



The Arc[®]
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.



HANDS-ON WORKSHOP SERIES

What is the HOW Series?

These in person or virtual workshops are designed to offer students with IDD 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 IDD

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.

SOS!: Strategies Of Success for Parents of Students with Less Intensive Needs for Support

Is there a secret to success in having your child move from school to adult life if they don't qualify for state-funded services. What are the things you don't know or need to know. This workshop will provide information parents have learned through their own experience that they wish they would have known before their student left school. We will suggest steps to add to your student's IEP that can help orient them to the differences between high school and college, and accessing supports offered to students with IDD.

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 IDD 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.

Housing 101: Exploring Options for Living Arrangements

Individuals with IDD can live in a variety of places in the community. It's important to determine the level of support needed when exploring housing options in your community. One size does not fit all, so it's never too early to get started on understanding the different living arrangements available. This workshop will give an overview of the options available and what to keep in mind when identifying the best fit for the person

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.

State Services for Students with IDD

New Jersey programs provide many supports and services for individuals with IDD 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 IDD 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.
- **We are People: 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 Reconnected 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:

- **Support Service Coordination 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:

Brook Wikowski bwikowski@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: _____

Will the presentation be held: IN PERSON _____ or VIRTUALLY _____

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 IDD (**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 IDD (**HOW Series**)

_____ College Options For Students With IDD (**HOW Series**)

_____ Guardianship and Supported Decision: Just The Basics (**HOW Series**)

_____ SOS!: Strategies Of Success for Parents of Students with Less Intensive Needs For Support

_____ Housing 101: Exploring Options for Living Arrangements

_____ 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**

