


Today's Agenda

- ◎ **Creating a National Vision:** The Supporting Families Movement
- ◎ **Implementing the Vision:** Charting the LifeCourse Framework and Tools
- ◎ **Coordinating our Work:**
 - ★ The National Community of Practice for Supporting Families
 - ★ The Massachusetts Community of Practice for Supporting Families
- ◎ **Opportunities for Learning and Involvement**





Creating a National Vision:

The Supporting Families Movement

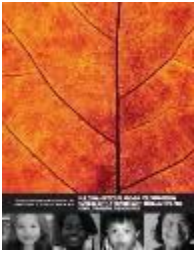


How it began...

**“NEVER DOUBT THAT A SMALL GROUP
OF THOUGHTFUL, COMMITTED CITIZENS
CAN CHANGE THE WORLD;
INDEED, IT’S THE ONLY THING
THAT EVER HAS.”**

-MARGARET MEAD





Supporting Families

GOAL



Individual

Will achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life



Families

Will be supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support the individual to achieve their goal

Recognizing that individuals exist within a family system

**DISCOVERY
AND NAVIGATION**
Knowledge & Skills

**CONNECTING
AND NETWORKING**
Mental Health
& Self-Efficacy

GOODS AND SERVICES
Day-to-Day
& Caregiving/Supports

National Agenda on Family Support at Wingspread Conference Center (2011)

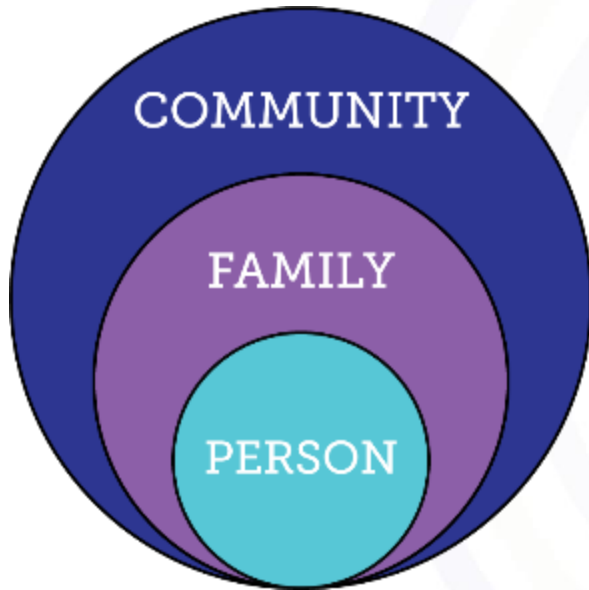




Core Belief:
All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.



Vision for Supporting Families



Everyone exists
within the context
of family
and community



Person in relation to
Traditional
Disability Services



Integrated Services
and Supports within
context of person,
family and community



Type of Change that is Needed

Transitional Change

- ⊙ “Retooling” the system
- ⊙ Mergers, reorganizations, etc
- ⊙ Creating new services and systems to replace the traditional one

