



# Preparing for Adulthood:

## A Roadmap for the Future



### Division of Specialized Care for Children

Join us for a free, two-part webinar series to help families and youth navigate the journey to adulthood.

Claire Cook, Title V Transition Specialist for the Division of Specialized Care for Children (DSCC), and Suzanne Aaron, Northern Illinois Outreach Specialist for Illinois Life Span, will lead these presentations.

Each presentation will be in English. Live Spanish interpretation will be available.

**Questions** - please contact Claire Cook at [clairer3@uic.edu](mailto:clairer3@uic.edu) or (800) 322-3722.

#### Session One: Navigating Adult Systems

**Date:** June 26 at 6 p.m.

**Audience:** Parents, caregivers, families and youth ages 12 to 15.

##### [Register for Session One](#)

As young people move toward adulthood, families face new challenges and shifting roles. This session will explore:

- Understanding adult systems: healthcare, education, employment, housing and community resources.
- Strategies for balancing independence and guidance as family roles evolve.

The presentation will provide practical tools to prepare for the future. Families of youth at other developmental stages are also welcome to attend.

#### 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.