

DESIGNING YOUR FUTURE

A Framework
for Planning

WEBCAST+
WORKBOOK



the
fundamentals
of **future planning**

A 6-PART P4P **WEBCAST+** SERIES



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PART ONE: **INTRODUCTION**

As parents we want the same for all of our children: the loving support of friends and family; financial security; opportunities to contribute and participate fully in their community; a home that's truly their own and a life driven by their interests and passions. Creating a rich life for our children with a disability often requires a strategic and proactive approach. Designing Your Future provides a framework to planning that will help parents support their children to live a life they can be excited about.

THINKING LONG TERM

For the first time in history, today's generation of children with an intellectual disability are outliving their parents. Without the intimate support of family, many parents are fearful for the future. The question, "What will happen to our children when we are unable to care for them?" is one shared by most parents caring for a child or adult with a disability. Fortunately, there are many strategies and resources parents can act on that will have a dramatic impact on their child's future both now and down the road.

They say the best day to start planning is today. Regardless of the age of your child, the sooner you start, the greater the benefits. Even with very young children, there are a variety of things families can initiate that will dramatically impact their adult lives.



GOVERNMENTS CAN'T CREATE LIVES

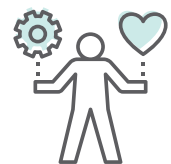
Those that fared best throughout Covid-19 found the right mix of professional supports and caring community supports. Too much professional intervention undermines natural caring and increases dependency. Too little and individuals, families and communities are left on their own to deal with economic realities and changing life circumstances that are not their fault and beyond their control.

As families, we need the right funded supports but have to appreciate that programs cannot create “a life” for someone.

The things that matter most, are individualized, highly personal and rooted in community. Reciprocal relationships, autonomy and personal choice, a sense of meaning and contribution are qualities of a rich life that must be nurtured by each person with the support of family, friends and community.

As families we need to be creative and strategic so that we can support our children to live good and full lives now and will have the elements in place that will provide security in the future.

Designing Your Future will provide a framework for planning with clear action steps that you can use to support your family member with a disability to begin to plan for a future that they and you can be excited about.



You may want to read these articles or watch these videos to set a context before the webcast:

Planning for a Good Life in Uncertain Times

Article written by
Al Etmanski

A simple line-art icon of a document with a folded corner, representing an article or written content.

Believing in an Everyday Life

Video 1 min

A simple line-art icon of a computer monitor with a play button in the center, representing a video.

Lynn's Homemade Plan

Video 4:13 min

A simple line-art icon of a computer monitor with a play button in the center, representing a video.



PART TWO: **WATCH THE WEBCAST**

Thursday, March 4, 2021 - 7:00 PM

The Designing Your Future Webcast will start promptly at 7:00 PM and will run for approximately one hour. The webcast will be available to watch again until mid-November.

If you would like to test your computer setup check out the [TEST LINK](#). If the test video plays smoothly and the sound is good, you should be fine.

On Thursday, March 4, [LAUNCH WEBCAST PLAYER](#) before 7:00PM

OUR PRESENTERS



Anna Bruno, Webcast Host

Anna has worked with families and their children living with varying abilities for over 10 years in a variety of capacities. Anna worked as a Social Worker at Grandview Children Centre for 8 years providing advocacy, counselling, parent and youth education and assistance with navigating services.

She is committed to ongoing learning and a reflective, collaborative approach to her work. Anna belongs to the circles of support of a few individuals and while offering her own time has also gained much including a good knowledge base of how circles function and how to support people towards achieving a good life rooted in their community.



Susan Beayni, Independent Facilitation Mentor

Susan has been a leader and advocate in the disability movement for over 25 years. Since co-founding Plan Toronto (now Partners for Planning) in 2009, Susan has assisted individuals who are vulnerable and their families in developing support networks and planning for a meaningful life now

and into the future. Susan is the mother of a 29-year old, Rebecca, who has had a support circle and a number of person directed planning sessions throughout her life.

Susan holds a Bachelor of Education from The University of Toronto. She has worked with Bloorview Children's Centre where she consulted for families with a child with a disability, is a regular contributor to P4P webcasts, and can be seen in a number of the video presentations found on Partners for Planning Resource Network.

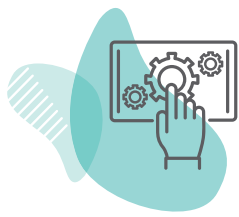


Carolyn Fast, Consultant

Carolyn Fast has over fifteen years of experience in facilitation, community development and project management. She creatively looks for ways to nurture relationships and build community connections that serve as the foundation from which a collective vision can grow. A proficient leader, she specializes in helping individuals, families and organizations develop and implement strategies that strengthen people, enhance organizations and revitalize neighbourhoods.

