



## Introduction

- The transition from high school to young adulthood is the most important and quite challenging as there is a significant increase in responsibility (Beadle-Brown et al., 2023).
- Individuals with IDD tend to have difficulties throughout multiple settings in life such as school/academics, employment, their home environment, higher education if they choose to pursue this option, and life after school (Beadle-Brown et al., 2023).
- Individuals with developmental disabilities can succeed in life, especially with a great support system, resources, and an inclusive community (Zhang et al., 2023).
- **A thoughtful and intentionally designed resource guide would support a seamless transition for younger adults and adolescents to adult roles while also maximizing access to existing resources provided by local community partners in Hawai'i.**

## Project Description

- The **Bridge to Independence Resource Guide** and infographics were developed in collaboration with feedback and cooperation from multiple partners including the Special Parents Information Network: Hawai'i, Hawaii State Council on Developmental Disabilities, University of Hawaii - West Oahu, State Council on Developmental Disabilities, William S Hart Unified School District, and DD Council.
- The Bridge to Independence Resource Guide and accompanying infographics were developed through a deeply collaborative process grounded in community partnership.
- *This approach reflects Hawai'i Pacific University program's mission to prepare graduates to contribute to the health and well-being of communities locally and globally.*
- The **Bridge to Independence Resource Guide** includes:
  - A comprehensive digital resource hub
  - A complementary set of infographics that highlight each area of focus with QR code link to a more detailed information about each resource.
  - The Bridge to Independence Resource guide focused on 1) independent living skills, 2) educational support, 3) healthy living, 4) vocational readiness, and 5) caregiver resources.

## Purpose/Aims

The **Bridge to Independence Resource Guide** was designed to raise awareness of essential transitional services available to families, young adults, and adolescents in Hawai'i.

**Impact:** Simplifying information provided to families will enhance seamless access to local supports throughout the Hawaiian Islands.

## Examples of Bridge to Independence Infographics

**EDUCATIONAL SUPPORT**  
Educational support gives teens with disabilities the tools they need to stay organized, understand expectations, and build confidence at school. This infographic highlights simple, practical strategies families can use at home and in the classroom.

**Benefits of Educational Support**

- ✓ Helps teens understand routines and expectations
- ✓ Reduces frustration with school tasks
- ✓ Builds independence and self-confidence

**Common Learning Needs**

- ✓ Extra help studying or breaking down assignments
- ✓ Support organizing materials and schedules
- ✓ Clear reminders and visual tools

**HELPFUL IDEAS FOR HOME**

- ✓ Create a calm, quiet spot to complete homework or reading.
- ✓ Encourage your teen to ask questions when something feels confusing
- ✓ Break homework into small steps with short breaks in between
- ✓ Use a simple planner or checklist to keep track of assignments
- ✓ Review school papers together and talk through expectations
- ✓ Celebrate effort and progress

TO LEARN MORE SCAN THE QR CODE FOR A VARIETY OF ADDITIONAL RESOURCES AND PROGRAMS TO LEARN WITH EASE  
FOR THE LINKS TO THE RESOURCE LIST AND REFERENCES CLICK THE UNDERLINED PHRASE

[Resource list](#) [References](#)

## Independent Living Skills

Everyday routines that help individuals care for themselves, make choices, and participate confidently in daily life.

**The Importance of Independence**  
When youth learn how to manage simple daily tasks, they gain confidence, responsibility, and problem-solving abilities. Forming these habits early on help them feel prepared for new experiences and expectations.

**Supporting Independence at Home**  
Families play a key role by encouraging practice, offering gentle guidance, and allowing children to try tasks at their own pace. Consistent routines and small responsibilities help youth build confidence over time.

**Daily Habits That Support Growth**

- Personal care tasks
- Basic household responsibilities
- Simple cooking and food preparation
- Money awareness and basic budgeting
- Managing a weekly planner or checklist
- Learning to navigate familiar places safely

Scan the QR code or click the underlined word to explore tools, ideas, community supports and references related to independent living skills.



YOU GOT THIS!

## Additional Links

References



Bridge To Independence



## Methods

### Data Collection

- Surveys distributed to gather perspectives on transitional needs.
- Zoom meetings with mentors and community organizations.
- Phone calls with agencies and potential collaborators.
- Interviews with partners to understand service gaps and opportunities.

### Data Analysis

- Survey responses reviewed using descriptive statistics (frequencies and percentages) to identify trends and levels of agreement for each question.
- **Short-answer and open-ended responses** analyzed for themes related to resource accessibility, priorities, and community needs.
- Feedback from meetings and interviews integrated to refine the resource categories and guide content decisions.

## Results/Outcomes

**Survey responses (n=11)** received from clinic stakeholders and community members to inform resource design and content relevance.

- ~ 74% of identified resources were Hawai'i-based, while 26% were national or international.
- ~ 90% of the resources identified support transitional services across independent living, vocational readiness, education, and community involvement.
- ~ 91% of parents and families strongly agreed the Bridge to Independence was helpful
- ~ 100% found the links throughout the resource guide easily accessible and useful.

### Capstone Deliverables:

- A comprehensive **Bridge to Independence resource hub** featuring Hawai'i-based and national supports across key transitional domains.
- Intentionally designed **digital infographics** for parents of transition-age youth with disabilities, focusing on independent living, vocational readiness, educational support, healthy living, & community connection.
- A **future partnership between the HPU OTD program with Hale Kipa**, to support future family trainings and transition-related programming in Hawai'i.
- An enhanced collaboration with **S.P.I.N., who will host the Bridge to Independence infographics on the S.P.I.N. website** to increase statewide access for families.

## Discussion

This project improved access to practical, Hawai'i-based transition resources for youth and families. The Bridge to Independence resources and infographics simplified complex systems and highlighted supports for daily living, education, employment, and independence. **Special acknowledgement to Amanda Kaahanui, SPIN Program Specialist, for her mentorship and support with this capstone project.**