



**The Arc**<sup>®</sup>  
of New Jersey

# 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 (HOW) 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 professional staff. However, we are happy to accommodate special presentation requests with advance notice. \*\*\* For our **HOW Series**, we strongly 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 strongly 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 supports for accessing the community and will provide hands—on tools for helping students to obtain natural supports in the community. It will also include a discussion 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 to the differences between high school and college, and accessing supports offered to students with I/DD.

## **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 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.

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## **Middle School Series**

### **Preparing To Get The Most Out Of Your Student's High School Experience**

As a parent, you want to help your child make choices that are best for his or her needs. This workshop will explore the role your school district will play in the transition process and how you can prepare your child for adult life.

### **Understanding Parental Rights in Special Education**

An important part of the laws that ensure children with disabilities have a free, appropriate public education. It is a right of parents with the right to participate in their children's education. This presentation will provide a review of the rights and responsibilities of working with your school district as team members who are responsible for developing an appropriate educational program for your child.

### **State Services for Students with I/DD**

New Jersey programs provide many supports and services for individuals with I/DD and their families, including family support, crisis intervention, after school programs, summer camp and intensive in-home and out-of-home supports, just to name a few. This presentation will provide an overview of what these programs offer, eligibility for services, and how young adults transition from children's services to adult services when they turn 21.



# 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**  
Many people are interested in helping to make a positive change for themselves and their communities. This workshop will explain how someone can do that. It will discuss the meaning of Self-Advocacy and its important role in the community. And help you learn who self-advocates are, what they stand for, how they stay strong, and the importance of voting.
- **People First: Labels Are For Soup Cans**  
For people with a different abilities, it can be hard to know what to do or what to say when you are out in the community and encountering stares or questions about your abilities. This workshop will educate attendees on the negatives of using labels and how to overcome being labeled and bullied.
- **There's No Holding Us Back!**  
This workshop explores the different barriers that people with different abilities face and how to tear down those barriers.
- **How to Get Connected to the Community**  
It can be hard to know where to start when you are trying to get involved in your local community. This workshop will inform attendees on the resources available to them in the community. It will also stress the importance of getting involved in the community and how to handle the stresses that may arise.



## Self Direction Services

These workshops are for individuals with intellectual or developmental disabilities and their families 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.

Topic:

- **Person Centered Planning and Self-Directed Services: History and Life Plan**  
This workshop will discuss transitioning into adulthood and the support coordination process for children coming from DCF into DDD. It will go in-depth on what Support Coordination is, why it is a helpful and essential part of the Supports Program and how families can successfully navigate the Support Coordination process and the Supports Program. It will also discuss expectations and requirements of parents and providers, as well as answer some frequently asked questions.

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

**Alison Goodrich: [agoodrich@caunj.org](mailto:agoodrich@caunj.org) or 908.354.3040 x 4283**

# 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**)

\_\_\_\_\_ State Services for Students with I/DD (**Middle School Series**)

\_\_\_\_\_ SSI and Medicaid: How To Apply And Why You Need To Do So (**HOW Series**)

\_\_\_\_\_ 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 (**HOW Series**)

\_\_\_\_\_ Understanding Parental Rights in Special Education (**Middle School Series**)

\_\_\_\_\_ Preparing To Get The Most Out Of Your Students High School Experience (**Middle School Series**)

\_\_\_\_\_ Self-Advocacy Series

\_\_\_\_\_ Self-Direction Series

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

