

# Alpert JFS LifePlanning® Announces Programs for People with Disabilities, Their Families and Caregivers

*Free Program Offers Education, Advocacy, Consultation and Emotional Support; Encourages and Assists in Planning for the Future*

WEST PALM BEACH , FL, UNITED STATES, March 24, 2025

/EINPresswire.com/ -- Ferd & Gladys [Alpert Jewish Family Service](#) of Palm Beach County (Alpert JFS) and Melvin J. and Claire Levine Jewish Residential & Family Service (Levine) LifePlanning® program announces new topics for spring, fall and winter. LifePlanning® offers the community a free workshop series open to the public and covers

subjects such as how to attain financial benefits, the importance of legal planning, what guardianship entails, boosting independence skills, importance of socialization, caregiver respite, finding gainful employment and much more.

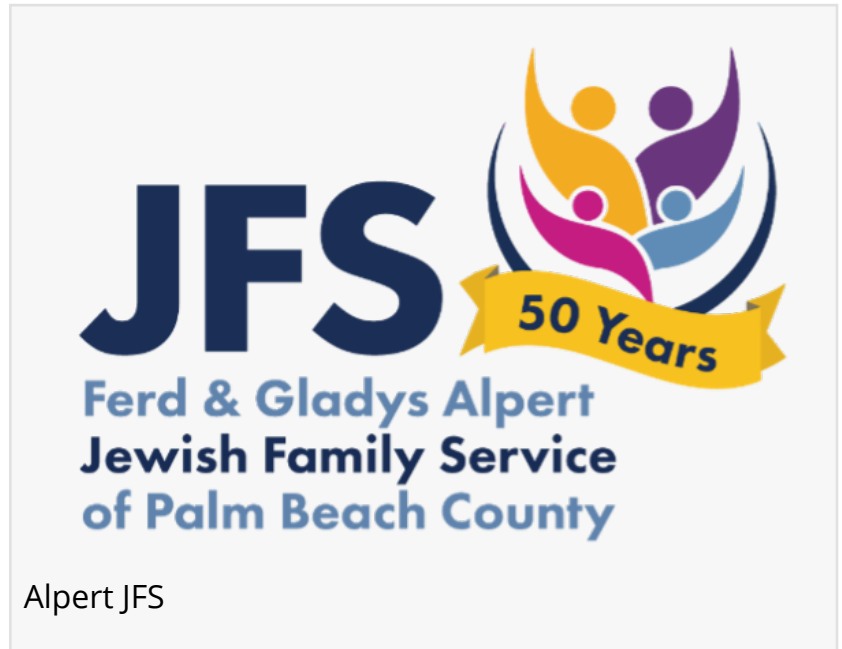
“

Discussing the future with family members is not always easy, but it is crucial to have a carefully considered plan in place, so decisions are made proactively.”

*Tami Lustig, MSW,  
LifePlanning® Director*

“Discussing the future with family members is not always easy, but it is crucial to have a carefully considered plan in place, so decisions are made proactively, rather than during a challenging situation,” said Tami Lustig, MSW, LifePlanning® Director & Disabilities Community Liaison at Alpert JFS. “LifePlanning® is designed to help equip families with tools they may need to plan ahead for their loved ones.”

Following is a few of the upcoming LifePlanning® programs:



- Wednesday, April 2, 2025, from 2 to 3 p.m. on Zoom: Disaster Planning for People with Disabilities. Preparing individuals and caregivers with information and strategies to ensure the safety and well-being of those with disabilities during times of pending disasters. The workshop covers pre-planning, evacuation information, specific information about securing shelters for those with special healthcare needs, and resources. This workshop is co-hosted by Goodman Jewish Family Services of Broward County.

**2025 LifePlanning® Program Calendar**

The Melvin J. and Claire Levine LifePlanning® program offers education, advocacy, consultation and emotional support to people with disabilities, their parents, adult children, siblings and caregivers. This program encourages and assists in planning for the future.

LifePlanning® is non-sectarian; we welcome all faiths and these Alpert JFS programs are free of charge.

For more information:  
 Contact Tami Lustig, MSW  
 Tami.Lustig@AlpertJFS.org  
 (561) 713-1917

\*All programs are subject to change.

