

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.

National Disability Employment Month: Celebrating 70 years

Held each October, **National Disability Employment Awareness Month (NDEAM)** is a time to celebrate the many and varied contributions of America's workers with disabilities. The theme for this year - which marks 70 years since the first observance - is "My Disability is One Part of Who I Am." [Read the Presidential Proclamation](#)

Planning For Adult Life is celebrating NDEAM by launching a **NEW** video at the next session of our **Webinar**

Wednesday Series: Yes, Even Your Child Can Work this week! You still have time to register!

[Reserve Your Spot Here](#)

Get Your Copy of the Division of Disability Services (DDS) Latest



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Webinar Wednesday

Join us for a **FREE** webinar on Wednesday, October 21st at 6:00pm
"Yes! Even Your Child Can Work"

[Click here to register.](#)

Student Planning Activity

Interview someone about their career.

Wellness Guide

DDS promotes maximum independence and the full participation of people with disabilities within all aspects of community life. Take a look at their newest wellness guide entitled ***Eat Well. Live Well. Be Well.*** It contains great information on meal planning, making healthy lifestyle changes, community resources, and being prepared for emergencies.

[Click To Download](#)

2016 Graduates Aging Out of the School System: Steps to Accessing Services/Supports from the Division of Developmental Disabilities (DDD)

The Division of Developmental Disabilities has released a timeline of steps that students with intellectual and developmental disabilities, who are graduating in 2016 and turning 21 in the 2015-16 school year, can take if they are considering pursuing adult services through the Division of Developmental Disabilities. Please share the attached 2016 Graduates Timeline with students, families, schools, providers and others who may benefit from the information.

[Click Here to Download](#)

1. What is your career?
2. How did you become interested in this career?
3. How did you get started in this career?
4. What do you like most about this career?
5. Who encouraged you to pursue this career?

Think of other questions and get going on making plans!

Check Out Our Videos: Transitioning to Adulthood

[Click here to view our archived video: 'Why Transition Planning Is Important.'](#)

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Contact Us

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