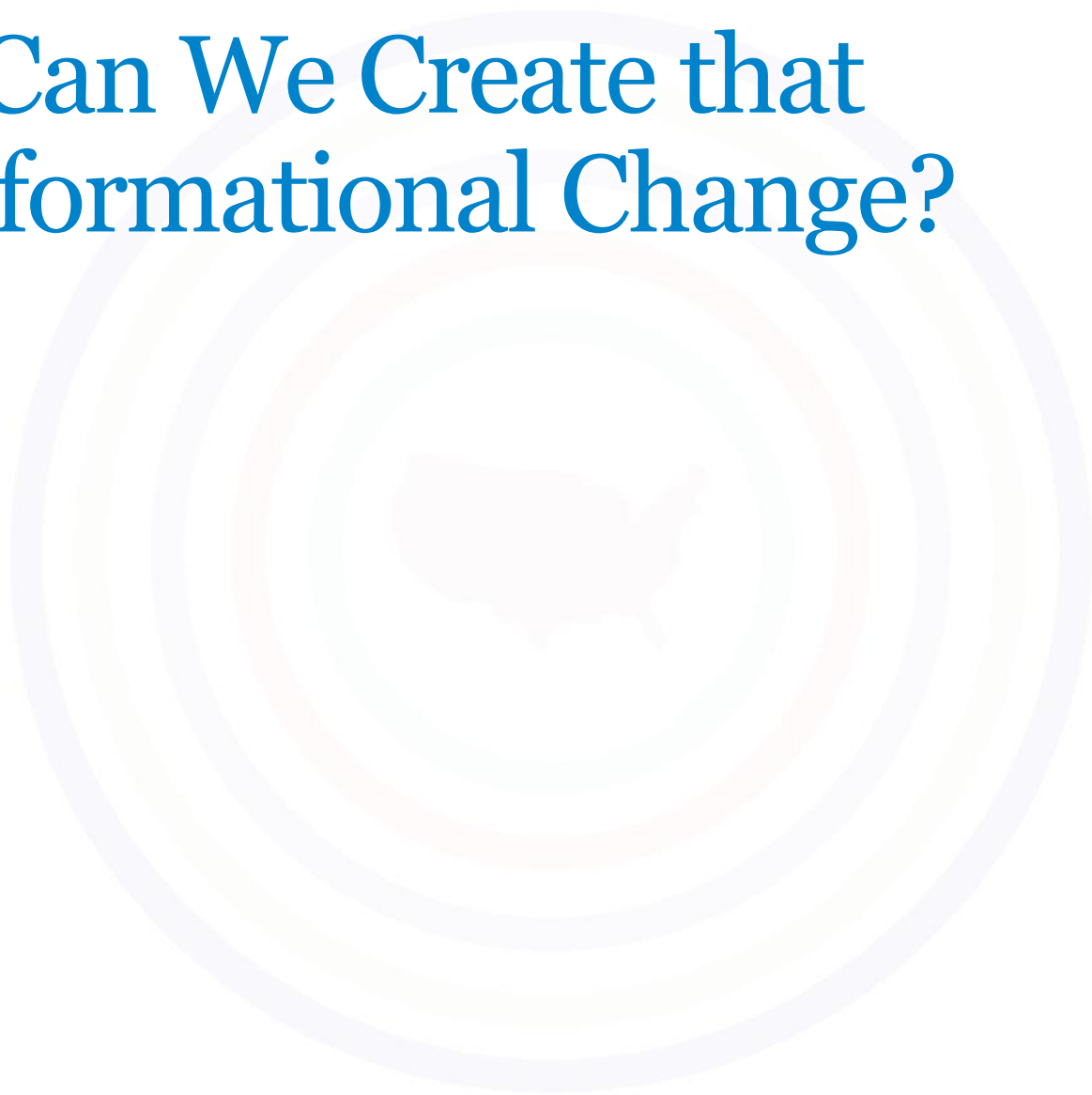
Transformation Change

- ⊙ Fundamental reordering of thinking, beliefs, culture
- ⊙ Turns assumptions inside out
- ⊙ Favors co-creative partnerships

Adapted from Creating Blue Space, Hanns Meissner, 2013



How Can We Create that Transformational Change?



