

## Commission on People with Disabilities

Tuesday, February 22nd, 2024

(rescheduled from Feb. 15<sup>th</sup>)

### MINUTES

Approval of Minutes from January 18<sup>th</sup>, 2024

**Guest Speaker:** Deirdre Flores, MS CCC-SLP *Speech Language Pathologist* will discuss her social skills and language programs offered in Westport. [TheTeenSLP.com](http://TheTeenSLP.com)

Deirdre Flores is a Speech-Language Pathologist in Westport with over fourteen years of professional experience working with teens and young adults in school and private practice settings. As a seasoned and dynamic Speech Pathologist, Deirdre has specialized training and extensive experience in social skills interventions and language skills needed to successfully transition into post-secondary environments.

The Teen SLP was established in 2021 to address the significant demand for support in language and social skills among teens and young adults transitioning beyond high school. Recognizing the crucial role these skills play in their success in various facets of life—be it career, relationships, or fostering independence.

At The Teen SLP, Deirdre provides both group and individual therapy designed to engage participants in developing the essential language and social skills necessary for navigating adulthood, especially within the neurodiverse community. The topics covered in the groups are tailored to address real-world adult challenges and are often derived from areas identified by clients as their priorities for improvement. Current and previous groups include Job Related Language and Social Skills, Dating Social Skills, Post-High School Language Group, Conversation and Friendship Group, and Video Game Social Skills Group.

- Teen SLP programs and provides group and individual programs to help specifically within the neurodiverse community.
- Helps with social skills, self-advocacy, friendship-making because it gets harder as an adult as you do not have an imbedded.
- group of friends like school.
- Speech is articulation.
- Language is more of the talking and it gets harder as you get older.
- People within the group make friends within the group, within the group they can make friends and talk about common interests etc.
- Groups only Tuesday evenings for now also paired with some adult programs and have more availability in the summer.
- Average clientele age is 19-27
- Meetings are at the Morgan Stanley building

Topic areas for discussion

- "Employment is for Everyone" (E4E) - report from 2/6 meeting (see minutes)
  - The Committee decided to amend the platform to remove job listings for now.
  - The postings were not frequent enough and we were not being notified when positions were filled resulting in an outdated site.

- WE will continue to advocate for E4E and do outreach with local employers while also supporting job seekers as appropriate.
- Disability IN will come to speak with CPD in the future
- Compo Beach Playground (Sharuna)
- Playground accessibility discussion
- Did switch some stuff around for sustainability
- Looking into Mobi Mats
- Possibility of a rubberized surface

Topics for next time:

- WeCare Westport donation portal discussion
- Club203 and other social/rec programs
- Transportation

No Public Comment

Adjourn