

Rebecca Nash

Director, Planning for Adult Life

Give us a bit of background about how your previous roles with The Arc of NJ has led you to this new role as Planning for Adult Life's Director?

My first role was as a Transition Specialist under the Planning For Adult Life program, which gave me a really thorough understanding of all the different facets that go into transition planning. As a Transition Specialist, a big part of the job is getting in front of school staff and parents to present on topics that are related to transition planning. Getting the opportunity to get in front of educators, parents, and professionals that navigate this process directly really helped me understand where the gaps are in education, support, and understanding of the transition process. As the Director role became available, I was excited to take on the role with some ideas of how we can expand on the great foundation of PFAL.

What is your vision and goals for the Planning for Adult Life program?

My vision for PFAL would be to expand upon our solid foundation we've created thus far. We have a great lineup of workshops, a ready-to-implement curriculum that provides an overview of the core components of transition planning, weekly office hours, monthly webinars, and more. So I would love to expand our audience and offerings to reach more people. This way, we're getting the word out about who we are and what we offer so that more families can have a place to turn to when they need help with this process.

What do you want families and their loved ones with IDD to know about you and the Planning for Adult Life program?

I would like families and individuals who will encounter the transition into adult life to know that they don't have to navigate this phase of life on their own, if they don't wish to. Besides our program, there are many people, organizations, and advocates out there that will assist them in this process. The biggest hurdle can be getting the process started. We would love to be the first stop for families– where we can either pass along the information, find the resources, or point them in the right direction. It's all about starting the process, making small goals, and one-by-one, they will get crossed off your to-do list.