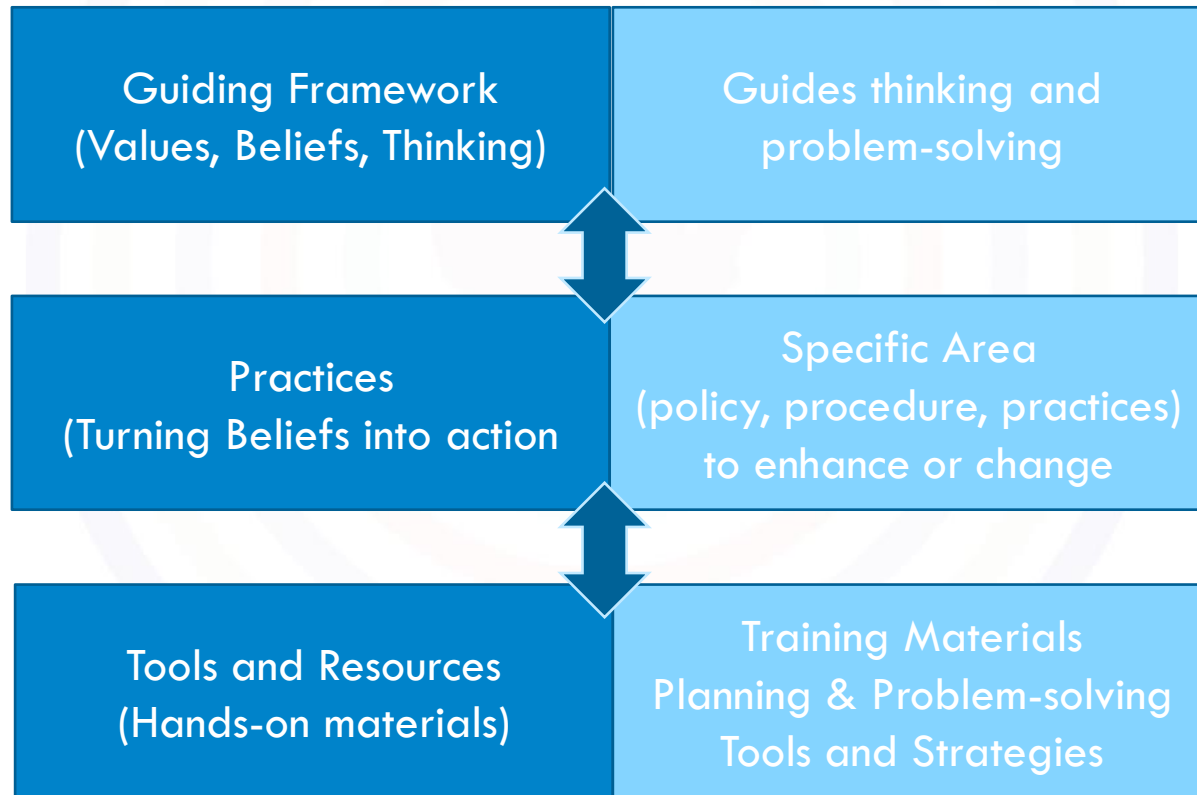
Implementing the Vision:

Charting the LifeCourse Framework and Tools

Helping us put our beliefs into action



What is Charting the LifeCourse??



