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

We welcome the use of technology or personal care workers. Please contact us to request an accommodation.
What will I learn?

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