



Planning for Adult Life: July Newsletter

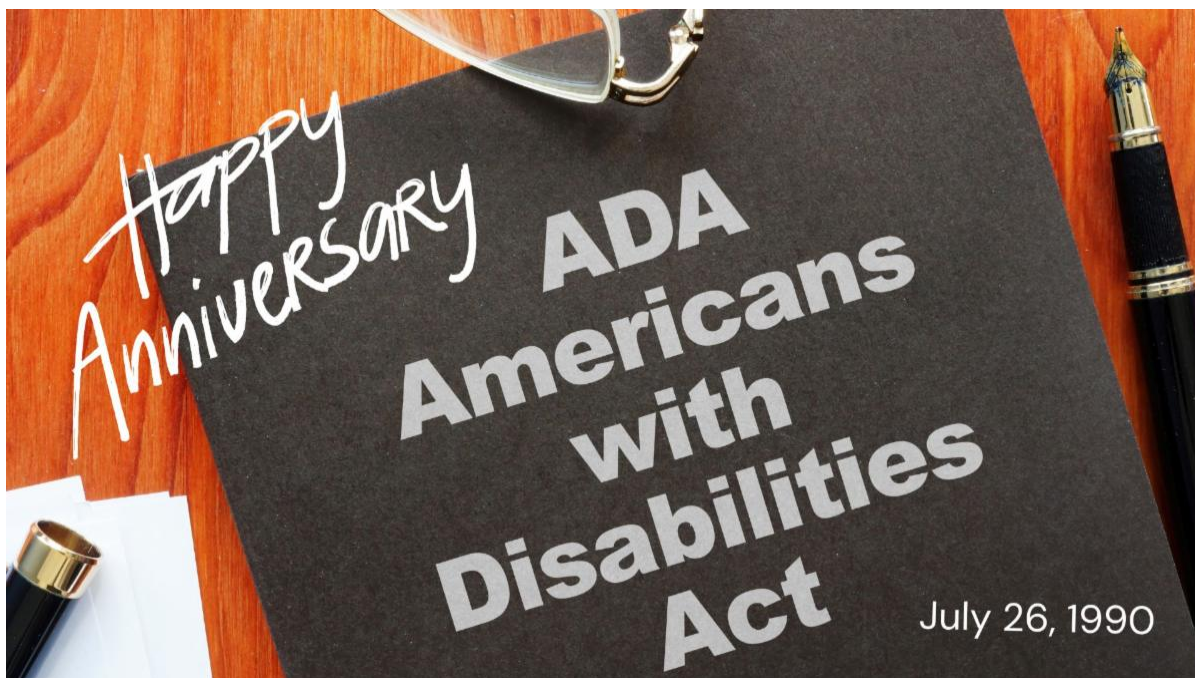
Disability Pride Month



“The World Works Better With US”

The theme for 2026's Disability Pride Month is "The World Works Better With Us." The theme was selected by The Arc's National Council of Self-Advocates (NCSA), to highlight the importance of inclusion. "When people with disabilities are included, respected, and supported, communities work better for everyone. That includes schools, workplaces, healthcare, transportation, and public life." - [The Arc](#)

Something like a curb cut that was created for people who use wheelchairs, can now make life easier for everyone. Parents who use strollers for their children or travelers with luggage that has wheels also benefit from this type of inclusion.