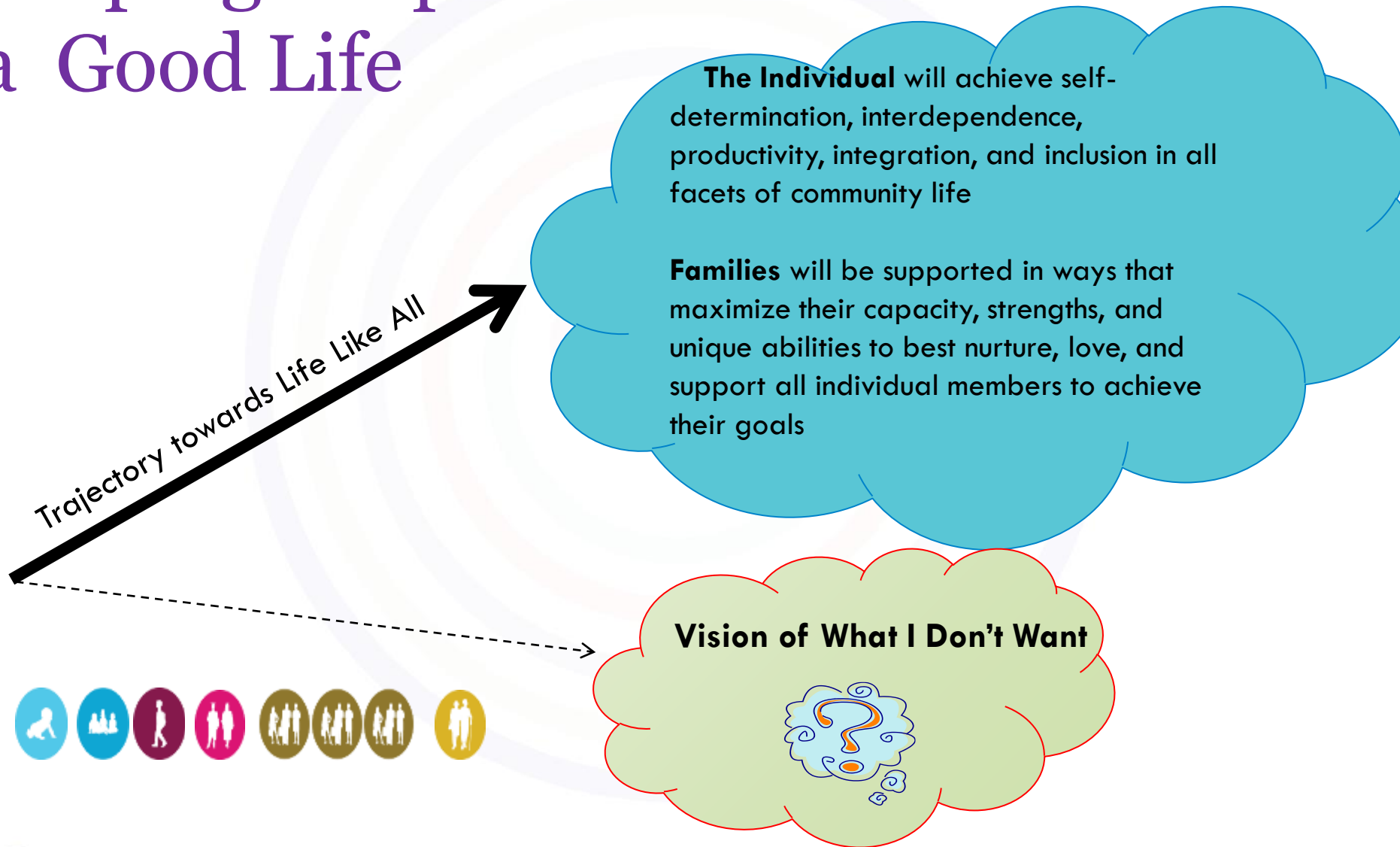
FamilySystemsTheory

Thinking that Guides the Framework

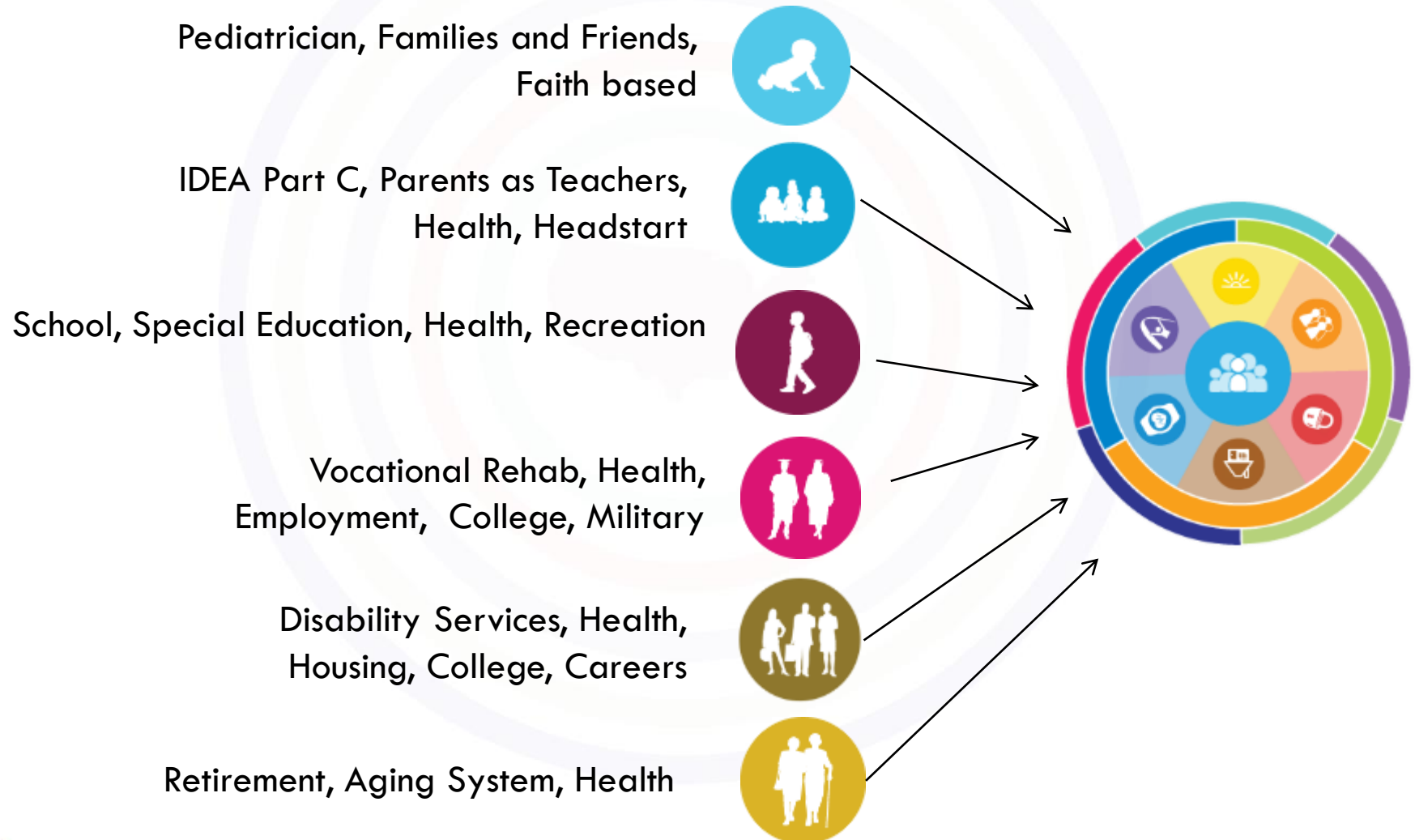
LifeCourseTheory SocialCapital
Person-CenteredPractices
Socio-ecologicalModel
Family-CenteredPractices
CommunityIntegration PublicHealthModel
AnticipatoryGuidance
Self-Determination



