




### Questions?

Contact Claire Cook  
at [clairer3@uic.edu](mailto:clairer3@uic.edu)  
or (800) 322-3722.



# Preparing for Adulthood:

## *A Roadmap for the Future*

### Session Two: Empowering Parents and Caregivers

**Date:** July 31 at 6 p.m.      **Audience:** Parents, caregivers and families of youth ages 16 and older with complex needs and/or disabilities.

#### **Register for Session Two**

Building on session one, this webinar will focus on:

- Adult guardianship, health insurance, benefits and programs for youth with complex needs.
- Creating meaningful daily routines while managing evolving family dynamics.
- The role of support circles and how to make decisions that support youth and caregivers in the long run.

This session will empower families with knowledge and strategies tailored to their unique challenges.