

General

- To understand different learning challenges, and diagnosis and treatment, read *The Mislabeled Child* by Brock Eide, MD, and Fernette Eide, MD (These doctors homeschooled their kids.)
- SPEDHomeschool has many resources like this Homeschool High School Checklist. <https://spedhomeschool.com/high-school-help/>
- HSLDA's special needs pages <https://hsllda.org/teaching-my-kids/special-needs> and also see their pages on homeschooling through high school.
- “*The Search for Islands of Competence*,” essay by Dr. Robert Brooks, Havard Medical School. drrobertbrooks.com/0506/
- *The Motivation Breakthrough* by Richard Lavoie, on how to motivate students.
- Help your child live a richer life. Read Cheryl Swope, *Simply Classical: A Beautiful Education for Any Child*, even if you don't plan to provide a classical education.
- *Smart but Scattered Teens* by Richard Guare, Ph.D, Peg Dawson, EdD, and Colin Guare.
- My blog series “Helping Teens Overcome Learning Challenges” includes many resources, [Learndifferently.com/2013/01/08/helping-teens-overcome-learning-challenges/](http://learndifferently.com/2013/01/08/helping-teens-overcome-learning-challenges/)
- *Learning A Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder, and Dyslexia*, by Dale S. Brown, available used, [reviewed here](#).

Evaluations

Evaluations are considered valid for three years. (If you plan a gap year, schedule accordingly.) For accommodations at a university, trade school, or the College Board's exam, get a professional evaluation.

For yourself alone, if a professional evaluation is beyond your budget, at least have your student screened by a professional. Also there are free home screenings at:

- SpedHomeschool.com
- [Social skills assessment at TheOTtoolbox.com](http://SocialskillsassessmentatTheOTtoolbox.com)

- and for HSLDA members at HSLDA.org.

A professional who evaluates or screens your student will discern more. For example, a pediatric occupational therapist (OT) can screen for many issues (see [my post here](#)), as can a psychologist. ([My 2-part interview begins here.](#))

Your tax dollars may pay for limited screenings and other help. See your state's department of Rehabilitative services, e.g., DARS.Virginia.gov.

Assistive technology means tools to help those with disabilities.

- Every state has Technology assistance centers for people with disabilities. E.g., MASSability Assistive Technology Services (<https://www.mass.gov/info-details/massability-assistive-technology-services>) , AzTAP (<https://www.atarizona.com/>) or Virginia's T/TAC, Training and Technical Assistance Centers. These federally funded programs have centers to help professionals and adults and children with disabilities. These centers lend out tech for you to try, provide training and more. Similar federally funded centers exist in other states.
- Joan Green is a great source for families. She informs and advises on choosing and using assistive technology to help your teen (or any age), wherever they are bound. She's an expert in helping people 1) get more out of the tech they already own, 2) find bargains on tech to help with many different needs. She keeps up with PC, Mac, Google, Android, and iOS. She appreciates homeschoolers. Visit innovativespeech.com to learn more, watch short helpful videos, sign up for webinars, or set up a free consultation. She's the author of the *Ultimate Guide to Assistive Technology in Special Education*.

Transition Plan: draft one by age 16, better at age 14 or earlier. You can always revise. [Download sample transition plan from Understood.org](#)
Consider including a gap year with specific, measurable goals.

Gap year

- Make a plan including an end date and goals in the areas of life skills, job skills, and more.
- Janet Price of Essig Education Group is a gap year consultant who recommends the Gap Year Association for parents and

professionals. <https://www.gapyearassociation.org/> It accredits gap year programs with rigorous standards.

- Some gap year programs are very expensive, but Broad Futures, a nonprofit, is not too expensive. Some programs even pay the student.

Life skills

- [Steps to Independence](#) by Dale S. Brown, downloadable free here.
- Chris Dendy and Ruth Hughes, [Launching into Young Adulthood with ADHD... Ready or Not!](#)
- My blog series on [teaching life skills begins here](#). The later posts focus on teens.