WHAT YOU WILL LEARN

- Why now is the best time to start planning for a safe and secure future for your family member with a disability.
- How having the right mix of professional and community supports can enhance your planning process.
- How to use our planning framework to take strategic actions that will support you and your family member as you begin to plan for a future both of you can be excited about.
- An understanding of the various types of planning objectives and where you can find help planning.
- How nurturing the individual choices and interests of your family member will enhance their life.



PART THREE: **TAKE ACTION**

Planning for the future takes time and persistence. We encourage you to approach planning as you would in learning a new skill or a new language, by taking small, manageable actions that will move you towards a good life and secure future.

Before we dive in, we want to take a minute to acknowledge that it can be challenging to design a future for your child or dependent with a disability. Be aware that these exercises might bring up certain emotions and feelings and not all will be positive (but many will).

Taking the time to create a clear vision rooted in your loved ones hopes and dreams will act as your GPS and will keep you on track.

Take advantage of these Action Steps to begin initiating your future plan. Complete them all or just those that appeal most. Regardless, these tools will get you started on planning for and creating a good life and secure future for your relative with a disability.



→ **ACTION STEP ONE: Taking Charge of Your Life**



If you have never talked about the future with your loved one, the [Taking Charge of Your Life](#) website can be a great place to start. Gather your loved one and family and a few friends and work through the nine conversations designed to get you started on thinking and talking about your future.

→ **ACTION STEP TWO: Planning and Creating Your Vision**



Check out the [Planning Network Professional Services Directory](#) to find Planning Professionals and Independent Facilitators who may be able to help out. With Covid-19, many of these supports are available remotely.

This is a new directory on the Planning Network and we'll continue to add new professionals. Most of these professionals will charge a fee for their support but in most cases, costs may be covered by individualized funding (Passport in Ontario).

→ ACTION STEP THREE: Order Safe & Secure (2020 Edition)



Available in hard copy and a digital version, [Safe & Secure - Seven Steps on the Path to a Good Life for People with a Disability](#) is a book that provides a comprehensive overview of critical planning objectives for families. The book is free but there is a nominal cost for shipping the hard copy.

→ ACTION STEP FOUR: Complete The Designing Your Future Worksheet



Get started designing your future by completing the worksheet below.

The questions have been designed to help you start thinking about some short and long term planning objectives.

Designing Your Future:

1. What are some priorities you and your relative would like to see in place in a year, five years and ten years?

(a) Things my relative might want in the next year:

(b) Things my relative might want in the next five years:

(c) Things my relative might want in the next ten years:

2. List ten words that would describe your son or daughter's best day ever?

3. List ten words that would describe your son or daughter's worst day or nightmare?

4. What future planning priorities have you focused on already?

5. List other family and friends you might want to invite in to the planning process?

6. What are three priorities you would like to ensure future supporters knew about your relative?

1.

2.

3.

→ ACTION STEP FIVE: Connect to a Family Network

If you have not connected to a Family Network, you may find they can be a great source of inspiration as well as information. Check out the [P4P Family Network Directory](#) to check for a Family Network in your area. While all Family Networks will have a different focus, those Networks in the Directory that are affiliates of Family Alliance Ontario are committed to supporting families to create individualized opportunities in community.

→ ACTION STEP SIX: Keep Learning

We've compiled a variety of resources that will deepen your understanding of critical planning issues and keep you on track.

- [Action Guide: Planning the Future You Want](#): A practical guide to assist parents and caregivers in planning a future for a relative with a disability.
- [Action Guide: Using Passport To Your Long-Term Advantage](#): The Planning Network Family Advisors share practical tips for making the most of your Passport funding.
- [Ontario Independent Facilitation Network](#): OIFN is a growing network made up of independent facilitators, people with developmental disabilities, family members and others from across Ontario.
- [Dreams Change Lives](#): A tribute to activist, speaker, author and disability advocate Judith Snow.

→ ACTION STEP SEVEN: Wrapping Up

Before we finish up, we would like to ask for your help. The Fundamentals of Future Planning Series is a new free resource we've created for families supporting a child or adult with a disability.



We have incorporated a number of new approaches for online education and engagement and we need your feedback. Please take 2 minutes to complete our [SURVEY](#). We kept it short and wish to thank you in advance.



Now if you're ready, register for other webcasts in our

The Fundamentals of Future Planning Webcast+ Series

[Wills & Estate Planning](#) - Tues, March 23, 2021

[Creating Financial Security](#) - Tues, April 6, 2021

[My Life, My Choice, My Community](#) - Tues, April 20, 2021

[Nurturing Supportive Relationships](#) - Tues, May 4, 2021

[Creative Options for Home](#) - Tues, May 18, 2021

Congratulations!

You've completed the Designing Your Future Workbook.

The P4P Planning Network offers **FREE resources** designed to empower people with a disability and their families to create meaningful lives and secure futures, firmly rooted in community.

smart strategies | creative tools | sustainable solutions



**PLANNING
NETWORK**