

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: Where are you on the Graduate Timeline?

The 2016 Graduates Aging Out of the School System: Steps to Accessing Services/Supports from the Division of Developmental Disabilities (DDD) was distributed as the school year began. This timeline applies to students who have exhausted their educational entitlement by turning 21 years of age within the 2015/2016 school year.



DECEMBER 2015- JANUARY 2016

Ensure you are eligible for DDD

* If you have not already been deemed eligible for DDD contact the Intake/Intensive Unit of your DDD Community Services Office. You can also start the application process through the DDD website at www.nj.gov/humanservices/ddd/services/apply/index.html.

* A list of DDD Community Services Offices is available at www.state.nj.us/humanservices/ddd/staff/cso/.

Ensure you are eligible for Medicaid

* Information on Medicaid eligibility as it relates to DDD is available on DDD's Medicaid Eligibility page at www.nj.gov/humanservices/ddd/services/medicaideligibility.html.

* If you need assistance applying for Medicaid or have not been able to become eligible, complete the Medicaid Eligibility Troubleshooting Form (available on the Medicaid Eligibility page) and submit it to the DDD's Medicaid Eligibility Help Desk at DDD.MediElighelpdesk@dhs.state.nj.us.

* Questions can be directed to the DDD Medicaid Eligibility Help Desk at DDD.MediElighelpdesk@dhs.state.nj.us.

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Webinar Wednesday

Join us for a
FREE webinar on Wednesday, January 20th at 6:00pm
"College Options for Student in Special Education"
[Click here to register.](#)

Student Planning Activity

Being able to get around the city or your community in a safe and alert way is very important. Buses help hundreds of people travel from their home or their work to stores, to visit friends and the community at large. When you are using public transportation, it is important that you obey all the rules because that will help you to arrive at your destination safe and unharmed.

1. Find the bus schedule for your area.
2. Find the nearest bus stop to your

Complete the NJ Comprehensive Assessment Tool (NJ CAT)

* The NJ CAT must be completed by all individuals who wish to receive DDD services. Contact the Intake/Intensive Unit of your DDD Community Services Office (www.nj.gov/humanservices/ddd/staff/cso/) to request access to complete the NJ CAT through a password-protected online survey or over the telephone.

REGISTRATION IS OPEN!

Parent Forum and Opportunity Expos 2016 will be held throughout the state and consist of informational workshops and a variety of exhibitors including state and county government entities and community service providers.

March 12, 2016 - [Burlington ETC](#)

April 16, 2016 - [Stockton University](#)

April 30, 2016 - [New Jersey Institute of Technology](#)

May 7, 2016 - [Special Olympics NJ Campus](#)

Workshops Sessions Include:

- 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

Want to be a EXPO vendor? [Click Here](#)

Things To Consider: What's Your Perspective on Planning?

"The pinnacle of parenthood and school is the transition to adulthood. For our children with I/DD (intellectual/ developmental disability), this is a much more complicated journey. Parents cannot begin too early to educate themselves and their children on life as an adult. Parents need to learn what transition is and what it is not, so they can prepare their child for life after school ends.

A PARENT'S PERSPECTIVE

Parents should say to their child's school - "show me." Show me how you will teach them life skills such as cooking, shopping and laundry. Show me the type of job internships you

home.

3. List the time that you would have to get on the bus in the morning to arrive at school on time or early.
4. Locate a bus stop near a relative or friend's house.
5. Determine which bus will take you to a relative's house and what time that bus will arrive at the bus stop.
6. List 5 negative consequences of not knowing the bus schedule.
7. Discuss ways to stay safe with your parent or guardian.

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provide IN the community, not just inside the school building. Show me how you will teach them public safety skills and how to take a bus. Our children need to learn these skills early and they need time to practice them. The sense of pride that comes from your child as they master these skills can only compare to the pride you as a parent will feel, as your child transitions into the adult world."
~Chris Peters, Parent.

Do you have a perspective on finding housing for your child? Please share with us. Simply email Helpdesk@planningforadulthood.org to share your experience.

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