

FAB Topics by Month FY 23



August – Budgeting – Money Management

Ways to Save Money, Cutting Coupons
Free Stuff to do in Connecticut
Budget-Friendly Recipes, Identity Theft
ABLE Accounts

September – Quality of Life

Self-Direction, Self Determination
Having a Job – Employment
ADA Accessibility in our Community & Home
Understanding All of Our Abilities

October – Politics

Voting
Working with Your Legislature
Understanding Legislation

November – Rights and Diversity

Interacting with Law Enforcement
Human Rights; Understanding Diversity
Understanding Diversity; LGBTQIA+

December & January – Emergency Preparedness and Transportation

ADA – Assistive Technology
What to do when the power goes out
Resources to prepare for a snowstorm
Check smoke detectors

February – Physical and Mental Health

Positive things to do in general to maintain a positive attitude; Ways to deal with grief
Exercise; Women’s and Men’s Self Care

March – Disability History – Building Self Advocacy

Special Olympics
Celebrate Disability History

April – Building Relationships

How to Make Friends/Connections
Moving through different steps in relationships
Virtual Relationships – Staying safe

May – Aging

Telehealth; Elder Abuse
Staying Active

June – Relaxation

Identifying Stress
Walking; Meditation
Foods and Beverages to Relieve Stress
Identity Theft – ABLE Accounts

July – Community Relationships

Community Connections for Spiritual Support
PRIDE – LGBTQAI+
Volunteering