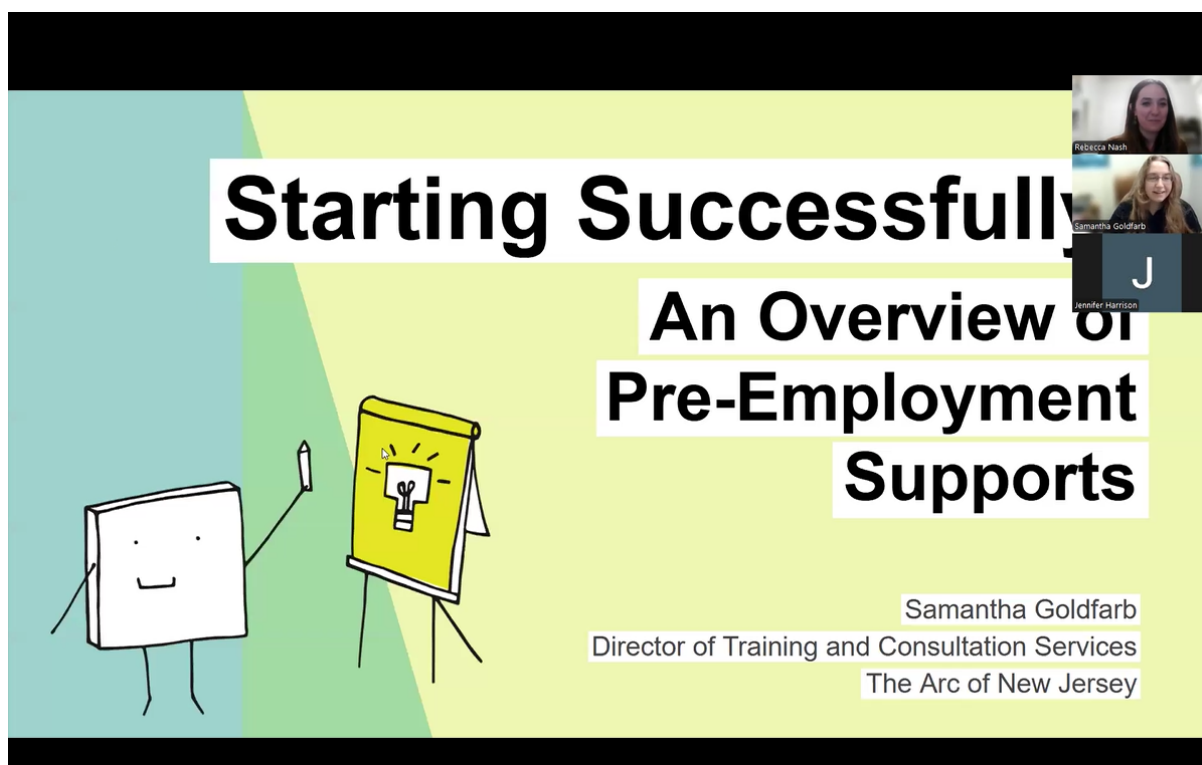
The Anniversary of ADA

On July 26, 1990, the Americans with Disabilities Act (ADA) was a tremendous milestone for the Disability Rights Movement, making it illegal to discriminate based on disability in public spaces, employment, education and transportation. It was also the start to shifts in public views on disabilities and how we should be designing spaces for ALL types of abilities.

After the Americans with Disabilities Act was signed, the first Disability Pride celebration was held in Boston that year. The first Disability Pride Parade was in 2004 in Chicago, and since then it's evolved into Disability Pride Month, where people throughout the country with disabilities celebrate in July to honor their history, the progress that has been made, and advocate where there is still work to be done.

Read more about why and how we celebrate Disability Pride on The Arc's website [here](#).

Transition Resources



Watch PFAL's webinar from July 15:

Starting Successfully: An Overview of Pre-Employment Supports

Watch our archived webinar, hosted by The Arc of New Jersey's Director of Training and Consultation Services, Samantha Goldfarb, to learn more about what types of services are available to people with disabilities that can help them better prepare for future employment.

Samantha breaks down topics like Pre-ETS, Pre Vocational Training and Benefits Counseling Services to highlight their purpose, how to navigate the process of seeking them out, and the benefits of utilizing pre-employment supports. There is also a demonstration on how to navigate some online resources!

[Watch Webinar](#)



PRE-COLLEGE TRANSITION PROGRAM

The HCCC CAT ACCESS Program is partially funded by "County College-Based Centers for Adult Transition Grant"



ELIGIBILITY REQUIREMENTS

- Ages 17-24
- Must be diagnosed with an intellectual or developmental disability.



TUITION FEE

- \$3,700.00 Tuition fee
- Includes laptop, all course materials, and supplies!



PROGRAM COURSEWORK

- Life and Coping Skills
- Work Readiness Skills
- Digital Literacy
- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint



CAREER PLANNING

- 1:1 Person-Centered Planning Sessions
- Career Exploration
- Community Linkages
- Academic and Workforce Pathways

WHY CHOOSE ACCESS?

- Budget-Friendly Tuition
- Customized Lesson Plans
- Peer Mentor Support
- Group and One-on-One Academic Coaching
- 90-Day Post-Program Support Services
- VR Career Exploration Lab
- Virtual Financial Education
- Community Partner Engagement Events
- ACCESS Alumni Group **COMING SOON!**



Virtual Information
Sessions Available!
Learn More!

CONTACT US

- ✉ CAT@HCCC.EDU
- ☎ 201-360-5477



ACCESS Program:

The ACCESS Program provides a supportive and inclusive learning experience for young adults with intellectual and developmental disabilities as they transition into adulthood.