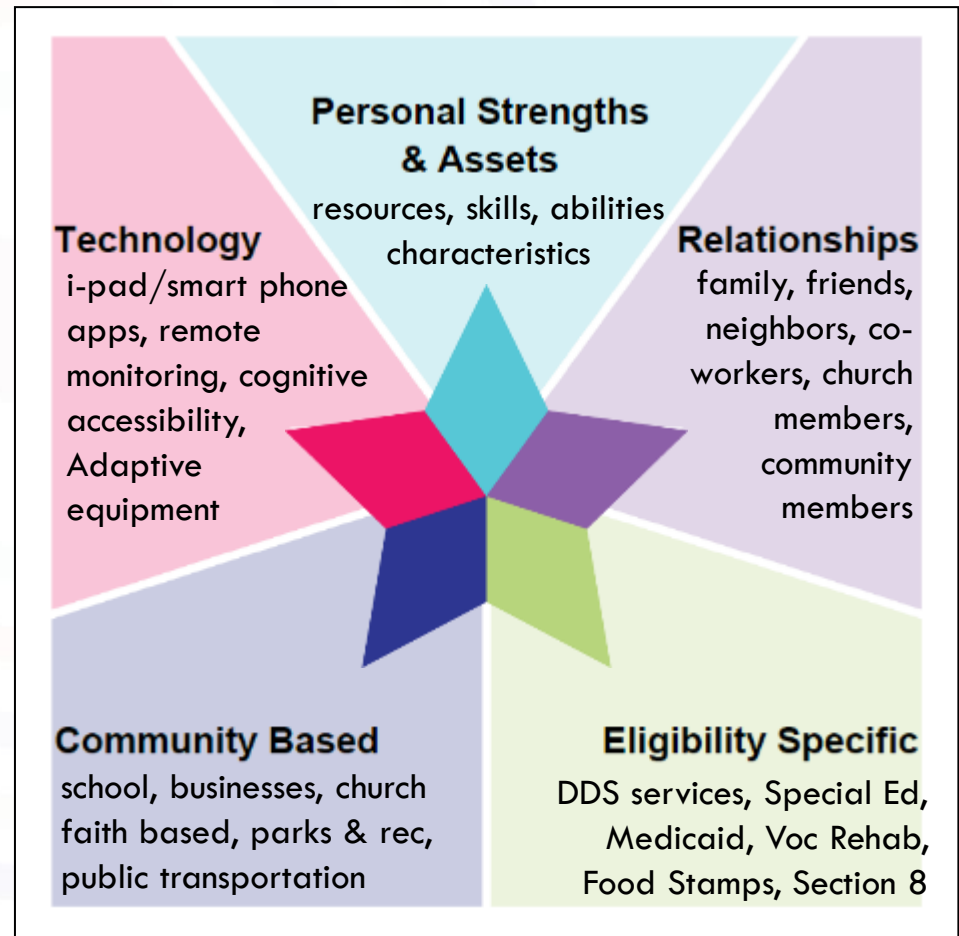
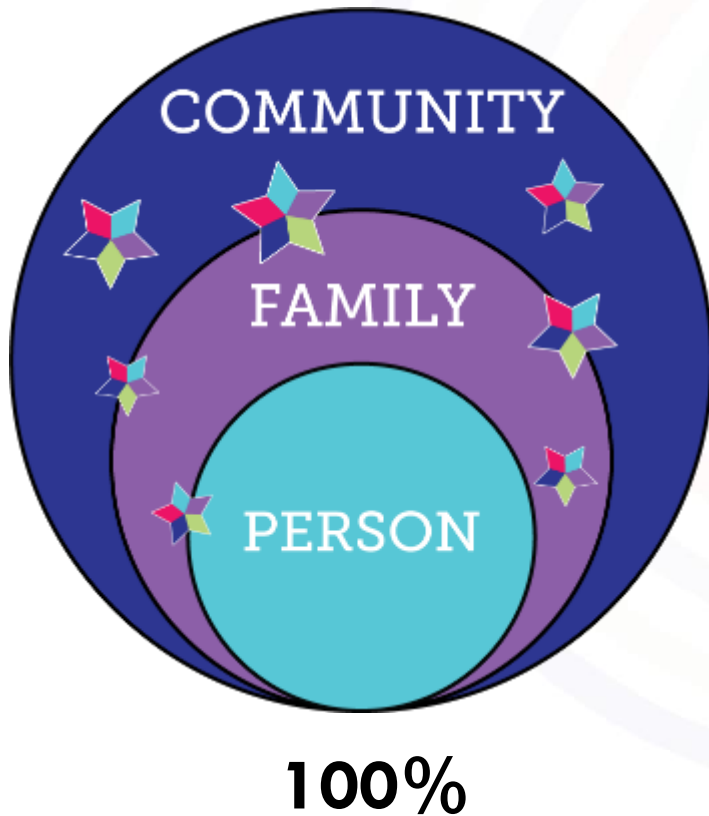
Helping People Define *their* Vision for a Good Life



Helping People Plan for Different Facets and Stages of Life



Helping People Identify and Use All Kinds of Supports



Connecting the dots...

