

# 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: Measurable Self Determination And Self Advocacy Goals For An IEP

A child or student who has sufficient self-advocacy and self-determination skills should be able to exhibit the following:



- Choice-making
- Decision-making
- Problem-solving
- Goal setting and attainment
- Self-regulation
- Self-advocacy
- Self awareness
- Self-efficacy

It's also essential that you and your child have a vision and that it is the same vision and that they have participated in developing the vision.

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## WebinarWednesdaySeries

Join us for a  
**FREE** webinar on Wednesday, November  
18th at 6:00pm

**"Preparing Your Student To Be A Self  
Advocate With Medical Professionals".**

[Click here to register.](#)

## Student Planning Activity

**List things you do well.**

1. At home I am good at: \_\_\_\_\_ because \_\_\_\_\_

If you don't know where you are going, how do you know what to advocate for?

Lisa Lightner, a mom blogger, lists 35 measurable goals for the IEP that you and your team can discuss. Here are a few:

1. Co-lead annual review and help develop IEP goals.
2. Communicate academic strategies or compensation skills that work best for him/her.
3. Demonstrate appropriate skills in asking for a curriculum modification and will negotiate the modification with some adult cuing.
4. Demonstrate appropriate skills in asking for help at appropriate times.
5. Demonstrate appropriate skills in asking for modification independently.

Lightner writes, "Yes-doing this in real life, real time, successfully, that is the goal. But, if your child isn't at mastery level yet, it may be a staged setting. It may be a scripted conversation. That is the part of the goal that the IEP team will have to determine-what the skill set is now."

To learn more visit, [A Day In Our Shoes](#)

2. At school I am good at: \_\_\_ **because** \_\_\_

3. My family says I am good at: \_\_\_ **because** \_\_\_

4. My teachers say I am good at: \_\_\_ **because** \_\_\_

**Think of others that you could ask.**

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**Contact Us**

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## Division of Developmental Disabilities Live Webinars

### Live Supports Program Q&A Session - Individual/Family Focused

This regularly scheduled session gives individuals with intellectual and developmental

disabilities and their families an opportunity to ask questions of the Director of the Supports Program and Employment Services, and get the latest news about the Division of Developmental Disabilities' Supports Program launched in July 2015. All stakeholders are welcome to attend these webinars, but information provided will be focused on questions submitted by individuals and family members.

- November 9, 2015, 4:00 PM - 5:00 PM
- December 2, 2015, 10:00 AM - 11:00 AM
- December 29, 2015, 1:00 PM - 2:00 PM

[Register Now for Individual/Family Focused Session](#)

### **Overview and Q&A Session: The Division of Developmental Disabilities**

This webinar is geared to assist students with intellectual and developmental disabilities, their families, and school personnel in understanding the DDD system and how to prepare to access needed services after exiting the school system.

In addition to providing information about DDD eligibility, avenues of funding, Support Coordination, services, and the process for linking with providers, time will be included for questions and answers with Jennifer Joyce, Division of Developmental Disabilities Director of the Supports Program and Employment Services. Parent groups, schools, providers, and other stakeholders are encouraged to host events/meetings during the dates of this webinar to assist in sharing the information with their peers and colleagues.

- November 13, 2015, 3:00 PM - 4:30 PM
- December 8, 2015, 6:00 PM - 7:30 PM
- January 19, 2016, 10:00 AM - 11:30 AM

- February 25, 2016, 6:30 PM - 8:00 PM

[Register Now for DDD Overview and Q&A Webinar](#)

## Website Survey

PerformCare New Jersey is conducting a survey about their website. PerformCare will use your responses to consider enhancements to their website. The survey will take about 5 minutes. Your responses are anonymous.

[Take the survey now.](#)



## Check Out Our Archived Videos On Transitioning to Adulthood

[Click here to view our archived video: 'Yes, Your Child Can Work'](#)

Planning For Adult Life serves students, 16-21 years-old, with developmental disabilities and their families.  
[PlanningForAdultLife.org](http://PlanningForAdultLife.org)

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