- I have learned.** **I am learning.** **I need to learn.** **No experience.**

I know how to identify an area of employment that interests me.

- I have learned.** **I am learning.** **I need to learn.** **No experience.**

I know how to purchase something on my own.

- I have learned.** **I am learning.** **I need to learn.** **No experience.**



My F

My Full Life Core Skills Assessment

Read each skill. Circle the answer that best matches how well you can do that skill. There are no right or wrong answers. Take your time and be honest with your answer.

✓ **I have learned:** I know how to do this on my own.

▶ **I am learning:** I am practicing this skill.

✚ **I need to learn:** I need to learn this skill.

✗ **No experience:** I have never tried to do this skill.

My Place

I know how to prepare meals safely.

ABOUT ME

Gifts / Strengths

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

Fears / Obstacles

What are some things that are hard for me?
What gets in the way of me achieving my goals?

Fun / Interests

What activities or hobbies do I enjoy?
What do I like to do in my free time?
Where do I see myself in the future?
Living? Working? Learning? Doing for fun?



Needs / Supports

What are the accommodations that help me?
How can others help me?
Where can I go for help in my community?

MY FULL LIFE GOAL MAP



My Full Life™

NAME _____ DATE _____

MY PLACE

GOAL:

CONNECTIONS

GOAL:

LIFELONG LEARNING

GOAL:

FUN & TALENTS

GOAL:

EARNING MY WAY

GOAL:

WELLNESS

GOAL:

COMMUNITY ENGAGEMENT

GOAL:

GETTING AROUND

GOAL:





My Personal Network

_____ Name

Family Members

Friends

Neighbors

Teachers & School Supports

Health Care Providers

Club or Team Members

Community Resources

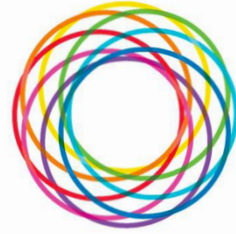
Action Plan



Date: _____ Name: _____

Goal: _____

WHO	WILL DO WHAT	BY WHEN	COMMENTS

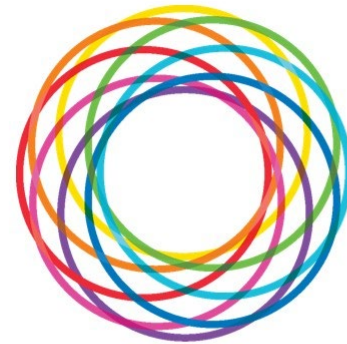


My Full Life™

COURSE TITLES

2025

Thank You for Coming!



My Full Life™