

Planning for Adult Life Presentation Topics



Planning For Adult Life
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The **Planning For Adult Life Program (PFAL)** provides free presentations, hands-on workshops, and resources for school classrooms, parent groups, community or civic groups, and professional organizations. Our standard presentation is approximately 45 minutes long and includes a brief introduction to the PFAL program, presented by one of our staff.

However, we are happy to accommodate special presentation request with advance notice.

*** For our **HOW Series**, we especially encourage students to attend and participate in the hands—on experience.

Planning For Transition: Why It Is Vital For Your Student's Future (HOW Series)

The transition planning process is evaluating the students skills, abilities, strengths, challenges, and preferences to envision their life after leaving school. Planning involves setting goals for the student to strive toward and identifying the needs for support. Carrying out the transition plan can begin and should be a part of the students' Individualized Educational Plan (IEP). Students and families must be actively involved in the transition planning process as early as possible and keep it moving forward. This presentation discusses the importance of planning, the steps necessary to plan, and provides hands—on tools to put a plan in place.

SSI and Medicaid: How To Apply And Why You Need To Do So

There are many different ways to initiate the Medicaid eligibility process, it is important to make sure you have all of the necessary information. This workshop will help parents and caregivers understand how to access health care services for their loved one with I/DD from the current health care system.

Accessing Services And 'Natural Supports' (HOW Series)

Everyone has a right to be involved in their community. There are many supports for people with disabilities to help them do just that. This workshop will discuss services for accessing the community and will provide hands—on tools for helping students to obtain natural supports in the community. It will also include conversations on how to navigate some of the challenges associated with accessing services.

Yes, Your Child Can Work! Working Toward Employment For People With IDD (HOW Series)

For many people, a job is something that help define who they are. It give us a meaningful place to go everyday, a way to explore our interests, a means of earning money, and a way to be a part of our community. This workshop will discuss different employment options available to individuals with intellectual and developmental disabilities and hands—on tools for preparing students for employment.

College Options For Students With I/DD (HOW Series)

This workshop will provide information about the different opportunities that college could offer your student with intellectual and developmental disabilities. We will suggest steps to add to your student's IEP that can help them orient him or her in the differences in high school and college and assessing supports offered to students with I/DD.

Guardianship And Supported Decision Making: Just The Basics

Guardianship can be a valuable tool which can be used to protect individuals who don't or no longer possess the ability to make appropriate personal or financial decisions for themselves. This workshop will help parents and caregivers understand the guardianship process, levels of guardianship and alternatives to guardianship.

Housing 101

Adults with intellectual and developmental disabilities (I/DD) can live in a variety of places in the community. It's important to determine the level of support needed by the person with I/DD when exploring the housing options available in your community. One size does not fit all, so it's never too early to get started on understanding the different housing options. This workshop will give an overview of the housing options available to people with I/DD and what to keep in mind when identifying the best fit for the person with I/DD.

Getting The Most Out Of Your High School Experience (HOW Series)

As a parent, you want to help your child make choices that are best for his or her needs. This workshop will explain the role your school district will play in the transition process and how you can prepare your child for adult life.

Self Advocacy Series

A presentation for individuals with I/DD and families to hear directly from **nationally recognized** self-advocates and to learn about how you too can be the best advocate for yourself, your family members and others.

Topics include:

- Speak Up! Stand Out!: Success in the Self Advocacy Movement
- People First: Labels Are For Soup Cans
- Don't Let Your Disability Control You
- How to Get Connected to the Community

Self Direction Services

A presentation to learn about the history of self-direction across the country and in New Jersey and how you too can become part of the movement to direct your supports while understanding your roles and responsibilities.

Topics include:

- Person Centered Planning and Self-Directed Services: History and Life Plan

To schedule the Self Advocacy Series, please contact:

Theresa Smith: tsmith@caunj.org or 908.354.3040 x 322





What is the HOW Series?

These workshops are designed to offer students with I/DD and their family members an opportunity to learn by doing activities that help build a student's plan for when they leave school. We especially encourage students to attend and participate in the hands—on experience.

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