

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!** September marks the beginning of a new school year for many students in New Jersey as well as new opportunities for students and their families to plan for life after high school. Future newsletters 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?

If you aren't familiar with what Transition Services/Planning actually is, it can be described as a coordinated set of activities for a student, 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.

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Webinar Wednesday

Join us for a **FREE** webinar on Wednesday, September 17th at 6:00pm "**Jargon Buster: Don't get lost in translation**".

[Click here to register.](#)

Student Planning Activity

Have you considered what career you would like to explore? One way to find out is through job shadowing and volunteering. Be

ATTENTION PARENTS: Have you attended a Prep Club? If not, find a local Prep Club 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 **Prep Club** is a monthly session held in every NJ county designed to help you and your student learn the tools needed for creating a 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 Prep Club near you.](#)

Check This Out!: "The Specials" on Sept 7th on OWN

Beginning at 2:30pm EST on September 7, a new webseries titled "The Specials" will air on OWN (Oprah Winfrey Network). The series follows 5 young adults with I/DD as they go through the transition process including dating, job hunting, and adjusting to life on their own. Although we are not in favor of the title, this series does offer an interesting perspective on life. Will you tune in? [Click here to learn more.](#)

Video: Transitioning to Adulthood

[Click here to view our video about why transition planning is important.](#)

proactive and call a local business or apply in-person to help show your interest and initiative. Places to consider: your local library, a non-profit organization, a veterinarian office, the police or fire department, a hospital, automotive repair shop, etc. Be sure to dress for the job, be engaged and professional.

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Contact Us

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