

WELCOME

Adulting: What It Means to Me and My Future

Session 5: Wrap Up Discussion



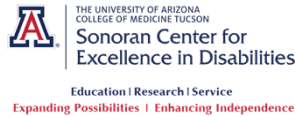
Funding for the Adulting Workshop series and the [Future Planning Workbook](#) have been provided by the Arizona Developmental Disabilities Planning Council

<https://addpc.az.gov>



What Adulting Means to Me: A Wrap-Up Discussion

Sonoran UCEDD & Panel of Self-Advocates
August 29, 2020



Overview

- Learn from a panel of young adults about their transition experiences
- Learn from you about your experiences and plans for the future
- Raffle for prizes!!!






**Which
Adulting
sessions did
you attend?**

**Go to
menti.com**




**What Do
You
Think?**

**Go to
menti.com**



Our Panel



Sonoran Center for
Excellence in Disabilities

Introductions

1. Please tell us a little about yourself
2. What are you currently doing?
3. What are your future goals?

What does being an adult mean to you?

What does “Adulting” mean to you?

What are you happy or proud about?

What helped you to achieve this success?

**What part of
being an adult
feels hard?**

What challenges have you experienced as you moved in to adulthood?

**What advice or
recommendations
would you give to other
youth and young adults
as they transition to
adulthood?**

Questions for our panel?



We want to hear from you!

First – let's get to know you a little bit



How do you spend your time?

Go to [menti.com](https://www.menti.com)



What goals or plans to you have?

Go to [menti.com](https://www.menti.com)

Follow Up from Last Week's Workshop

What other relationships would you like to have?

What can you do to make new relationships?

Did you share your ideas with your family, friend, or other people in your community?

What did they say?



What steps are you taking towards transition?



List 1 or 2 things you are going to try.

Go to [menti.com](https://www.menti.com)



What information and resources do you need or want to be an adult?

Go to [menti.com](https://www.menti.com)



**How do you
feel after
joining the
Adulting
Workshops?**

**Go to
[menti.com](https://www.menti.com)**



**Did your
idea of
being an
adult
change?**

**Go to
[menti.com](https://www.menti.com)**



What other things do you want the Sonoran UCEDD to talk about or do?

Go to [menti.com](https://www.menti.com)

Future Planning Workbook

- Helps you plan for the future
- Gives individuals and their families ideas to think about when planning
- Worksheets help you put your ideas on paper

Available in English and Spanish

Download for FREE online

<https://tinyurl.com/OurFuturesOurWishes>

<https://tinyurl.com/NuestrosFuturosDeseos>

Hardcopies will be mailed to participants in September



Sonoran Center for Excellence in Disabilities

Thank You to Our Partners



Contact

Jacy Farkas
UCEDD Training Director
Sonoran Center for Excellence in
Disabilities
jkbell@arizona.edu
520.626.2207



<http://sonoranucedd.fcm.arizona.edu>