

The Arc of Arapahoe & Douglas Presents

Step Up Into Your Life

Planning for New Heights Beyond School

Knowing your rights!
Knowing your responsibilities!

A valuable learning experience for teenagers with disabilities and their parents



If you don't know where you are going, any road will take you there.

The evening will begin with dinner, introductions and networking. Then speakers will present on the topic for that evening. After the presentation there will be time for questions and more networking.

SPACE IS LIMITED. RSVP IS NECESSARY. PLEASE LET US KNOW HOW MANY WILL BE ATTENDING!

CALL Pam @ 303-220-9228 OR E-MAIL pam@arc-ad.org

You can learn about:

1. Person Centered Planning— Discuss the concept of “Person Centered Planning” with overview of the PATH Planning and Essential Life Planning.
2. How do I pay for it? - Provide in-depth information about SSI, Medicaid, Medicaid Waiver programs and financial planning.
3. What are you doing all day? - We will explore a variety of employment options, day programs and vocational rehabilitation services. We will also talk about recreation and transportation.
4. Where will I live? - Overview of group homes, host homes, personal care alternatives, apartments and home ownership.
5. Who makes decision? - Guardianship, power of attorney, medical power of attorney and conservatorship.
6. What about health care? - Transitioning from pediatricians to primary care physician, medical records, dental and mental health will be discussed along with current Medicaid benefit packages.

Who:

The Arc of Arapahoe & Douglas has provided information, advocacy and support to families who have children with disabilities since 1954.

What:

Step Up Into Your Life is about understanding the world of supports and services after high school.

When:

Six Monday Sessions: March 1, 8, 15, 29 and April 12 & 26, 2010
6:00 PM—8:00 PM

Where:

Southbridge Recreation Center Senior Lounge
4800 McArthur Ranch Road
Highlands Ranch, CO 80130

Cost:

Free - This is supported by a grant from the Douglas County Mill Levy Funds, Douglas County Human Services

All curriculum materials and dinner will be provided at each session.

Childcare reimbursement provided, if needed. Please talk with Pam about your needs.

Both parents or a parent and a support person are encouraged to attend.

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