**January**  
 Financial Benefits (SSI/SSDI)  
 Wednesday, January 22  
 2:00 - 3:30 P.M.  
 On Zoom

**February JDAIM**  
 Tu B'Shvat: Never Stop Growing  
 A celebration with food and fun for adults with disabilities aged 22+  
 Thursday, February 13  
 2:00 - 3:30 P.M.  
 In person

**April**  
 Disaster Planning for People with Disabilities  
 Wednesday, April 2  
 2:00 - 3:00 P.M.  
 On Zoom

**June**  
 Safe Dating & Relationships  
 An educational social program for adults with disabilities aged 22+  
 Thursday, June 5  
 5:00 - 6:30 P.M.  
 In person

**July**  
 The Importance of Legal Planning  
 Wednesday, July 23  
 2:00 - 3:00 P.M.  
 On Zoom

**September**  
 All About Guardianship  
 Wednesday, Sept. 10  
 2:00 - 3:00 P.M.  
 On Zoom

**November**  
 Stigma Free Mental Health  
 Thursday, November 6  
 5:30 - 7:00 P.M.  
 In person

JDAIM: Jewish Disability Awareness, Acceptance and Inclusion Month is a month-long unified effort among Jewish organizations worldwide to raise awareness and promote inclusion of people with disabilities. Celebrate JDAIM in February in different ways with our agency partners:

- Miami Jewish Film Festival virtual screening of *The Ride Ahead*
- Rales JFS shows movie *Champions*
- Tri-County Jewish Disabilities Team hosts a virtual *challah* bake on February 4
- J.N. Somers Yad Hebrew School Sundays Together Program on Sunday, January 26 for families with children grades K-5

Jewish disabilities network  
 COUNCIL ON ACCREDITATION  
 HONORARY MEMBER  
 A PROUD MEMBER OF  
 Jewish Federation  
 OF PALM BEACH COUNTY

If reasonable accommodations for disability are required, please contact Tami Lustig a minimum of five (5) working days prior to a program.

LifePlanning Workshops

- Thursday, June 5, 2025, from 5 to 6:30 p.m. in person: Safe Dating & Relationships. An educational social program for adults with disabilities aged 22+. Participants can mix and mingle, make new friends, enjoy free refreshments and mocktails, and learn about different types of relationships, communication challenges, dating etiquette, boundaries, and consent in a fun safe space.

- Wednesday, July 23, 2025, from 2 to 3 p.m. on Zoom: The Importance of Legal Planning. The Legal Planning workshop will feature an expert discussing special needs trusts, pooled trusts, ABLE accounts, and advance directives.

- Wednesday, September 10, 2025 from 2 to 3 p.m. on Zoom: All About Guardianship. The Guardianship workshop will feature an expert covering the role of a professional guardian, the process of obtaining one, planning for guardianship succession, and key skills to seek in a guardianship team.

- Thursday, November 6, 2025, from 5:30 to 7 p.m. in person: Stigma Free Mental Health. Mental health stigma continues to be a major societal challenge, preventing individuals from seeking care and making many hesitant to share their struggles. This can exacerbate symptoms and diminish overall quality of life. In collaboration with the National Alliance on Mental Illness (NAMI) of Palm Beach County, Alpert JFS will host an in-person community program focused on achieving stigma-free mental well-being.

The [Alpert JFS LifePlanning®](#) program continues to collaborate with many community partners including the Jewish Federation of Palm Beach County's Commission for Jewish Education (CJE), Florida Atlantic University's Center for Autism and Related Disabilities (FAU CARD), and NAMI PBC on programs. Several events take place in Alpert JFS' new Center for Belonging and Wellbeing in Palm Beach Gardens. To register for LifePlanning® programs or learn more, please call 561-684-

1991 or visit <https://www.alpertjfs.org/lifeplanning/>

LifePlanning® is part of the Jewish Disabilities Network (JDN), which is a collaborative initiative of Jewish agencies, organizations, and synagogues working together to create an inclusive and embracing Jewish community for people with disabilities of all ages and their families.

LifePlanning® programs are open to people of all faiths and ethnicities.

#### About Alpert JFS

Founded in 1974, Ferd & Gladys Alpert Jewish Family Service (Alpert JFS) is a nationally accredited service provider for children, adults, seniors, and Holocaust survivors. The non-profit, non-sectarian organization is a trusted leader, with a team of over 100 skilled professionals delivering high-quality care to over 12,000 people each year, from Boynton Beach to Vero Beach. Alpert JFS was named 2023 Hats Off Nonprofit of the Year (Large Category) by Nonprofits First®. For the last 50 years, Alpert JFS has worked to ensure the well-being of individuals and families, the independence of older adults, and quality-of-life for individuals with disabilities. For more information, visit [www.AlpertJFS.org](http://www.AlpertJFS.org) or phone 561-684-1991.

Melissa Perlman

Bluelvy Communications

+1 5613109921

[email us here](#)

Visit us on social media:

[Facebook](#)

[X](#)

[LinkedIn](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/795965266>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.