National agenda for supporting families
created a vision



Charting the LifeCourse Framework and Tools
was created to help apply that vision



National Community of Practice for
Supporting Families
helps states support each other in working
toward that vision



Coordinating Our Work to Support Families:

The Community of Practice for Supporting Families

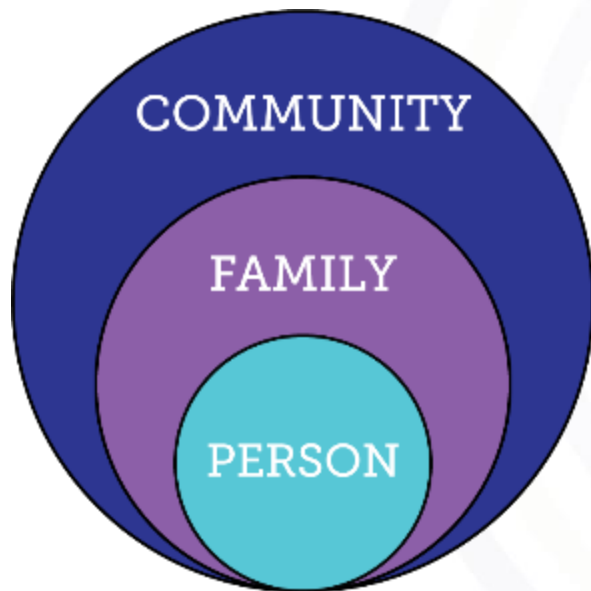


What is a Community of Practice?



What We Care About...

