

FAB Topics by Month 2023/24



<p><u>August</u> – Budgeting Money Management Transportation</p>	<p>Ways to Save Money, Cutting Coupons, ABLE Accounts, Budget-Friendly Recipes, Financial Abuse, Identity Theft, Free Stuff to do in CT, Understanding State & Federal Budgets, Saving Money in the Workplace</p>
<p><u>September</u> – Quality of Life</p>	<p>Self-Direction, Self Determination; Having a Job – Employment</p>
<p><u>October</u> – Voting</p>	<p>Success Stories - STEP; Supported Decision Making; Understanding your Benefits & All of Our Abilities; ADA Accessibility in our Community & Home Registering to Vote; Transportation to Polls; Understanding Candidates & What is Important; Connecting with your Representatives; Understanding & Working with Your Legislature; Testifying before the Legislature</p>
<p></p>	<p>Employment Awareness Month</p>
<p><u>November</u> – Rights & Diversity</p>	<p>Interacting with Law Enforcement; Human Rights; LGBTQIA+; Understanding Diversity; Challenges to Human Rights; A Right to Choose; Cultural Diversity/Awareness; Treatment of Minorities by Authority</p>
<p><u>December</u> – Emergency Preparedness</p>	<p>ADA – Assistive Technology; What to do when the power goes out; Check Smoke Detectors; Resources & What to Do to Prepare for a Snowstorm, Tornado, or Hurricane; Interacting with Emergency Personnel</p>
<p><u>January</u> – Public Safety Transportation</p>	<p>Active Shooter Training; Being Safe at night; No drinking & driving; Bullying; Remote Supports; Catfishing; Online Safety; Interacting with Police; Sensitivity Training for Police to Understand Individuals with Disabilities</p>
<p><u>February</u> – Building Relationships</p>	<p>How to Make Friends/Connections; Exercise; Moving through Different Steps in Relationships; LGBTQIA+; Virtual Relationships – Staying Safe; Socialization; Healthy Relationships/Consent; Self-Advocacy; Peer Pressure; Parenting with Disabilities</p>
<p><u>March</u> – Disability History Building Self-Advocacy</p>	<p>Special Olympics; History of Self-Advocacy; People First Movement; Disability Awareness Month</p>
<p><u>April</u> – Physical & Mental Health</p>	<p>Positive things to do to maintain a positive attitude; Dealing with Grief; Exercise; Sexual Abuse; Depression/Anxiety; Mental Health Illness & Treatment; Women/Men’s Self-Care; Climate Change; Earth Day; Air Pollution</p>
<p><u>May</u> – Aging</p>	<p>Telehealth; Elder Abuse; Staying Active; Supported Decision Making; Living Independently; Wills & Advanced Directives (DNR); Aging in Place; Transition to Adult Services; Assistive Technology/Services</p>
<p><u>June</u> – Relaxation</p>	<p>Identifying Stress; Walking; Meditation; Foods & Beverages to Relieve Stress; Suicide Prevention & Therapy Dogs; Music & Art Therapy; Staying Healthy; Yoga/Taichi; Horticulture & Pet Therapy; Recreational Activities</p>
<p><u>July</u> – Community Relationships</p>	<p>Community Connections for Spiritual Support; PRIDE – LGBTQAI+ Volunteering; Free activities; Healthy Options in Extreme Weather; (Cooling Stations) Minorities & Authorities Relationships; Neighborhood Connections; Understanding Supervisors; Mentoring Classes & Parenting Classes; Learn Effective Communications Skills</p>