



Planning *for* Adult Life

Developed with funding from the Division of Developmental Disabilities,
New Jersey Department of Human Services

Presentation Guide



Planning For Adult Life

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The **Planning For Adult Life Program** (PFAL) provides free presentations, hands-on workshops, and resources for school classrooms, parent groups, community or civic groups, and professional organizations. Our standard presentation is approximately 45 minutes long and includes a brief introduction to the PFAL program, presented by one of our staff. However, we are happy to accommodate special presentation requests with advance notice. *** For our **HOW Series**, we especially encourage students to attend and participate in the hands—on experience.



What is the HOW Series?

These workshops are designed to offer students with I/DD and their family members an opportunity to learn by doing activities that help build a student's plan for when they leave school. We especially encourage students to attend and participate in the hands—on experience.

Planning For Transition: Why It Is Vital For Your Student's Future

The transition planning process includes evaluating the student's skills, abilities, strengths, challenges, and preferences to envision their life after leaving school. Planning involves setting goals for the student to strive toward and identifying the need for supports. Carrying out the transition plan can begin and should be a part of the student's Individualized Educational Plan (IEP). Students and families must be actively involved in the transition planning process as early as possible and keep it moving forward. This presentation discusses the importance of planning, the steps necessary to plan, and provides hands—on tools to put a plan in place.

Accessing Services And 'Natural Supports'

Everyone has a right to be involved in their community. There are many supports for people with disabilities to help them do just that. This workshop will discuss services for accessing the community and will provide hands—on tools for helping students to obtain natural supports in the community. It will also include conversations on how to navigate some of the challenges associated with accessing services.

Yes, Your Child Can Work! Working Toward Employment For People With I/DD

For many people, a job is something that helps define who they are. It give us a meaningful place to go everyday, a way to explore our interests, a means of earning money, and a way to be a part of our community. This workshop will discuss different employment options available to individuals with intellectual and developmental disabilities and hands—on tools for preparing students for employment.

College Options For Students With I/DD

This workshop will provide information about the different opportunities that college may offer your student with intellectual and developmental disabilities. We will suggest steps to add to your student's IEP that can help orient him or her of the differences between high school and college and assessing supports offered to students with I/DD.

Other Presentations

SSI and Medicaid: How To Apply And Why You Need To Do So

There are many different ways to initiate the Medicaid eligibility process and so it is important to make sure you have all of the necessary information. This workshop will help parents and caregivers understand how to access health care services for their loved one with I/DD from the current health care system.

Guardianship And Supported Decision Making: Just The Basics

Guardianship can be a valuable tool to protect individuals who don't or no longer possess the ability to make appropriate personal or financial decisions for themselves. This workshop will help parents and caregivers understand the guardianship process, levels of guardianship and alternatives to guardianship.

Housing 101

Adults with intellectual and developmental disabilities (I/DD) can live in a variety of places in the community. It's important to determine the level of support needed by the person with I/DD when exploring the housing options available in your community. One size does not fit all, so it's never too early to get started on understanding the different housing options. This workshop will give an overview of the housing options available to people with I/DD and what to keep in mind when identifying the best fit for the person.

Self Advocacy Series

A presentation for individuals with I/DD and families to hear directly from **nationally recognized** self-advocates and to learn about how you too can be the best advocate for yourself, your family members and others.

Topics include:

- Speak Up! Stand Out!: Success in the Self Advocacy Movement
- People First: Labels Are For Soup Cans
- Don't Let Your Disability Control You
- How to Get Connected to the Community



Self Direction Services

A presentation to learn about the history of self-direction across the country and in New Jersey and how you too can become part of the movement to direct your supports while understanding your roles and responsibilities.

Topics include:

- Person Centered Planning and Self-Directed Services: History and Life Plan

To schedule the **Self Advocacy Series**, please contact:

Allison Goodrich: agoodrich@caunj.org or 908.354.3040 x 322

Presentation Request Form

First Name: _____

Last Name: _____

Organization: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Phone: _____

Event Date: _____ Approximate # of Attendees: _____

Target Audience (e.g. High School Students, Parents/Guardians, or Professionals)

Presentation Requested:

_____ Planning For Transition: Why It Is Vital For Your Student's Future (**HOW Series**)

_____ SSI and Medicaid: How To Apply And Why You Need To Do So

_____ Accessing Services and "Natural Supports" (**HOW Series**)

_____ Yes, Your Child Can Work! Working Toward Employment For People With I/DD (**HOW Series**)

_____ College Options For Students With I/DD (**HOW Series**)

_____ Guardianship and Supported Decision: Just The Basics

_____ Housing 101

_____ Self-Advocacy Series

_____ Self-Direction Series

**Please fax this form (Attn: Help Desk) to 732-828-0972 or email:
HELPDESK@PlanningForAdultLife.org**

