

# 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: Is Summer Camp Apart of The Plan?

Summer camps hone many skills useful for future success: resilience, self-reliance, and social adaptability. The camp experience-being away from home among peers-can help kids develop social skills, separate in a healthy way from parents, and cultivate independence. Camp activities can help them build confidence by demonstrating mastery. Children are often ready for sleep-away camp around ages 10 to 12, although preparedness varies depending on age, experience, and temperament.

The key to helping your child get over pre-camp nerves is to acknowledge her feelings and give her tools to help her tame them.

### 13 tips to get your child ready for summer camp

1) Let your child feel a sense of ownership over the experience.

Involve him in picking the summer camp; familiarize



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## Student Planning Activity



### Make Plans for Summer

What are you doing for summer? Here is a good activity to help you to dream and vision a plan. Use the

him with the camp environment and teach him about camp activities so he can formulate expectations.

2) Help your child get excited about camp: Take her shopping for new gear and focus her on fun things about camp that she can anticipate.

[Learn More...](#)

## FEATURED VIDEO: UNDERSTANDING WHAT IT MEANS FOR SOMEONE ENTERING DDD SERVICES



Understanding What It Means for Someone Entering DDD Services (Live Webinar 4-23-15)

[Click picture to learn more...](#)

## IS YOUR STUDENT GRADUATING THIS SCHOOL YEAR?

Have you attended our workshops? If not, find a local workshop in your area!

For students with an IEP, planning for adult life should

**download to jot down what you would like to do for fun in the coming days.**

[Learn more...](#)

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begin at the age of 14. If you haven't started or you are in the process let us help! Our **PFAL Future Planning Workshops** are monthly sessions

held in every NJ county designed to help you and your student learn the tools needed for creating a transition plan for beyond high school, whether it's finding work, continuing education, finding a place to live or even starting a business. Find out what services are available to help you build a roadmap to adult life.

**[Click here to find locations and dates for a PFAL Future Planning Workshop near you.](#)**

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

**[PlanningForAdultLife.org](http://PlanningForAdultLife.org)**