

E21 – Friday, 10:30 to 11:45 am

OVERCOMING BARRIERS

**Future Planning:
Keeping the Whole Family in Mind**



Harriet Redman, Founder | Director of Special Projects

What will you accomplish today?

1. Define future planning
2. Discover barriers that get in your way and ways to overcome them.
3. Learn about resources for adults with I/DD and their families to plan for the future



What is the first thing you think of
when you think
“future planning”?





Future planning is creating a guide for a person with an intellectual or developmental disability (I/DD) to lead a good life as independently as possible.



A plan is important throughout **all stages of life** and especially in the future after the parent or caregiver is no longer able to provide support.



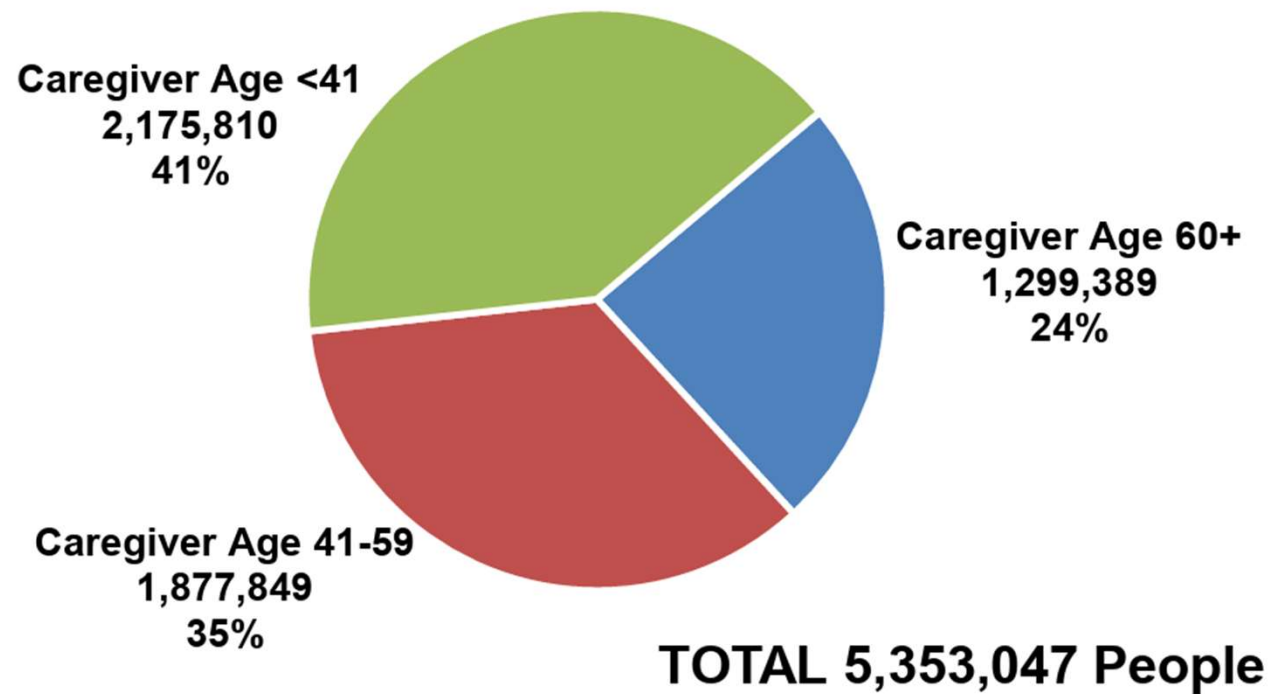
Future planning has never been more important...

Caregivers by Age in U.S.

Wisconsin caregivers are similar

60% of adults with intellectual and developmental disabilities in Wisconsin live with family.

**FIGURE 2: AGE OF FAMILY CAREGIVERS
FOR PEOPLE WITH IDD IN THE U.S. IN 2017**



Not only that, but...

Every day more paid caregiver positions remain vacant in WI long-term and residential care facilities.

Siblings are most likely family members to take over care and advocate for and with sibling with disabilities. (Heller/Caldwell, 2006)



Is that what they want?

Is that what you want?

Either way, start future planning now!

78% of parents said they discussed future planning with sibling (Griffiths and Unger) and **want sibling involvement** in the future of their child with a disability.



So what's the problem?

64% of these same
siblings **don't**
know what
the plan is!



Future planning is a journey. To succeed...



Set up your team that includes

- person with I/DD,
- their parent(s) or guardian(s),
- siblings,
- extended family and friends,
- professionals.



Seek out appropriate tools and professionals

- information
- resources

Regularly review and update

So what gets in your way?