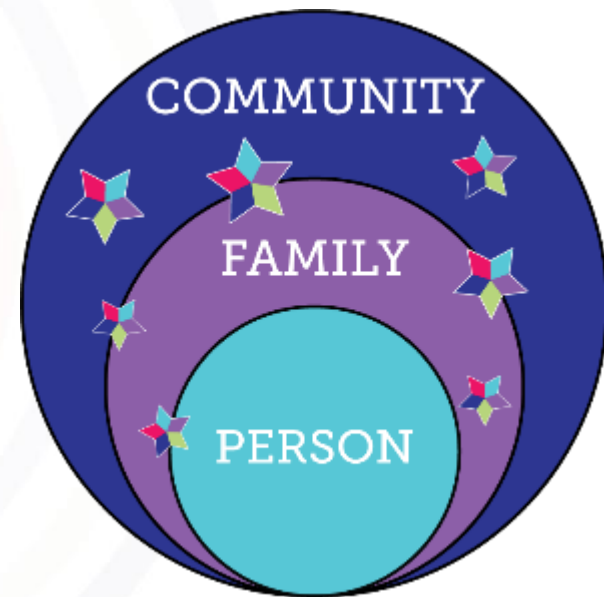
Supporting Families



Everyone exists
within the context
of family
and community



Traditional
Disability Services

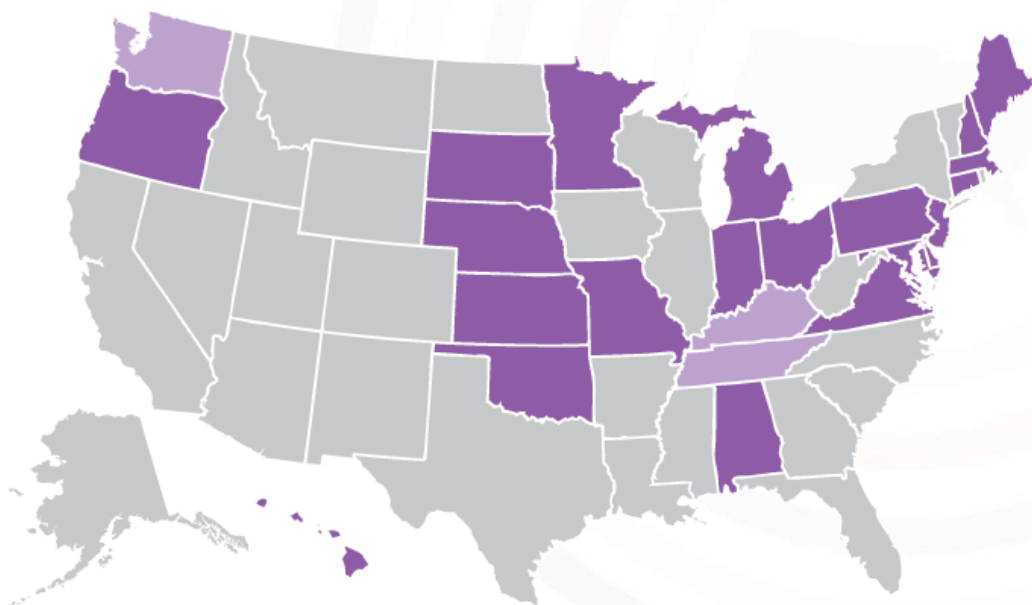


Integrated Services
and Supports within
context of person,
family and community



Who Cares About It...

National CoP State Members



Alabama
Connecticut
DC
Delaware
Hawaii
Indiana
Kansas
Maine
Maryland
Massachusetts
Michigan
Minnesota

Missouri
New Hampshire
New Jersey
Ohio
Oklahoma
Oregon
Pennsylvania
South Dakota
Virginia



What We Do Together...

The National CoP Provides a structure for State CoPs to **drive policy, practice, and system transformation** to support the person within the context of their family and their community.



Supporting Families in Massachusetts

Activities of our state's Community of
Practice



Why We Joined the CoP: A Shared Mission

DDS Mission

To create, in partnership with others, innovative and genuine opportunities for individuals with intellectual and developmental disabilities to participate fully in their communities and meaningfully engage as valued members.

Supporting Families Core Belief

All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.





Vision for MA Community of Practice for Supporting Families

To create innovation and transformation that enhances supports to individuals in the context of their family and community.

We do this by using CtLC framework and principles to:

- Support existing priorities for system change
- Influence policy, practice, and procedure
- Empower families and their professional supporters to think differently and have different conversations that begin with the person and their family at the center
- Embed CtLC principles into existing planning processes to create a common language and person-centered thinking across agencies



Summary of Activities in MA

Empowering ALL People with Information	Growing Beyond Family Support Programs	Influencing System Change
<ul style="list-style-type: none">• LifeCourse in Action series• Creating plain language one pagers on services• Adapting CtLC tools for self-advocates and families with limited English• Increasing direct communication between DDS and families• Training self-advocates and diverse families	<ul style="list-style-type: none">• CtLC expanding as a common language among state agencies, schools, families, etc• Embedding CtLC in trainings, conferences, strategic planning• Training DDS Service Coordinators, providers in CtLC	<ul style="list-style-type: none">• Integrating into new initiatives: Employment/Day RFR, Supportive Tech, LifePlan, etc• Creating buy-in and awareness within DDS: operations plan, linking CoP to strategic priorities• Creating statewide connections and feedback through Supporting Families Network





this is
NOT
a moment
IT'S THE MOVEMENT

How You Can Learn More and Get Involved



To Learn More About...

- ◎ **Ways you can use Charting the LifeCourse in your life and work**
 - ★ Come to future LifeCourse in Action sessions!
- ◎ **Charting the LifeCourse:**
 - ★ [Lifecoursetools.com](http://lifecoursetools.com) has lots of instructional videos and free downloads
- ◎ **The National Community of Practice for Supporting Families**
 - ★ supportstofamilies.org has a page for each participating state
- ◎ **Supporting Families in Massachusetts**
 - ★ <https://thearcofmass.org/lifecourse> includes short videos and a message from Commissioner Ryder



To Get Involved

- ◎ **Share your knowledge with other people!**

- ★ Present at a future LifeCourse in Action session
- ★ Share informally with people you know
- ★ Use Charting the LifeCourse in your work with other people

- ◎ **If you are interested in joining our Supporting Families Network, or exploring other opportunities, contact**

- ★ **Ingrid Flory: Ingrid.flory@mass.gov**