Through hands-on experiences, career development, campus engagement, and independent living opportunities, students gain the skills and confidence to thrive.

Please help us reach families, schools, agencies, and community partners by sharing this exciting opportunity.

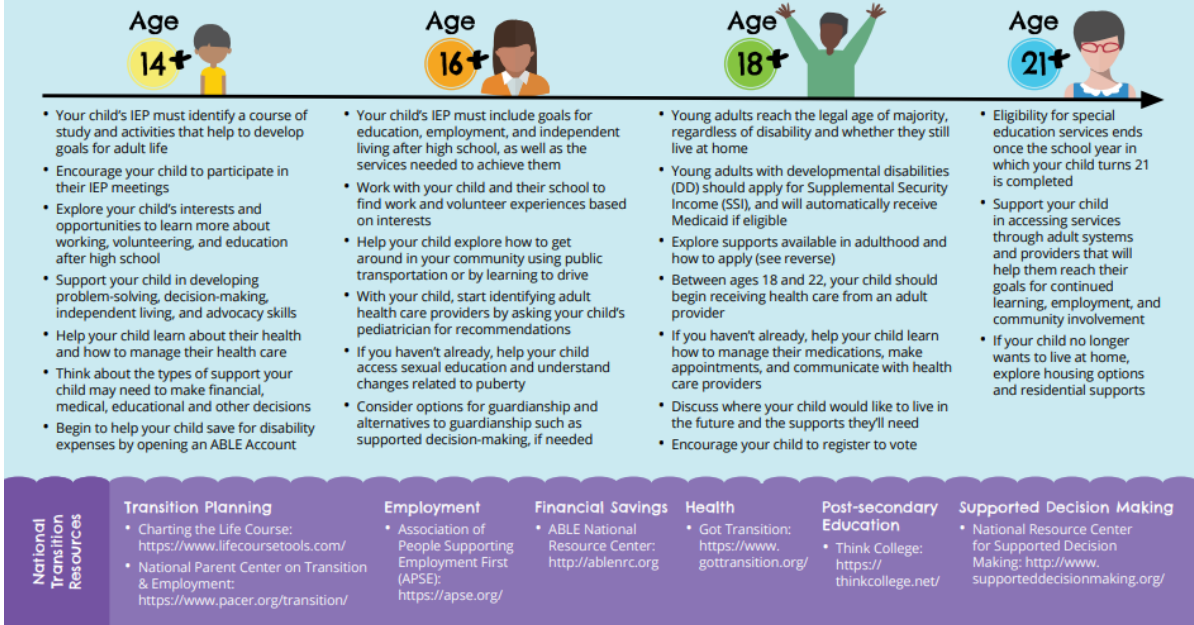
Because every individual deserves access to learning, belonging, and a bright future.

**FALL 2026 SEMESTER STARTS
SEPTEMBER 14, 2026**

[Click for Application](#)

Transition to Adulthood for Young Adults with Developmental Disabilities: A Timeline for Parents

Transitions occur in many areas of life as adolescents become young adults. These transitions might include movement from school to work or postsecondary education, the shift from pediatric to adult health care, and leaving the family home. For students with disabilities, preparation for transition should begin by age 14 and focus on academic instruction, community experiences, employment, daily living skills, and exploration of supports needed for success in adult life. This timeline identifies considerations in planning for transition by age, from 14 to the end of your child's educational entitlement at 21.



