Belonging and Inclusion: Supporting Individuals and Families Throughout the Future Planning Process

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Objectives

1. Review why planning is important
2. Identify challenges and opportunities
3. Examine the roles of individuals with disabilities, families, and support network
4. Explore belonging and inclusion within future planning
5. Discuss opportunities for future practice and research
Future Planning: A Process

- Getting to know the person, family, & their wishes
- Thinking about possibilities
- Talking honestly about hopes, fears, expectations
- Making tough decisions
- Asking for help
- Sharing plans with other people
- Creating alternate plans & revisit
Why Planning is Important

• Don’t want someone else to do it for you
• Individual with disability has an opportunity to speak about their wishes
• Avoid a bad outcome or event
• Opportunity for belonging, inclusion, and growth
Challenges

• Emotional
• Time: multiple decisions
• Finances and resources
• Lack of options
• Unclear expectations
• Uncomfortable with change
Opportunities

- Allow individual(s) to participate in decisions
- Supported decision making
- Expand networks of support
- Try new approaches and experiences
- Learn and practice new skills
- Create opportunities for belonging & building relationships
Parts of the Plan

- Finances
- Legal
- Health Care
- Living Arrangement
- Education
- Transportation

- Employment
- Care & Support
- Exercise & Nutrition
- Social Relationships
- Hobbies and Interests
- Spiritual Needs
Planning: When and How

When:
• Start now – it’s never too early

How:
• Take steps - thinking is not enough
• Learn/practice person-centered planning
• Ask someone to work with you
• Get information and use resources
Who should be part of the “planning team?”

- Individual with disability - *Always*
- Important people in their life
  - Who do they feel close to?
  - What role do they play?
  - Who should be involved in the process?
- Who understands their wishes?
Important Principles

• Use a strength-based perspective
  • Emphasize what they CAN do
  • Explore opportunities to learn new skills

• Look at the whole person
  • Relationships
  • Functional
  • Spiritual
  • Emotional/psychological
A Roadmap of Our Futures Our Wishes: 4 Chapters

1. Future Planning: What Is It All About?
2. Worksheets to Guide Communication and Planning
3. Important Considerations
4. Relationships and the Human Connection
How to Use Roadmap

Includes topics and questions that come up frequently. It is about exploring goals, triggers, options, and the personal and family journey.

• Start writing things down
• Identify goals
• Take one step at a time
• Explore options
• Start with an easier topic
Chapter 1

- Think Future, Start Now
  - Write down goals
- My Journey, Your Journey, Our Journey
  - Important principles and values
- Planning is Process
  - Things change, plans change
- The Planning Process
  - Get started and keep going
Chapter 1

• Importance of Planning
  o Identify your triggers
• Why Planning Is Important To You?
  o Benefits and positive outcomes
• Starting Your Plans
  o Redirect your fears
• Explore Different Scenarios and Options
• Let’s Start!
Fostering Dimensions of Belonging in Planning

- **To be present**: Acknowledge barriers and attitudes about planning
- **To be invited**: Welcome input from others (family, siblings, etc.)
- **To be welcome**: Listen to the desires, wishes, and preferences of person with a disability

Chapter 2: Worksheets

• Shows the life and desires of individual
• Provides useful information when there are changes
• Opens communication among family
• Expands network of support
• Reminds us to be person-centered
• Looks at the quality of a person’s life
• Reminds us that family members need support too
Worksheet Topics

- This is Me, My Life, Our Lives (2)
- Activities That Bring Me Joy
- Pieces of Our Plan
- Checklist of Daily Activities
- Circle of Support: Self Assessment
- Person-Centered Planning
- Employment: Right Fit, Training, Job Coaching (3)
- Roommates
- Emergency Network
- Assistive Technology
- Facing Transition and Change (2)
- Meaning of Hope
Fostering Dimensions of Belonging in Planning

• **To be known**: Share life experiences and get to know the person
• **To be accepted**: Recognize and accept the abilities of the individual
• **To be supported**: Include a diversity of supports
• **To be cared for**: Define what it means to be “cared for”

Fostering Dimensions of Belonging in Planning

• **To be befriended**: Recognize the importance of relationships

• **To be needed**: Identify opportunities for reciprocal sharing and inclusion

• **To be loved**: Find ways to express different forms of “the meaning of love”

Chapter 3: Important Considerations

- ABLE Accounts: updates at ABLE National Resource Center
- Supported Decision Making at National Resource Center for Supported Decision-Making
- Guardianship
Chapter 4: Relationships & the Human Connection

• Voices of Individuals and Families

• Profiles and Personal Journeys
Where Do We Go From Here?
Resources

Future Planning: A Roadmap of Our Futures Our Wishes
https://sonoranucedd.fcm.arizona.edu/publications/OurFuturesOurWishes

The Arc Center for Future Planning
https://futureplanning.thearc.org/pages/learn/future-planning-101

National Resource Center for Supported-Decision Making
http://supporteddecisionmaking.org/