

The Compass

Helping You Navigate Your Roadmap to Adulthood

April 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.

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Have you been to a Prep Club?

Join us for a **FREE** monthly meeting to keep you informed with the changes happening with services and what you need to know in order to plan for your students adult life.

For dates and times
click [HERE](#)

Missed a past webinar?

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





Planning For Adult Life

FREE PARENT FORUM AND OPPORTUNITY EXPO

STUDENTS IN SPECIAL EDUCATION 14-21 AND THEIR FAMILIES

APRIL 25

Burlington County
Emergency Training
Center
53 Academy Drive,
Westampton, NJ 08060

MAY 30

Crowne Plaza Monroe
390 Forsgate Drive,
Monroe Twp., NJ 08831

JUNE 6

Hilton Garden Inn
375 Mount Hope Avenue,
Rockaway, NJ 07866

9:00am-1:00pm

REGISTER AT: WWW.PLANNINGFORADULTLIFE.ORG

WORKSHOP SESSIONS INCLUDE:

- Parent's Perspective on Planning
- Employment Options for Individuals with Intellectual/Developmental Disabilities
- Guardianship: What You Need to Know
- College Opportunities for Students with Disabilities
- Understanding SSI and Medicaid
- Transportation Options for People with Disabilities
- Helping Your Child Be Social
- Guiding Your Student Through Life's Choices

Meet with service providers and adult service agencies

Professional Respite Available (Space is Limited)



Student Planning Activity

Attend the Opportunity Expos with your parent/guardian. Prepare questions that you would like to ask the vendors.

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Contact Us

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Is your child social? Steps to Build Social Competency. Practice makes better.

Employers often say that someone's social skills or social competency is more important than actual work experience. Being able to organize thoughts and questions, having a sense of humor, dealing with money and successfully communicating with co-workers have been stated by employers to be critical attributes for doing well on the job (Doren, et al., 1996; Mellard & Hazel, 1992)

Here are some activities to help your loved one practice building social competence:

- *Practice how to ask questions when they need help*
- *Talk to your student about how to have an age-appropriate conversation*
- *Post a set of guidelines for working with a neighbor or participating in a social group*
- *Roll-play good and bad ways to interact in the cafeteria, the*

grocery store, at a sporting event, or in the bathroom

- *Teach techniques for resolving disagreements*



Atlantic County Opportunity Expo on March 25

A big THANK YOU to Kris Baker, Ann Dillion and the great staff at Atlantic County Special Services. Students, families, and professionals were able to connect and discuss services and supports available throughout the community!

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