

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: What Role Does Occupational Therapy Play In The IEP?

Occupational therapy practitioners work with children, youth, and their families, caregivers, and teachers to promote active participation in activities or occupations that are meaningful to them. Occupation refers to activities that support the health, well-being, and development of an individual. (American Occupational Therapy Association, 2014)

If your student struggles with:

- **Following multi-step instructions to complete a physical task**
- **Being generally disorganized**
- **Avoids physical activities**
- **Getting themselves ready on time**
- **Collecting materials or packing their bag for school**
- **Getting thoughts down on paper**
- **Putting in more effort than their peers to complete tasks.**
- **Appears lazy and does not complete work (when in fact they may not know how to start the task).**

In This Issue

[Transition Planning 101](#)

[Planning Workshops](#)

[Things to Consider](#)

[Video: College Options For Students with I/DD](#)

[Webinar Wednesday](#)

[Student Planning Activity](#)

Webinar Wednesday



Join us for a **FREE** webinar on Wednesday, February 17th at 6:00pm
"Understanding Medicaid and SSI: Part 2 Medicaid Managed

- **Activities of living (dressing, holding and using cutlery, etc.)**

Often occupational therapists are thought to only work on fine motor skills like handwriting. Did you know that occupational therapy can often expand to include such items as adapting or modifying curriculum or the classroom environment, routines and activities? OT can also help in navigating more complex social relationships, including dating; assessing the skills needed to learn to drive or assisting with alternative community mobility options. It helps with employment planning and transitions, including employer supports; and planning for transition to college. Speak to your child study team if you feel your child could benefit from these services.

To Learn More About OT...

IS YOUR STUDENT GRADUATING THIS SCHOOL YEAR? Scholarship Opportunity

The **National Down Syndrome Society** would like to inform you of an exciting scholarship opportunity for students with Down syndrome. The application for the O'Neill Tabani Enrichment Fund is now available!



The mission of the O'Neill Tabani Enrichment Fund is to offer financial assistance to young adults with Down syndrome - 18 and older - who are continuing to enrich their lives by taking classes or enrolling in postsecondary educational programs. Read more and download the application [here](#)

Please share this information with any individuals or organizations who may benefit from this fund. You may also print and distribute their promotional [flyer](#)

For any questions or concerns regarding the O'Neill Tabani

Care".

[Click here to register.](#)

Student Planning Activity



Ask 'What's your story?'

There are several adults that were in special education throughout the state. They are working, living on their own, and much more.

Carly Fleischmann posted on her Facebook page a great story about Sam. "I would like to introduce you to a teenager named Sam. When he was offered a position to work at Starbucks Sam told his parents that his life had meaning. Sam was diagnosed with autism and with a movement disorder. Sam never thought he would be able to work behind the bar but his manager Chris believed in him. They turned his movements into dance and now Sam is known as the dancing barista. More people like Sam need to be seen and heard."

[See Sam's video...](#)

Enrichment Fund, please either send an email to otef@ndss.org or call 1-800-221-4602.

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Things To Consider: Parent Forums and Opportunity Expos

Planning for Adult Life will host **FREE Parent Forum and Opportunity Expos!** These events are held throughout the state and consists of a **Parent Forum** that includes workshops (45-60 minutes) on specific topics including support coordination, the continuum of community services, financial planning, eligibility requirements, and where to find help.



The **Opportunity Expo** features 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. You don't want to miss it!

[Click to learn more and register...](#)

Contact Us

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Check Out Our Videos: College Options For Students with I/DD



[Click here to view our archived video: 'College Options For Students with I/DD'](#)

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

PlanningForAdultLife.org