Job Skills

- ADDitude magazine website,
- CHADD.org section on workplace issues,
- LDA “removing barriers for individuals with LD in the workplace” <https://ldaamerica.org/removing-barriers-for-individuals-with-learning-disabilities-in-the-workplace/?audience=Adults>

Social Skills

- John Gottman, PhD., *Raising an Emotionally Intelligent Child: The Heart of Parenting*. Emotional intelligence is the ability to recognize and respond appropriately to emotion in ourselves and others.
- Ken Sande, author of *The Peacemaker*, offers online training on relational wisdom, rw360.org
- Temple Grandin and Sean Barron’s book *The Unwritten Rules of Social Relationships*.
- Jed Baker, *The Social Skills Picture Book for High School and Beyond*.
- Jed Baker, *Social Skills Training, 20th Anniversary Edition: For Children and adolescents with Autism and Social Communication Differences*, 2023.
- [Socialskillstrainingproject.com/](http://socialskillstrainingproject.com/)

Entrepreneurship MicrobusinessForTeens.com by Carol Topp.

Career Exploration: for homeschool high school students by Carol Topp. caroltopppcpa.com/books/career-exploration/

Careers in the Trades

- *Blazing New Homeschool Trails: Educating and Launching Teens with Developmental Disabilities* by Natalie Vecchione and Cindy LaJoy.
- [BlueCollarHomeschool.com](#) is their Facebook group.

College search and preparation

- For all parents of teens considering college (or any post secondary): Carol Reynolds, Ph.D., *Why Freshmen Fail and How to Avoid It*. Don't wait until senior year to read this with your teen.
- Learn early to get accommodations on college boards. accommodations.collegeboard.org
- Hal and Melanie Young, *Help is on the Way*, on how to get accommodations for college boards and college, [reviewed here](#).
- Marybeth Kravets and Imy F. Wax, *K&W Guide to College for Students with Learning Differences*, 16th ed. published 2023.
- College accommodations and self-advocacy skills, my [two-part blog post, is here](#) and [here](#).
- College board website's special needs section, Services for Students with Disabilities. <https://accommodations.collegeboard.org>
- For help choosing a college, consider hiring or at least learn from these experts. Both give webinars; I link to one sample below:
 - [Bass Educational Services](#) (BES). Get to know them by watching BES's presentation, "[College and Postsecondary Education Options.](#)"
 - [College Consulting Collaborative](#). Get to know them CCC's presentation, "[College Readiness for Students Who Learn Differently.](#)"
- Peter and Pamela Wright are lawyers who've dedicated their lives to helping parents and students with disabilities navigate special education and ADA law. Here at Wrightslaw.com is a helpful introduction to College Accommodations and the law.

- In January 2024, The Lab School of Washington hosted [“Preparing for College When Your child has ADHD or Learning Differences.”](#)
- The Lab School’s [list of colleges and support program services](#)
- List of recommended [accommodations letter to colleges, which you could adapt](#) for your homeschooled student. Be ready to provide evidence (e.g. current neuro-psychological evaluation) to support your recommendations.
- [“Strategies to help gifted autistic students succeed in college.”](#)
- [“The New Digital SAT Demystified: What You Need to Know,” with Alex Chip of Top Score Education,](#) hosted by NoVaDC chapter of CHADD in January 2024.

Teaching Tools and Tips

- Chris Zeigler Dendy. Teaching Teens with ADD, ADHD, and Executive Function Deficits.
- Woodbine House, 2011. Also see Teenagers with ADD: A Parents’ Guide. [chrisdendy.com](#)
- EPSbooks [eps.schoolspecialty.com/](#) has many great resources.
- Harold Jacobs wrote excellent math books, including *Mathematics: A Human Endeavor: A Book for Those Who Think They Don’t Like the Subject*.
- **High-Low Textbooks.** Publishers that write high school curricula on lower reading levels, such as AGS Globe, a division of Pearson.
- **Other High Low books:** When your teen needs practice reading but is too old for *Magic Tree House* or *Little House on the Prairie*. **Always** preview content of readers for teens: High Noon Books [highnoonbooks.academictherapy.com](#), Remedia [rempub.com](#)
- Learn about Free or cheap tutors including UPchieve, Varsity Tutors, and OutSchool.