

The Compass

Helping You Navigate Your Roadmap to Adulthood



December 2014

Planning for Adult Life activities, events, and materials are conducted and developed in partnership with The Arc of New Jersey with funding from the New Jersey Division of Developmental Disabilities.

From the **Planning for Adult Life** family to yours, we would like to wish you a very happy holiday season and a Happy New Year!

Stay Tuned for Upcoming Opportunity Expos!



Our Opportunity Expos are events held in various NJ counties throughout the year. Vendors are state and county government entities, community service providers, service coordinators, local health care support and recreation providers, and additional information and referral services. Families will have

an opportunity to be introduced to opportunities in their area as well as interview potential services to hire. The Opportunity Expos will include an educational component in the form of short workshops (45-60 minutes) on specific topics including support coordination, the continuum of community services, financial planning, eligibility requirements, and where to find help.

Opportunity Expos are the perfect opportunity to showcase your organization and its services or for your family and student to attend and find useful services in your area! ***Stay tuned for updates on upcoming Opportunity Expos for 2015!*** To receive updates on Opportunity Expos and other events, click below to join our mailing list! *Note: If you currently receive our newsletter directly from us, you are already on our mailing list.*

Useful Resources for Parents & Families

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Webinar Wednesday

Join us for a **FREE** webinar on Wednesday, December 17 from 6pm-7pm EST, ***When People With Developmental Disabilities and the Criminal Justice System Meet: What you need to know.*** [Click here to register.](#)

What's Happening?: Upcoming PFAL Events

December 2014

In anticipation of the holiday season of giving, let us give you some helpful resources for your transition planning needs:

- [NJ Early Intervention System](#)
- [NJ Dept. of Children & Families Children's System of Care](#)
- [PerformCare](#)
- [NJ Dept. of Education Office of Special Education](#)
- [Supplemental Security Benefits \(SSI\)](#)
- [NJ Medicaid](#)
- [NJ Division of Developmental Disabilities](#)
- [NJ Division of Vocational Rehabilitation Services](#)
- [Mom2Mom Helpline](#)
- [Family Involvement and Supports](#)
- [NJ County One-Stop Career Centers](#)
- [Parents' Guide to Transition from the National Youth Transitions Center](#)



- 3 - Middlesex Prep Club & Webinar
- 4 - Somerset Opportunity Expo
- 9 - Mercer Prep Club
- 11 - Somerset Prep Club
- 15 - Cape May Prep Club
- 13 - Somerset Prep Club
- 17 - Monmouth Prep Club & Webinar Wednesday
- 19 - Middlesex Prep Club
- 20 - Opportunity Expo (Middlesex)
- 23 - Cumberland Prep Club
- 25 - Salem Prep Club

***Dates may be subject to change. Please check our calendar for updated times, locations, and details by clicking here.**

Check It Out: Community Access Unlimited

[Click here to view program and presentation offerings from Community Access Unlimited.](#)

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Contact Us

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Student Planning Activity

Being independent in keeping track of daily activities is an important aspect of adulthood. If your student is not yet responsible for managing their schedule or has difficulties due to cognitive difficulties, try these tips. 1. Keep an agenda book. An agenda book is something your student can keep with them at all times. Writing down the week's activities ahead of time and crossing them out as they get done can

be a good visual reminder of things that need to get done. 2. A calendar. Using a whiteboard or chalkboard and posting a weekly calendar in a central location is another option. Help your student keep track of their own activities by gradually allowing them to input their activities and then check them off as each is completed, on their own. You can even create use pictures or word cards to help your student based on their needs. [Check out some ideas for a visual calendar on Pinterest.](#)



Planning For Adult Life serves students, 16-21 years-old, with developmental disabilities and their families.
PlanningForAdultLife.org

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