



Transitions to  
Adulthood  
Workshop Series



LOUISIANA DEVELOPMENTAL DISABILITIES COUNCIL

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# BUILDING INDEPENDENT LIVING SKILLS: DAILY LIFE AND HOUSEHOLD MANAGEMENT

July 31, 2026  
12:30 to 2:30 pm

This workshop is for youth and young adults with intellectual and developmental disabilities (IDD) and their families who want to prepare for adult life. Participants will learn about different housing options, practice daily living skills like routines and household tasks, and explore how to find and apply for jobs. We will talk about personal strengths, support needs, and who to ask for help when making important decisions. This interactive workshop is designed to build confidence, independence, and a clear plan for the future.

# NAVIGATING WAIVERS: SERVICES AND ACCESSING SUPPORT

July 31, 2026  
3:30 to 5:30 pm

This interactive session is tailored to support individuals with intellectual and developmental disabilities (IDD) in managing their health and wellbeing. Participants will explore essential topics like balanced nutrition, simple exercises, and mental health strategies through hands-on activities and discussions. The session also covers how to access healthcare services and understand basic health insurance concepts. With engaging resources, practical tips, and a list of professional contacts, this workshop empowers participants to take charge of their health and live their best lives.

## ONE DAY - TWO OPTIONS!

Presenters:



Sharon  
Delvisco, DSW,  
LMSW, CGMP



Elizabeth  
Power,  
M.Ed.

Register Now:

<https://bit.ly/DDCBR26>



Goodwood Library  
7711 Goodwood Blvd, Baton Rouge, La  
Conference Room 102

Questions?  
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