

The Compass

Helping You Navigate Your Roadmap to Adulthood

January 2015



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.

Happy New Year



We would like to send a special thank you to all of the students, families, and professionals who participated in the Planning for Adult Life activities in 2014. We had a successful year of transition planning in our schools and prep clubs. Our Opportunity Expos allowed us to connect with families throughout the community, as the year came to end over 7,700 letters were mailed to parents currently in the transition process throughout New Jersey.

If you are interested in more information please contact us
at: helpdesk@planningforadulthood.org

MAKING A PLACE FOR KIDS IN THE STATE'S GENERAL-EDUCATION CLASSROOMS

In This Issue

[Inclusion Campaign of New Jersey](#)

[Transition Planning 101](#)

[Archived Webinars](#)

[Opportunity Expos Coming Soon!](#)

[Student Planning Activity](#)

Webinar Wednesday

The Inclusion Campaign of New Jersey brings new hope and freedom to children with disabilities and their families. [Click here to learn more!](#)



Transition Planning 101: 5 Steps Toward Transition from School

Step 1: Person-centered Planning:

Give students a chance to share their dreams for the future. Together, the student and planning group develop a vision of "positive possibilities" for the student's future. The group leaves with action steps that can be taken to move in the direction of the student's vision.

Step 2: Intake and Eligibility:

Families should learn about community resources and agencies, eligibility requirements, and the process of applying. IEP teams can assist students and families to complete applications so that when the student leaves school, services are in place.

Step 3: Identify Community-based Service Providers:

Once students are eligible for funding students and families can choose to access services from the providers that will continue with the student into adult life, and schools can help students and families find these providers when they are ready.

Step 4: Transition Assessment:

Assessments can be formal or informal, and should support the student and the IEP team to determine the student's interest, strengths, preferences and priorities related to adult living. Assessments should be selected based on the questions and priorities the student and team have about the student's successful transition from school.

Step 5: Self-advocacy and Student Training:

One important and often overlooked area in the student's need for support and training to participate in planning teams. This can include training effective communication, leadership skills, disability awareness, and understanding how to access community-based services to meet health, transportation, and community living needs.

Join us for a **FREE** webinar on Wednesday, January 21st at 6:00pm.

Speak Up! Understanding the importance of Self Advocacy

[Click here to register.](#)

Did you miss past webinars?

Click [here](#) to view webinars you may have missed.



Spring Opportunity Expos Coming Soon!

In the spring, Planning for Adult Life will host a variety of exhibitors including: state and county government entities, community service providers, service coordinators, local health care support and recreation providers, 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.

STAY TUNED FOR MORE INFORMATION.



Student Planning Activity

Join a self-advocacy-group, learn your rights and responsibilities, practice communicating your needs, become registered voter and exercise your rights. :

Join Our Mailing List

Follow us on **twitter**

Like us on **Facebook** 

Contact Us

Jerisa Maseko, Director
Planning For Adult Life
7322462525 x23
helpdesk@planningforadulthoodlife.org

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