

Visioning: A Good Ordinary Life

These are the questions we thought about during the workshop:

- It's a weekday, three years from now. Where does your family member wake up? What does their bedroom or home feel like?
- What happens in the morning? Who is around? What routines feel good and manageable?
- Where do they go during the day? Work, volunteering, learning, hobbies, social time?
- Who are the key people in their life? Friends, neighbours, coworkers, support staff, family?
- What do they do for fun? How does your family member contribute? What are they proud of?
- How do they feel about safety, health, and money? Not perfect, but 'good enough' and secure?
- At night, what would make them think, 'Today was a pretty good day'?

If you would like to continue to reflect on these questions, try to focus on your family member's strengths, interests, preferences, and the roles they want to have in their community.

Drafting a Future Vision Statement

A vision statement is a short, hopeful description of the kind of life we are working toward.

Start with:

My vision for my family member's life is that they ...

My vision for my life is that ...

What might belong in your vision?

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A welcoming place to live

comfortable • safe
belonging

People who know and value them

friendship • neighbours
family • allies

Meaningful activity or roles

work • learning
volunteering • hobbies

Choice and the right supports

agency • support that fits
opportunity

Contribution and recognition

gifts • strengths •
helping others

Inclusion, respect, and values

being known for who
they are

Vision Priorities and First Steps

Not everything can happen at once. A priority is something that matters enough to focus on first. Choose 1–3 goals and write the smallest useful first step. For example:

Goal	First Step	Who Can Help?
#1 Make new friends	Search for a community group	Mom, support worker
#2 Explore employment	Visit local employers	Dad, employment agency
#3 Learn travel skills	Practice bus routes	Sister, friend, support worker

Additional Activities



Make the vision more concrete. Share it with one trusted person and ask:

- What feels most like my family member?
- What might be missing?

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For 1-2 weeks, notice when your family member seems most content, engaged, or “themselves.”



If your family member would like to participate, you can ask them:

- What makes a good day for you?
- Who do you like spending time with?
- Anything new you’d like to try?



In your family conversations, consider:

- What worries us most?
- What are our biggest hopes?