



**WAZE TO  
ADULTHOOD**

**March 2023**

**Planning for YOUR Future**

PEATC's Transition to Adulthood Newsletter

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## **Did you know that March is Developmental Disability Month?**

March has been recognized as Developmental Disabilities (DD) Awareness Month since 1987 when President Ronald Reagan issued a public proclamation urging Americans to provide individuals with developmental disabilities “the encouragement and opportunities they need to lead productive lives and to achieve their full potential.” Developmental disabilities include physical, learning, language, or behavior disabilities that occur before the age of 22. They include but are not limited to autism spectrum disorders, cerebral palsy, intellectual disabilities, spina bifida, hearing loss, vision impairment, and other developmental delays.

DD Awareness Month is a great time to think about the contributions of people with a developmental or related disability who live, work, and play among us and to advocate for their full inclusion into all facets of community life. Transition age (14 or even sooner) is a great time for young people to develop their future goals and explore opportunities such as competitive, integrated employment, postsecondary education, independent housing options, and inclusive recreation/social opportunities. Here are some resources that can help.

## **Helpful PEATC Resources**

Factsheets in English:

- [Center for Independent Living Parent Factsheet](#)
- [Healthcare Transition Planning \(HTP\) and the IEP and IPE - A Resource Document](#)
- [Life Skill Checklist](#)

Factsheets in Spanish:

- [Center for Independent Living Parent Factsheet](#)
- [Healthcare Transition Planning \(HTP\) and the IEP and IPE - A Resource Document](#)
- [Life Skill Checklist](#)

**Check out additional PEATC resources [here](#)**

# PEATC Transition Happenings

## **YET Council Meeting**

**March 13th | 6:00 pm**

The Youth Empowerment Transition (YET) Council is a group that empowers Virginia students with disabilities, ages 14-22, as they begin their transition from High School to Adulthood with monthly discussions about empowering themselves and increasing their self-advocacy. Meetings are held on Zoom **every 2nd Monday of the month!**

For more information, contact Kendra Wormley at [kwormley@peatc.org](mailto:kwormley@peatc.org)

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## **Transition University**

**February 13th - April 4th**



It's not too late to register. Please join us for this FREE 5-week SELF-PACED online course that focuses on providing parent-friendly information to help make the transition for students with disabilities planning easier. This course is designed for parents/caregivers of elementary, middle, or high school students that receive special education services, but is open to everyone. The goal is to share factual information on transition services and to help make the transition from school services to the adult services world less confusing and more effective.

[REGISTER HERE](#)

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## **Youth Sexual Health and Wellness Sessions**

**March 6th, 13th, and 20th | 6:00 pm - 7:00 pm**

This 3-part series is designed specifically for Virginia youth with disabilities. The trainings are designed to increase an individual's capacity for self-advocacy and decision-making. These 3 sessions will cover important topics including consent and body rights when it comes to Public vs. Private behaviors and places, Consent, and Social Media and Internet Safety. [REGISTER HERE](#)

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## **Disability Benefits: Social Security and VA's Medicaid Waivers**

**March 23rd | 6:30 pm**

Families of children with disabilities need to have an understanding of government benefits available to them as part of planning the future for their loved one. Navigating the world of disability benefits can be tricky, time-consuming, and overwhelming. Join us as we discuss in clear understandable language: what are Social Security benefits and what are VA's Medicaid Waivers? Who is eligible? How do I apply? [REGISTER HERE](#)

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## **Let's Talk About It: Sexual Health and Wellness Workshop for Parents of Students with IDD**

**April 24th and 25th**

You're not alone if you find it uncomfortable to talk about sexuality and puberty with your child. Most parents do. However, being comfortable talking about this with your child is so important, as these conversations are critical to your child's health and safety. This workshop is for Virginia parents, guardians, and family members of youth with disabilities along with educators and professionals. [REGISTER HERE](#)

**See our full event calendar [here!](#)**

# Other Happenings

## Career Café: Chatting with Employers – STEM-Healthcare

March 16th | 3:00 pm - 4:00 pm

Join DARS as they chat with employers to learn about the careers they offer in STEM- Healthcare. [REGISTER HERE](#)

## Social Security Basics – The Arc of Northern Virginia

March 17th | 10:00 am

Join this online event to get information about Supplemental Security Income (SSI) and Social Security Disability Insurance, Retirement, Survivorship, and Disabled Adult Child (SSDI) benefits. [REGISTER HERE](#)

## Entrepreneurship, Disability, and CDFIs

March 7th, 21, April 4th, and 18th at 2:00 pm

Join in on these four sessions of a five-part webinar series from Community Development Financial Institutions (CDFIs) that have found ways to increase inclusion and from disability-owned businesses on how they obtained the financial support they needed. [REGISTER HERE](#)

## RVA Adaptive Sports Festival – Glen Allen High School

April 15th

The RVA Adaptive Sports Festival is the region's largest showcase of sports and recreational opportunities for people with disabilities. For more information [CLICK HERE](#)



## Check this out!

### Youth Leadership Academy – Developing Young Leaders

The Virginia Board of People with Disabilities is accepting applications for their Youth Leadership Academy (YLA). YLA is Virginia's premiere opportunity for rising high school sophomores, juniors, and seniors with disabilities to participate in customized learning and fun through personal, career, advocacy, and leadership development activities. This year's YLA will be in person, location to be announced soon. Applications are due Friday, April 7, 2023. For more information and for the application [CLICK HERE](#)

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