

ride the
RAILS

to independence

relationships • advocacy • independent living skills



What is RAILS?

RAILS is an independent living skills summer program for transition-age youth. It covers a wide range of topics that are crucial for a smooth transition into a job and adult life.

Topics include

- Advocacy
- Appropriate Friendships and Romantic Partners
- Assistive Technology
- Budgeting and Credit
- Communication
- Conflict Management
- Goal Setting
- Money Management
- Nutrition and Physical Activity
- Professionalism
- Relationships and Boundaries
- Self-Determination
- Work Ethic

RAILS is an intensive summer program.



**Four Days per Week,
Four Hours per Day,
for Four Weeks**



Each class includes hands-on activities, practical application, interactive exploration, and group discussion.



**Presented
by people with
disabilities
for people with
disabilities in a
flexible learning
environment.**

We welcome the use of technology or personal care workers.
Please contact us to request an accommodation.

www.societysassets.org

800-378-9128

Find us on Facebook

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What will I learn?

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Advocacy

- **Disability history**, from institutions to the independent living movement
- Using your **own voice** to speak for yourself and your needs and wants
- **Communication skills** to effectively be heard and understood
- How to be an active leader in your **IEP**
- **Systems advocacy**, from voting to contacting your representatives on issues you care about

Soft Skills

- People skills to be successful at work, such as **communication, attitude, teamwork, problem solving,** and **critical thinking.**
- **Networking** to find the perfect job
- How to act **professional** at work

Technology

- **Email etiquette** in the workplace
- Using your **social media** wisely
- **Assistive technology (AT)** at work and in school
- Helpful apps for **smartphones** and **tablets**
- How to **advocate** for AT as an accommodation at work or in school

Financial Literacy

- **Budgeting, banking,** and how to get good **credit** from the start
- Common household **expenses**
- How to find, apply for, lease, and maintain **your first apartment**
- Costs of owning a **car**
- Other **transportation** options if you don't have a car or license
- Basic overview of **benefits** and working

Relationships & Self-Care

- Taking care of yourself by **eating right,** getting **exercise,** and managing **stress**
- How to find the right doctor and specialists for your **medical needs**
- **Respectful, safe relationships** with family, friends, and co-workers
- **Consent** and **empowerment** in romantic relationships
- **Appropriate social boundaries** with co-workers, supervisors, and the public
- **Privacy,** safety, and disclosure in person and online