

# The Good Life Series



Everyone wants to live a good life! Preparing ahead of time is the key to living the life of your dreams. DSG wants to help prepare self-advocates with Down syndrome for a seamless transition to adulthood, alongside their caregivers. There are many stages to transition, so feel free to attend any and all classes you wish based on your self-advocates needs. Remember, its never too early to start planning!



- \* Self-Advocates and caregivers learn about the same topic, but in separate spaces
- \* You may attend a class as many times as you want, NEW MATERIAL and SPEAKERS
- \* Ages 15-23 is the target range for self-advocates (Classes taught at this level)
- \* Register for all sessions you wish to attend: [www.kcdsg.org/thegoodliferies](http://www.kcdsg.org/thegoodliferies)



**Becoming An Adult**  
*September 10, 2019*  
*@DSG 6-8pm*

## Self-Advocate Session

Activities to help guide decision making and planning for a future after high school, college, and beyond.

## Caregiver Session

- ◆ Planning for life after high school, college, and beyond
- ◆ Funding for the future
- ◆ Where to start
- ◆ Supports

**The Learning Continues**  
*November 4, 2019*  
*@UMKC Campus 6-8pm*

## Self-Advocate Session

Pizza Dinner and UMKC Campus Tour

## Caregiver Session

- ◆ Educational Opportunities Available
- ◆ Entrance Criteria
- ◆ Documentation Requirements
- ◆ Support Services Available
- ◆ Financial Aid

**Time To Work**  
*February 20, 2020*

*@Sylvester Powell 6-8pm*

## Self-Advocate Session

Job Fair and Mock Interviews with local employers

## Caregiver Session

- ◆ Employment Options
- ◆ Volunteer Opportunities
- ◆ Vocational Providers
- ◆ Services & Supports

**Living the Good Life**  
*April 28, 2020*  
*@DSG 6-8pm*

## Self-Advocate Session

Tours at the Mission Project Apartments and learning from Self-Advocates already living independently

## Caregiver Session

- ◆ Independent Housing Options
- ◆ Finances, exercise, cooking, and socializing
- ◆ Guardianship
- ◆ Supports
- ◆ Resource Session