

PLANNING FOR ADULT LIFE: WHY IS IT SO IMPORTANT?

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Planning for Adult Life



Today's objective:

- What is Transition Planning?
- Why it is important?
- What are some resources are available?
- What is the Planning for Adult Life program?

What does transition planning mean?

- New Jersey defines **Transition Services** 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.

What is Transition Planning?

- A transition plan offers students with intellectual and developmental disabilities hope and a vision for the future.
- Transition services provided by educators and community resources, can be tailored to a student's goals and strengths.

What is Transition Planning?

- The transition planning process provides each student with a way to identify:
 - their skills
 - abilities
 - strengths
 - challenges
 - preferences
 - support needs
 - options of who will provide their support.
- Students and families must be actively involved in the transition planning process as early as possible and keep it moving forward.

Why is it important?

Entitlement

- All students classified under IDEA are entitled to receive a special education and related services
- All or most services are provided by or arranged through the school district at no cost to the family.
- There is a single service delivery system or place where services flow to the student

Eligibility

- Under the Adult system, services are not entitlements
- The individual must qualify or be deemed eligible for services
- There are multiple agencies that provide services to adults
- There is no single place where these services flow or is managed for the individual

Why is it important? : Its a whole new world





Who are the adult service system?

- Community Resources, Supports, & Services
- State Agencies
- Service Providers

Use of Community Resources

- Most communities offer an array of services that may meet the needs of people with I/DD and their families
 - Skills, Interests, Gifts – what does the individual like to do for fun, is good at, is interested in?
 - Places – where does the individual work, have fun, run errands?
 - Groups/Organizations – what clubs, groups, organizations is the individual involved with?
- Utilizing these resources can increase the amount of services an individual receives and may provide services that are not available through state agencies

Examples of Resources

- www.njhelps.org
- One-Stop Career Center
- NJ Work Incentive Network Support (NJ WINS)
- Managed Care Organizations (MCO)
- Administrative Services Organizations (ASO)
- Centers for Independent Living
- NJPlan

State Agencies

- **Division of Disability Services (DDS)**- serves as a single point of entry for people with disabilities who need information and/or services within the human services system.
- **DVRS**- supports the state's [Center's for Independent Living](#). Among other services, these Centers offer information, guidance and support to people with disabilities who are gearing up for employment-related activities. DVRS is actively involved with SILC, the State Independent Living Council.

<http://lwd.dol.state.nj.us/labor/dvrs/DVRIndex.html>

- **Commission for the Blind & Visually Impaired (CBVI)**- provide services in the areas of education, employment, independent living and eye health through informed choice and partnership with persons who are blind or visually impaired, their families and the community.

Service Providers

- Not-for-profit and for-profit agencies, businesses, organizations that deliver supports and services for people with disabilities
- Reimbursement or funding for services is generally provided through state agencies

How can the adult service system participate?

- Assessments/Evaluations
- Assistance with goals/objectives related to adult life
- Job Development & Coaching
- Resources & Information
- Support & Advocacy



Provides opportunity within safety of school.

- For example, students who have had paid work experiences are 2-1/2 times more likely to be in paid jobs after graduation

Getting Started

- Asking the first question:
 - What do you plan to do after leaving high school?
- Every student's answer will be unique.
- Self Directed and Person Centered
- ***This journey begins when your child turns 14 by including it in the Individualized Education Plan (IEP)***

Self Direction

- Self-direction is based on the idea that the people being served are in the best position to know what they want and need in order to connect to other people and resources in their community.
- Self-direction puts the individual at the beginning, middle AND end of the service delivery process, so that they are both the authors and the finishers of a plan for their future.

Quealy-Gainer, Nick.(2011). *Understanding Self-Direction for People with Developmental Disabilities: A Choice for Change in Illinois*. Retrieved from http://realchoiceinillinois.org/documents/Self-Direction%20Research%20Paper_Final.pdf

Person Centered Planning

- Identifies/respects the individual's strengths, preferences and needs & how they fit into his/her vision for a life course
- Builds upon the individual's capacity to engage in activities and promote community life
- Organizes the individual, family, friends, neighbors, coworkers, professionals, etc. toward supporting the individual in realizing his/her vision for a life course
- State Resource:

<http://nj.gov/humanservices/ddd/documents/Documents%20for%20Web/PCPT.pdf>

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Person Centered Planning

http://nj.gov/humanservices/ddd/documents/Documents%20for%20Web/PCPT.pdf - Windows Internet Explorer

http://nj.gov/humanservices/ddd/documents/Documents%20for%20Web/PCPT.pdf

File Edit Go To Favorites Help

http://nj.gov/humanservices/ddd/documents/Docume...

New Jersey Division of Developmental Disabilities
Person-Centered Planning Tool

Name _____
 Date of Completion _____

Person-Centered Planning Tool (PCPT)*

The Person-Centered Planning Tool (PCPT) is a mandatory discovery tool used to guide the person centered planning process and to assist in the development of an individual's Service Plan.

Role	Name	Phone/email	Agency/Region
Individual			
Guardian			
Co-Guardian			
Family/Friends			
Family/Friends			
Support Coordinator			
Waiver Assurance Coordinator (WAC)			
Support Broker (If Applicable)			
Other			

Done Unknown Zone

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Restart your PC
to neutralize the item.

Restart now

Panda Endpoint Protection **PANDA**

www.PlanningForAdultLife.org

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What's Next?

- Develop a transitional team
- Research options & seek advise
- Draft a transitioning plan
- Implement the plan
- Evaluation

Who is involved?