A I Q

B J R

C K S

D L T

E M U

F N V

G O X

H P Y Z


4

Tips to Overcome Barriers to Future Planning

1

Assess where you are with planning

Future Planning



Financial

On a scale of 1-5, how prepared do I feel? _____

What action will I take to increase my score? _____

Family & Support

On a scale of 1-5, how prepared do I feel? _____

What action will I take to increase my score? _____

Legal

On a scale of 1-5, how prepared do I feel? _____

What action will I take to increase my score? _____

Government Benefits

On a scale of 1-5, how prepared do I feel? _____

What action will I take to increase my score? _____

Emotional

On a scale of 1-5, how prepared do I feel? _____

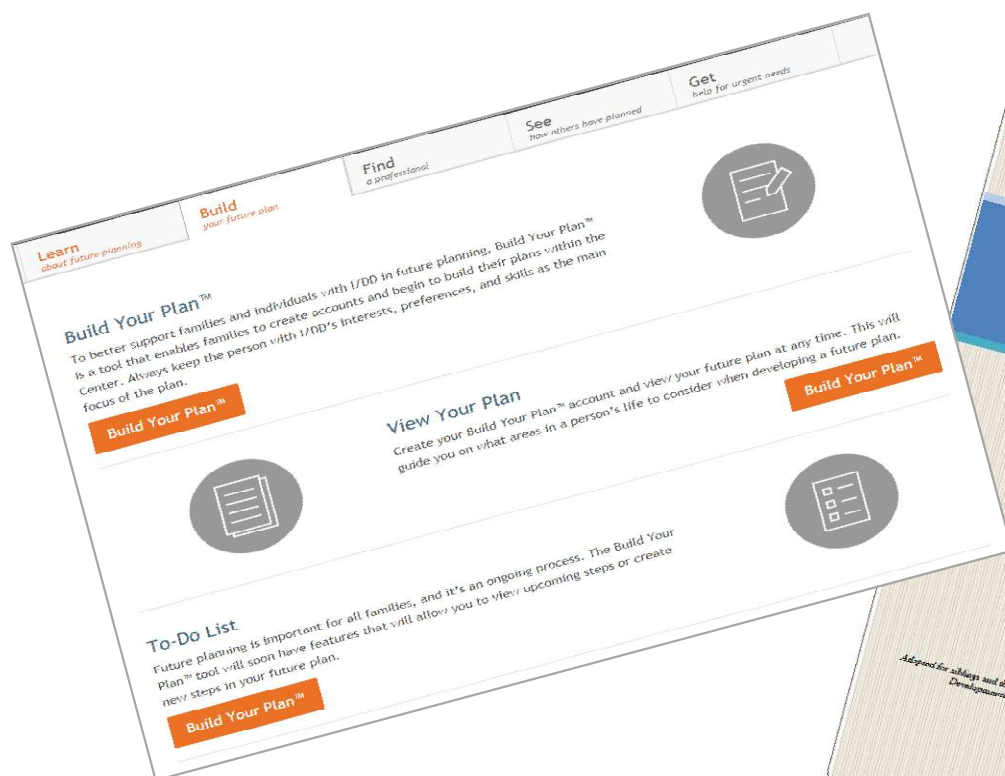
What action will I take to increase my score? _____

MY TOTAL SCORE

Adapted from The Five Factors of Special Needs Planning as presented by The Arc. For more information about the Center for Future Planning, visit <https://futureplanning.thearc.org/>

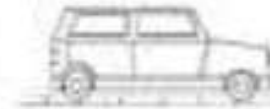
2

Use Letter of Intent or online tool to encourage communication with family, supporters, and professionals.





Letter of Intent



3

Regularly express gratitude, celebrate milestones, and practice patience.



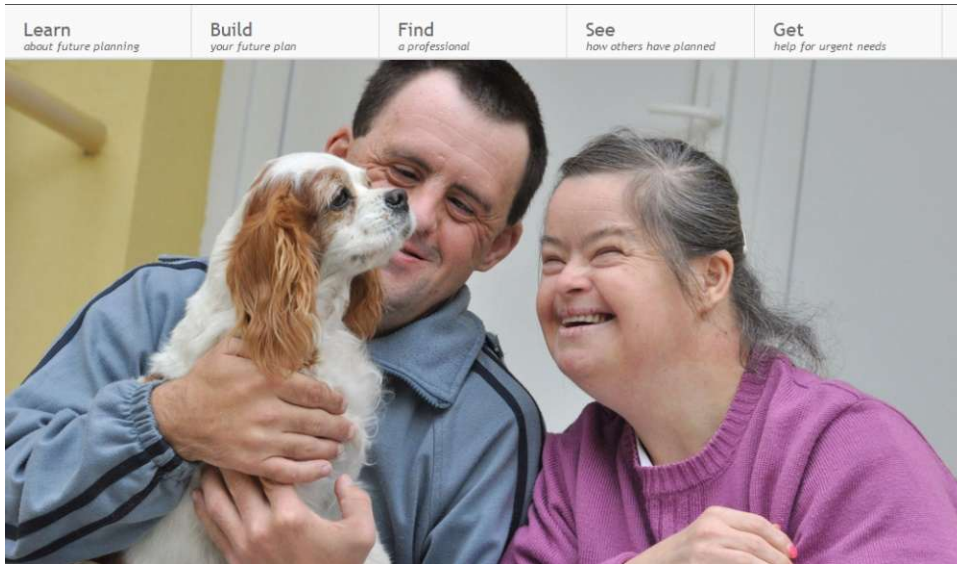
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***Connect with professionals, resources,
and networking opportunities***





Center for Future Planning



futureplanning.thearc.org

The Center for Future Planning aims to support and encourage adults with intellectual and developmental disabilities (I/DD) and their families to plan for the future.

The Center provides reliable information and practical assistance to individuals with I/DD, their family members and friends, professionals who support them and other members of the community on areas such as person-centered planning, decision-making, housing options, and financial planning.



WisconSibs' Journey Forward

Practical Workshops for Adult Siblings



ONLINE course for adult siblings but parents and others may also find it useful.



LIVE IN-PERSON workshops for adult siblings who can invite their parents, siblings, spouse and others to put together their plan.

For More Information



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