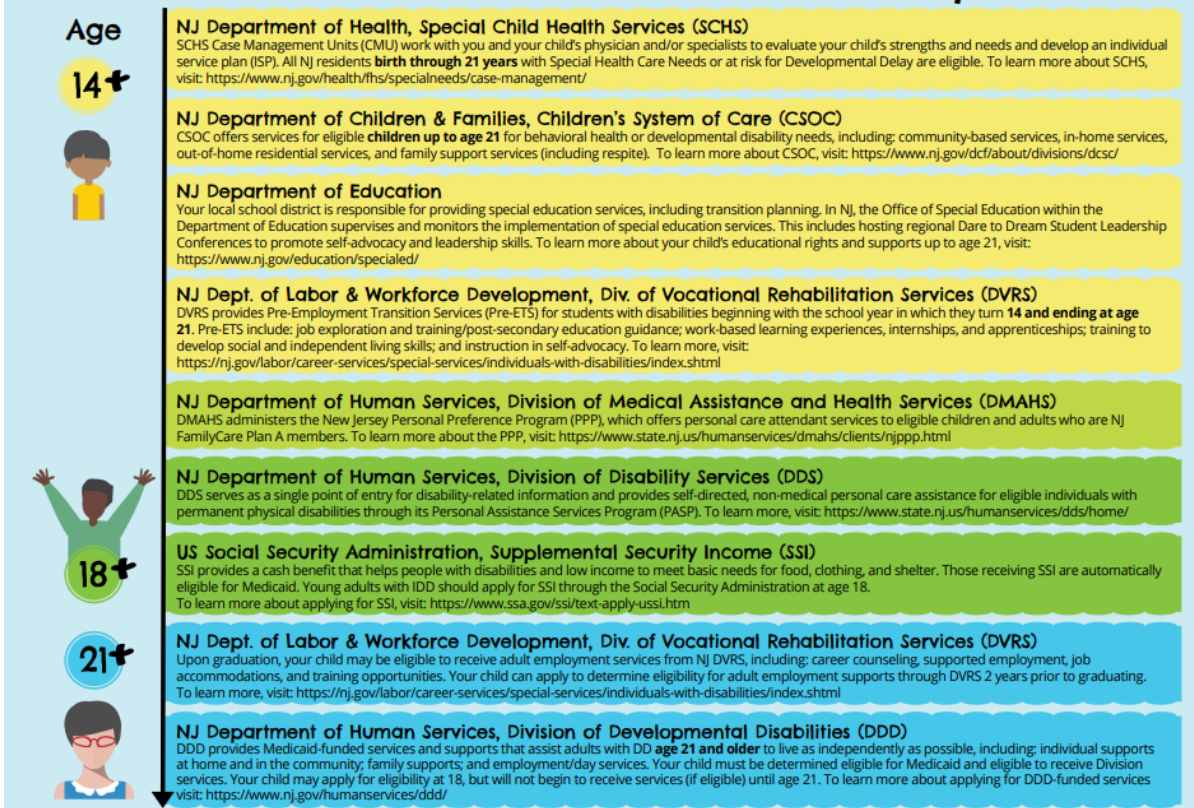
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Where to Go for Services in New Jersey



This resource was developed by The Boggs Center on Disability and Human Development, Rutgers Robert Wood Johnson Medical School, and funded by the U.S. Department of Health & Human Services, Administration for Community Living, Administration on Disabilities, January 2025

[Download Timeline](#)



Graduates Aging Out of the School System: Accessing Adult Services from the NJ Division of Developmental Disabilities A Timeline for Students Exiting School and Turning 21

To be determined eligible for services all applicants must complete either the short or the full application

□ STEP 1 Apply for Medicaid Eligibility

- You can learn about Medicaid eligibility for DDD services here:
www.nj.gov/humanservices/ddd/individuals/applyservices/medicaid
- For additional help, email DDD.MediEligHelpdesk@dhs.nj.gov

□ STEP 2 Apply for DDD Eligibility

- You can begin applying for DDD Eligibility any time after 18 years old.
- Call the DDD Community Services Office closest to where you live and/or download the DDD Eligibility Application here:
www.nj.gov/humanservices/ddd/individuals/applyservices

DDD Community Services

Egg Harbor Twp: 609-300-1898
Flanders: 973-927-2600
Freehold: 732-863-4500
Newark: 973-693-5080
Paterson: 973-977-4004
Green Brook: 908-226-7800
Trenton: 609-292-1922
Voorhees: 856-770-5900

□ STEP 3 Complete NJ Comprehensive Assessment Tool (NJCAT)

- As part of the application process, you will complete the NJCAT with a DDD Intake Worker, usually from the DDD Community Services Office closest to where you live. Learn about the NJCAT here:
www.nj.gov/humanservices/ddd/individuals/applyservices/assessment

□ STEP 4 Complete the Support Coordination Agency Selection Form

- When you are in your last year of receiving school-based services, complete and submit the Support Coordination Agency Selection Form.
- You can research Support Coordination Agencies here:
www.nj.gov/humanservices/ddd/assets/documents/individuals/support-coordination-agencies-list.pdf

September – June: Preparation and Planning

✓ Participate in webinars and activities offered about Transition Planning

- The Planning for Adult Life (www.planningforadulthoodlife.org) program offers monthly educational sessions for students with intellectual/developmental disabilities ages 16-21 and their families, and other resources, like:
 - Webinar Wednesdays – monthly webinars on transition-related topics
 - GOT PLANS? ONLINE LESSONS – a downloadable guide and fun instructional videos

✓ Participate in webinars offered by Division of Developmental Disabilities Office of Transition to Adult Life and Employment

- DDD Welcome Sessions and Transition Thursdays are for people and families to learn about the transition process, including services available through DDD.
- To sign up for DDD Transition news and announcements, scan the QR code or email DDD.TransitionHelpdesk@dhs.nj.gov.