- **Students**
- Parents,
- Child Study Team or other school personnel,
- State agencies such as appropriate
- Adult Service Providers
- Post-Secondary Education
- Community

Employment

Research and Assess Options:

- Internships/Community Based Vocational Assessments
- Vocational Training
- Employment

Post Secondary Education

Research and Assess Options:

- Post Secondary Education
- Vocational Training

Housing

- Where are you going to live?
- How are you going to pay for it?
- Are you going to have a roommate or live on your own?
- How are you going to get to work from where you plan to live?
- How will you get to see your friends?
- Where will you shop for things if you live there?

Being Social/Creating and Maintaining Relationships

- Re-evaluate current social activities
- Consider areas of interest & strengths
- Explore & visit activities involving peers
- Volunteer
- Re-examine caregiver relationship
- Plan to transfer responsibilities or apply for guardianship
- Seek supportive relationships: professionally & socially



Health/ Behavioral Health

- Pediatrician vs. Adult Medicine
- Managing Care & Medication
- Insurance & Medicaid

Legal/ Financial Decisions

Seek financial and legal advice as you consider the following:

- Budget
- Income
- Savings & Assets
- Special Needs Trust
- Guardianship
- Long-Term Care



Transition experiences should be provided in a variety of locations:

- School,
- ***Community***,
- Recreational centers
- work sites
- etc...

How We Can Help

- ***Planning for Adult Life*** is a unique program that was created to help you and your student navigate the process of preparing for life after they leave school.
- 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.

Our Navigation Team

- Jerisa Chiumbu-Maseko, Director
- Amanda Milaschewski- Region 1 (Sussex, Warren, Hunterdon, and Morris)
- Stacy Felder- Region 2 (Bergen, Passaic, Essex, Hudson, Union)
- Lisa Ford- Region 3 (Somerset, Monmouth, Mercer, Middlesex)
- Currently Vacant- Region 4 (Burlington, Ocean, Atlantic, Camden)
- Teresa Dimitri- Region 5 (Salem, Gloucester, Cumberland, Cape May)

Making Action Plans for Life and Career (MAPs) CLUBS

- **Transition Navigators** will meet with student classes in the school held twice a month
 - Peer to peer discussions
 - Formal presentations
 - Individual activities based on transition curriculum.
- **Employment Site Tours.**

Area employers will host half-day information and insight gathering visits for a maximum of 8-12 students at a time. Students will be given an opportunity to discuss their observations at the next MAPs club meeting.



PREP CLUBS

- Prep Clubs are meetings for parents to learn more about the needed steps to take before student's graduation.
- Each monthly Prep Club session will focus on a different aspect of transition and adult life; will utilize tools such as the *Planning for Adult Life Guide*, informational handouts, worksheets, checklists, questionnaires, flowcharts, and presentation slides, and will consist of a formal presentation, as well as a Q&A period, small group and individual discussion time.
- We will review 7 core areas and provide useful resources to help you and your child create a PLAN FOR ADULT LIFE.

Our Core Areas

- Our program provides life skills training in seven core areas:

Importance of Planning/Visioning

Self Direction

Post Secondary Education/Employment

Housing in your Community

Legal/Financial Decisions

Being Social/creating and maintaining Relationships

Health/Behavioral Health

Opportunity Expos

- Service provider fair
- Variety of exhibitors including: state and county government entities, community service providers, service coordinators, local health care providers, support and recreation providers, other generic support services, information and referral services.
- The fair will include an educational component of short, 45-60 minute workshops on specific topics

Our Website (Forthcoming)

The screenshot shows a web browser window with the URL planningforadulthood.org/presencehost.net/lifeplanning_areas/planning.html. The website header includes the logo for the Division of Developmental Disabilities, Planning for Adult Life, and the text "Developed and administered by The Arc of New Jersey". A yellow navigation bar contains the following links: HOME, GETTING STARTED, LIFE PLANNING AREAS, WE OFFER, EVENTS, FOR COMMUNITY PARTNERS, and HELP DESK. On the left side, a list of topics is provided: Education, Employment, Health, Housing, Legal Issues, Social, Planning, Behavioral Health, Self Direction, and Financial Issues. The main content area features a yellow-bordered box with the title "Planning" and the subtitle "Why Planning is Important". Below the subtitle is a photograph of a young girl reading a book. The text in the box reads: "Planning for Adult Life" followed by the italicized phrase "The Adult System is a whole new world". The main text explains that students under IDEA are entitled to special education and related services, which are provided through the school district at no cost to the family. It also notes that under the Adult system, services are not entitlements and must be qualified for by the individual.

www.PlanningForAdultLife.org

Our Webinar Wednesdays Series

- Offered Monthly
- Register on PFAL website
- Recorded
- Posted on website

Next Wednesday: October 30: National Disability Employment Awareness Month: Planning for Employment after School

Katelynn Collick , Training and Consultation Services, ProjectHire

November 13 Guardianship and Special Needs Trusts

December 18 SSI and Medicaid– Becoming Eligible and Maintaining Eligibility

www.PlanningForAdultLife.org

Learn More about: Person Centered Planning

- www.inclusion.com
- www.learningcommunity.us
- www.capacityworks2.com
- Person Centered Thinking training
- Elizabeth M. Boggs Center on Developmental Disabilities



Takeaways:

- Transition planning starts early
- Transition planning is important
- Check your community for resources



Questions???

www.PlanningForAdultLife.org

Thank You!

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- www.PlanningForAdultLife.org
(Forthcoming)