

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 Is Transition Planning?

The **Parental Rights In Special Education (PRISE)** describes transition planning as a coordinated set of activities for a student, [Click Picture To Download](#) designed within an outcome-oriented process, that promotes movement from school to post-school activities, including:

- post-secondary education,
- vocational training,
- integrated employment (including supported employment),
- continuing and adult education,
- adult services,
- independent living, or
- community participation

Transition Planning is important to help prepare for services and supports once a student graduates from school. **(Also available in Spanish, Arabic, Korean, and Portuguese.)**

In This Issue

[Transition Planning 101](#)

[Planning Workshops](#)

[Things to Consider](#)

[Video: Transitioning to Adulthood](#)

[Webinar Wednesday](#)

[Student Planning Activity](#)

Webinar Wednesday

Join us for a **FREE** webinar on Wednesday, September 17th at 6:00pm
"Parent Perspective on Planning".

[Click here to register.](#)

Student Planning Activity

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 begin at the age of 14. If you haven't started or you are in the process let us help! Our **PFAL 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 view our event calendar and find locations and dates for a PFAL Planning Workshop near you.](#)

Things To Consider: Self-Determination

Self-determination is a concept that recognizes that all people can make choices in their own lives, and to live and learn according to those choices.

Walking the tightrope between protection and independence is difficult for all parents. "Letting go" and allowing your student to explore their world is never easy. Here are a few activities that can help your student become more self-determined:

- Discuss with your child his or her disability, learning strengths and needs, and how he or she learns best.
- Include your child in conversations with others during planning meetings --even through, listening he or she can learn about collaboration and problem solving.
- Provide opportunities for making plans and choices within the

Create a poem about who you are.

I, (your first name)
Four words that describe you
Sibling of....(or son/daughter of...)
Lover of....(three things, people or ideas)
Who feels...(up to three items)
Who needs...(up to three items)
Who fears...(up to three items)
Who would like to see...(up to three people, ideas or places)
Am a resident of...(city, state)
Welcome you to my poem.

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Check Out Our Videos: Transitioning to Adulthood

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

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

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