- ✓ Explore person-centered planning tools that can help identify your vision for work and life and the supports needed to achieve this vision
 - To get started, review the DDD Person-Centered Planning Tool: www.nj.gov/humanservices/ddd/documents/person-centered-planning-tool.docx
 - Use Charting the Life Course tools during the person-centered planning process: www.lifecoursetools.com
- ✓ Learn about Support Coordination (*Care Management*)
 - Support Coordination is the care management model used by DDD to help people access DDD services and other needed medical, social, and educational services. Learn more about Support Coordination here: www.nj.gov/humanservices/ddd/individuals/community/care
- ✓ Learn about Service Providers
 - Use the DDD Provider Search Database to find service providers in your area: <https://irecord.dhs.state.nj.us/providersearch>

February/March: Support Coordination Agency Selection

- ✓ Complete and submit the Support Coordination Agency Selection Form (STEP 4)
 - Your DDD Intake Worker will provide a Support Coordination Agency Selection Form during the intake and eligibility process. There is a better chance of getting a selected agency if you include both a first-choice and second-choice agency when submitting the form. Research Support Coordination Agencies here: www.nj.gov/humanservices/ddd/assets/documents/individuals/support-coordination-agencies-list.pdf
 - Return the completed Support Coordination Agency Selection Form to the DDD Intake Worker who helped you with the intake and eligibility process.

April: Support Coordination Agency Assignment

- ✓ DDD assigns the student to a Support Coordination Agency
 - DDD assigns all graduating students to a Support Coordination Agency (even if they turn 21 in June) based on the completed selection form and available capacity of the person's first-choice and second-choice agencies.
 - Once assigned, the Support Coordination Agency can receive DDD funding to attend exit IEP and/or transition-related meetings at the school and begin working with you and your family to develop the Individualized Service Plan (ISP).

April – June: Service Plan Development

- ✓ Develop the Individualized Service Plan
 - The Support Coordinator is responsible for writing the Individualized Service Plan (ISP), with guidance from the planning team (individual, family, providers, etc.) and information gathered during the person-centered planning process and completion of the NJCAT.

Students Turning 21 July through March

- Be sure you have completed STEP 1, STEP 2, and STEP 3.
- About 2-3 months before you need services, reach out to your DDD Intake Worker to complete STEP 4.

[Download Timeline](#)

The Arc of New Jersey's Upcoming Events/Webinars:

GAAP: Governmental Affairs Ambassador Program:
Friday August 7th: 11 am-12 pm

The New Jersey Self-Advocacy Program (NJSAP) now has a new quarterly meeting for legislative advocates!

This is a quarterly meeting intended to help individuals with intellectual and developmental disabilities (IDD) become more involved in legislative advocacy! Every quarter Michael Pearson Jr., Senior Director of Governmental Affairs and Communications, will discuss current bills going through state or federal legislation. Erin Smithers, Director of The New Jersey Self-Advocacy Program, will end each meeting with an advocacy activity or training.

[Join Meeting Here](#)

Youth Advisory Board: (18-21 year olds)
Tuesday August 11th: 7 pm-8 pm

A group to give young people a voice in decisions that affect them, improving services, and creating youth-led initiatives.

[Sign Up Here](#)

Webinar: Understanding Consent, Emotions, and Safe Boundaries for Students
Wednesday September 16: 12 pm-1:30 pm

Join us for an informative webinar led by Robyn Holt, Director of the Criminal Justice Advocacy Program, focused on supporting students with IDD in understanding consent, emotions, and safe boundaries. This session will explore practical, developmentally appropriate strategies for teaching these critical concepts, promoting self-advocacy, and enhancing personal safety. Designed for educators, caregivers, and service providers, the webinar offers actionable tools you can apply immediately in educational and community settings.

[Register Here](#)

Webinar: Fix Your Face! A Discussion About the Importance of Body Language
Wednesday September 23: 12 pm-1:30 pm

Bianca Najera of the Arc of New Jersey. In this webinar, Bianca will be talking to children and young adults about the significance of body language.

[Register Here](#)

The Arc of New Jersey | 985 Livingston Avenue | North Brunswick, NJ 08902 US

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