

**Hi! My name is Cara  
Swedeen. Here is my life!**



i'm  
deter  
mine

# Here are some things about me

- I graduated from West High School in 2011
- Now I'm working at 3 different jobs!



- **My Senior Year was the best!**
- I had amazing classes: like yearbook and art metal.
- I managed the girls basketball team
- I was named to Prom Court and had a great prom!



# At school...

- I was an independent student.
- I got around on my own. No assistants!
- I asked other students for help.
- I got to know many people!



# Classes

- I picked my own classes in high school. I took business, English, yearbook, art, and challenge and adventure.
- I liked to be called on. I liked to work in groups.
- Here I am snow shoeing in Gym Class. It was a great class to make friends.



# School Spirit

- Activities in high school were important to me, like Homecoming, yearbook, and prom.
- I planned my graduation party.
- I chose who to invite



# Activities

- I managed the girls' basketball team
- I was in clubs and other activities.



# Transition Activities

- I tried lots of jobs during transition:
  - Midvale After School
  - Office work at my friend Mikki's business
  - Book restocking at the library





# More Transition Activities

- I started my jewelry business when I was in 5<sup>th</sup> grade.
- In high school, it got bigger.



# My Jobs Now

- I do office work for the state at DSPS and the public defenders.
- My bosses want to keep me forever!



# My Jobs: My jewelry business

- I am expanding Swedee's
- Now I have studio time at Artworking!
- I love my Artworking people and do lots of shows with them!



# Volunteering

- I love work, but I like to volunteer, too.
- Lots of activities are important to me.
- In warm weather I volunteer on Saturdays with Heartland Farm



# Volunteering

- I also like to volunteer at yard sales.
- That way I can shop too!



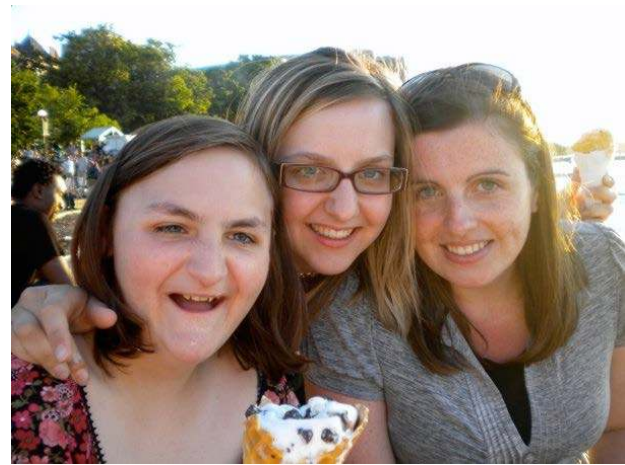
# Community Activities

- I'm taking art classes at the Union's Wheelhouse
- I love painting and printmaking
- I also like to go to festivals with my Artworking people



# What's important to me:

- Being active in the community
- Hanging out with friends
- Going places and doing fun stuff with people.
- Making my own choices and being independent



# My Family

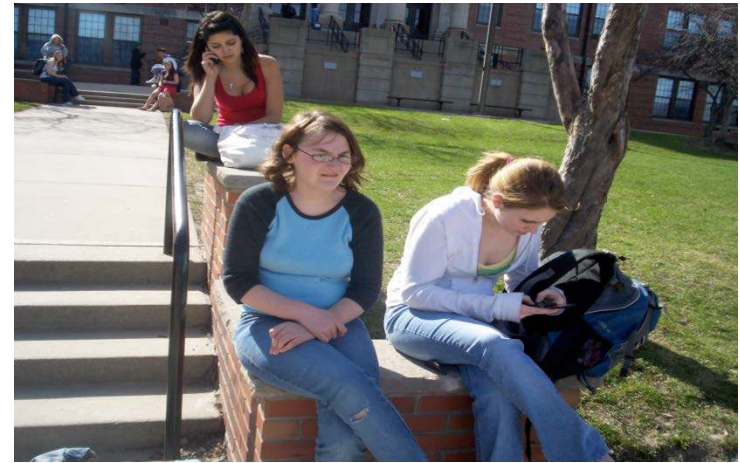
- My mom and sister Amelia believe in me
- They want me to be independent
- Cooper is our newest family member.
- He is my little Halloween cat!





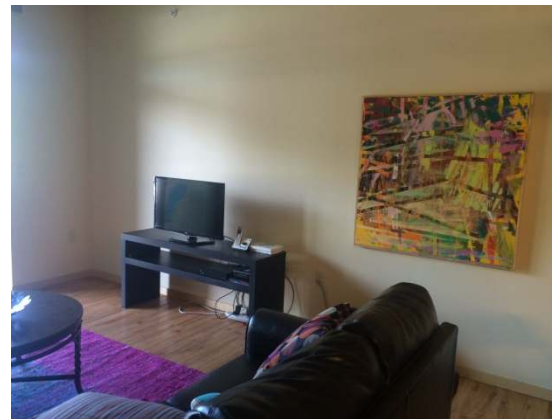
# Learning Independence

- I learned paratransit in high school
- I am setting up my own rides
- I fix my own meals and shop at the store
- I LOVE to use my debit card and my cell phone



# My own Apartment!

- On Sept. 1, I moved into my own apartment!
- I have a roommate Ben
- It's by Hilldale so I can go to Target
- A LOT!



