Who Can Benefit?

The HEELS Summer Intensive is for individuals who are...

- Age 18 to 26 with a documented ID
- Interested in living, and working in the community with more independence
- Motivated to learn and benefit from participation in the HEELS Summer Intensive

Application Timeline

April 22, 2019 - Application Closes
May 6, 2019 - Applicants Notified

10 participants will be admitted

Program Cost

$650 for the week

Due to the generous support of our donors, the program price has been reduced from $850 to $650.

HEELS 2 Transition supports individuals with intellectual disabilities transitioning to adulthood through programs that enhance outcomes for living success.

The HEELS Summer Intensive
Is an interdisciplinary collaboration:
- UNC School of Medicine
- Carolina Institute for Developmental Disabilities
- TEACCH Autism Program
- UNC Department of Allied Health Sciences
- UNC School of Education
- Kidpower Teenpower Fullpower International

The HEELS Summer Intensive is Supported By
- The Oak Foundation
- UNC Public Policy and Campus Y Social Innovation Fund
- The Lee Family

For More Information

Contact Dara Chan
heels2transition@med.unc.edu
Or visit our website:
www.heels2transition.cidd.unc.edu

July 15-19, 2019
8:30am-4:30pm
Our Vision

Young adulthood is an exciting time full of potential for personal and professional growth. It presents opportunities to explore personal interests, discover strengths, and set goals for a bright future.

The HEELS Summer Intensive will introduce young adults with intellectual disabilities (ID) to the skills and understandings needed to achieve their desired goals and fully experience the rights, responsibilities, and benefits of adulthood.

Program Overview

The HEELS Summer Intensive addresses critical areas of transition. Research shows skills in the following areas to be strong predictors of quality of life and well-being through adulthood.

Self-Management

UNC TEACCH Autism Program will provide a transition to adult life curriculum designed to support individuals with ID.

- With a focus on identifying and achieving goals, the curriculum will cover self-management and self-advocacy
- Strategies and routines will be developed to facilitate generalization to home, community, postsecondary, and employment settings

Career Exploration

Employment is a fulfilling and important aspect of adult life. At the HEELS Summer Intensive, participants will develop greater awareness of their marketable skills and strengths as they prepare to become valued members of the workforce.

- Participants will target careers that match their strengths, experience, and interests
- Participants will work with staff to identify some potential next steps toward reaching career goals

Social Opportunities

Participants will have opportunities to interact with other young adults, enjoy campus, and engage with the UNC-Chapel Hill community.

Life Skills

Participants will practice life skills in preparation for increased independence. Using a training apartment at the UNC Division of Occupational Therapy, participants will learn structured approaches to enhance their daily living activities like cleaning, laundry, and self-care.

Community Safety

Fullpower staff will lead skill building workshops on protecting personal safety and responding to emergencies with confidence.

- The workshops use a "learning by doing" approach and teach skills through role-play and positive examples
- Learning objectives include being and acting aware, setting boundaries with others, communication skills, and how to get help