

The Compass

Helping You Navigate Your Roadmap to Adulthood



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.

Welcome to the Planning for Adult Life monthly newsletter, **The Compass!**
This newsletter will highlight upcoming monthly events, updates on supports and services, and opportunities to gather information available through our program.

Transition Planning 101: Doing Chores Can Help with Future Employment

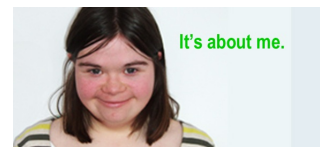
Did you know that having your child do the laundry can build on your child's skills in categorization, math skills, problem solving, and sequencing skills? These are very important transferable skills to have in the world of work. Having experience in this area can lead to jobs in fitness centers, commercial laundry services, or sports teams.

Becca Eisenberg posted an article [12 Skills and 5 Household Chores That Can Serve As Preparation For Future Vocation](#), that states '...Chores at home can lead to greater success in vocational settings, especially with regard to taking responsibility and learning to respect authority...' [To Learn More...](#)



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Webinar Wednesday Series

Join us for our upcoming **FREE** webinars:

April 20th at 6:00pm

"A Self-Advocate's Perspective on Connecting to The Community"

[Click here to register.](#)



Planning For Adult Life
FREE PARENT FORUM AND
OPPORTUNITY EXPO
 STUDENTS IN SPECIAL EDUCATION 14-21 AND THEIR FAMILIES

REGISTER TODAY!

Come and learn about how to plan for life beyond high school- whether it's finding work, continuing your education, getting your own place or even starting a business. Find out what services are available to help you build your roadmap to adult life.

Parent Forum and Opportunity Expos 2016

9:00-1:00pm

April 16, 2016

Stockton University

April 30, 2016

NJIT

[Click Here to Register](#)

Workshops Sessions Include: (vary by location)

- Parent's Perspective on Planning
- Yes, Your Child Can Work
- College Options For Students with I/DD
- Applying For Medicaid and SSI
- Accessing Services and Supports in Your Community

Are you a provider? To reserve an exhibit table: [Click](#)

May 11th at 6:00pm

" Exploring Housing for
Persons with Developmental
Disability"

[Click here to register](#)

June 22nd at 6:00pm

"10 Things Every Student
Should Explore During
Summer Break"

[Click here to register](#)

Student Planning Activity



Learn About
Self-Advocacy!

Self-Advocacy? What does that mean? Self-advocacy is the ability to speak up for yourself. Here is a great online activity that can help you can learn more about self-advocacy, set goals, and much more.

[Click here and try it today!](#)

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Things To Consider: 10 Defusing Phrases to Use at IEP Meetings

High emotions in a meeting can cause distractions.

Understood.org offers 10 stay-calm phrases you can use to get back on track and lessen the intensity.

[To Learn More...](#)



3: How can we work together to make this happen?



Check Out Our Archived Videos: Creating A Transition IEP

[Click here to view the video!](#)

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

PlanningForAdultLife.org