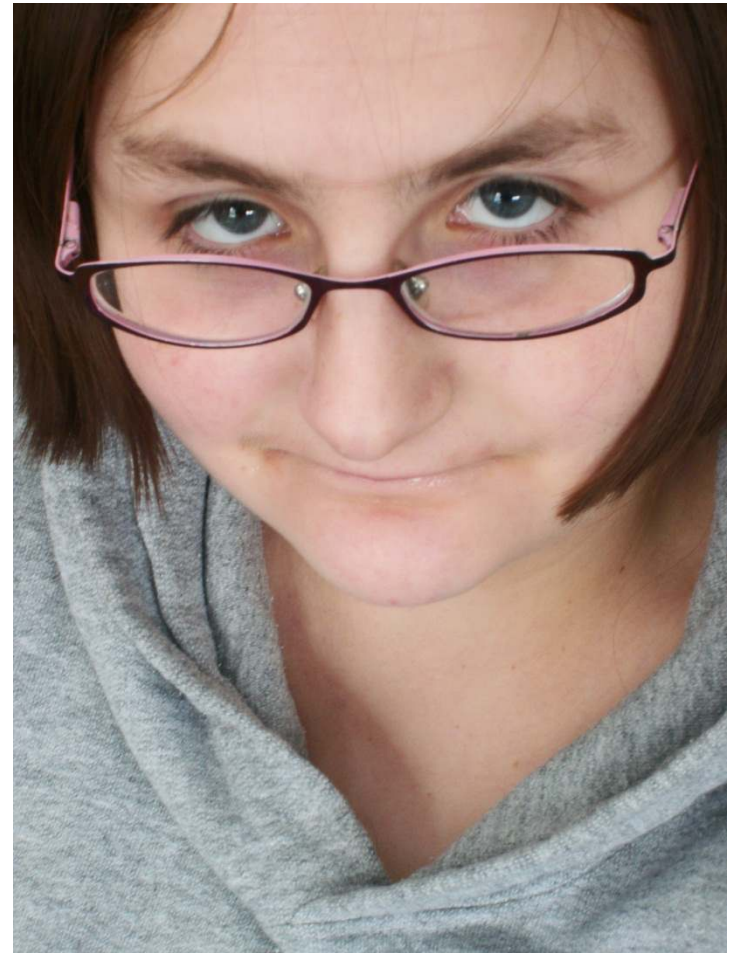
# These are my strengths that were in my IEP!

- 👍 I like to take care of people
- 👍 Computer
- 👍 Art
- 👍 Beading
- 👍 Friendly
- 👍 Independent
- 👍 Try new things
- 👍 Take care of my cats
- 👍 Stand up for myself



# What's hard for me (challenges)...

- Reading
- Math
- Writing
- Walking down stairs
- Here's my look for when I don't want to do something



# I like these things

- Beading projects
- Art projects
- Going out with people
- Meditating
- Yoga
- Shopping
- Fishing



# And...

- Work with animals at the farm.



# And...

- Facebook and FaceTime (especially with Amelia and my friend Emily!)
- Laughing
- Being part of groups



# My plans for the future

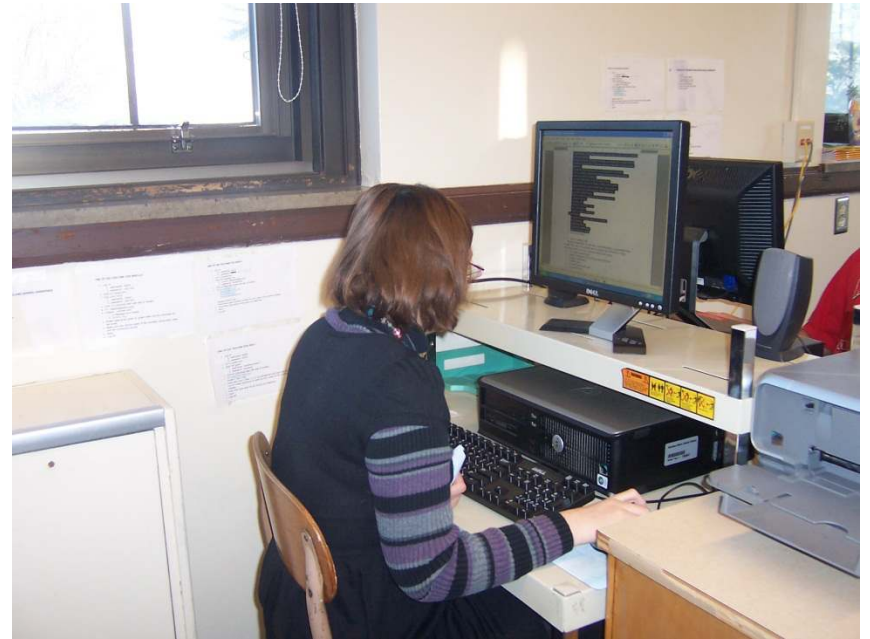
- Someday live with Amelia in California!
- Do even more things myself in my apartment
- Hang out with friends
- Work more hours





# My transition goals when I was in high school were:

- Meet new people
- Be independent
- Use paratransit
- Make lists everyday
- Paid jobs
- Make my jewelry business bigger



# My high school goals helped me be a more independent adult

- I can learn new things
- I can say when I'm stressed
- I can ask for help



**I'm glad you came!**  
**Any questions?**

