



10th Annual
Transition Trek
 Sponsored by PRIDE Transitions



Thursday, April 25, 2019 Cost: Free
 Lakeview Mall (Downtown Buffalo) 15 1st Ave South, Suite #4

The purpose of this event is to provide individuals with disabilities, their families, and the advocates an opportunity to connect with transition-based support resources. This seminar is open to **anyone** in the public who is interested, including those living outside the Buffalo-Hanover-Montrose School District. We are here for YOU to explore, ask questions and prepare!

6:00 - 7:15 p.m. ~ Transition Trek Phase 1

Representatives from a variety of agencies will provide information and answer questions about how they can help support you and/or your family through the transitions process. As we prepare for this event, the topics covered continue to expand:

- Employment Connections
- County Services
- Disability Information Pertinent to ALL Disabilities
- Life Planning (Guardianship, Wills, Conservatorship)
- Social Security Information
- Post Secondary Education (College) and Training
- Recreation and Leisure
- Independent and Semi-Independent Living Skills
- Health & Wellness
- Housing & Transportation
- Community Integration
- Technology (iPad Apps)
- Family Services
- Counseling
- Banking
- Insurance/Special Needs Plan
- Usborne Books & More

7:30 - 8:30 p.m. ~ Transition Trek Phase 2 ~ Includes 3 Break-Out Sessions

Attendees may choose a topic that best suits their interests/needs

What is Life Coaching and How Can it Help

***Sara Swan:** *Founder and Executive Director of Looking Forward Life Coaching*

When people think of life coaching, a vision appears of someone telling an executive all the great things they have done or someone who uses unique ways to get in touch with your inner being. This type is neither of them. Sara Swan's way of coaching is better described as an external brain. Life coaches strive to have someone hold you accountable, mentor you in life's adventure, and encourage you during all of life's stumbling blocks. Sara will give a sneak peek on how to change the stumbling blocks of life into the stepping stones towards success.

Special Needs Planning - Securing the Future for Persons with Disabilities

***Roger Strege:** Certified Estate and Trust Specialist TM and ***Jan Larson:** Attorney with Johnson, Larson & Peterson P.A

Assisting persons with disabilities and their families to identify and resolve unique life and estate planning issues. The session takes professionals and families from the first to the last planning step, explained in easy to understand terms. Topics include protecting government benefits, establishing guardianship, preparing appropriate wills and Supplemental Needs Trusts, avoiding family conflict, and reducing professional costs.

Involving County Services

***Kaylyn Thienes-Jacobson, Lisa Wilson and Rhonda Heishiser:** **Wright County Social Workers**

Panel discussion and overview on accessing case management services, eligibility requirements for various programs, MnCHOICES assessments, funding for programs, services available and housing options.

Who Should Attend This Event?

- ⇒ Individuals with Disabilities
- ⇒ Parents
- ⇒ Government Employees
- ⇒ Service Providers
- ⇒ Caregivers
- ⇒ Teachers



Feel free to contact Terri Brummer, Shelly Geurts or Lori Eden at PRIDE Transitions at 763-682-8890 if interested in being a representative for a service option for individuals with disabilities or would like more information on this event.