

# Planning the life you want.

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## LifeCourse in Action Series

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**MassFamilies**

*disability leadership training for a  
world where everyone belongs*





PERSON

Every **PERSON**



FAMILY

PERSON

Every **PERSON** exists within the context of **FAMILY**



COMMUNITY

FAMILY

PERSON

Every **PERSON** exists within the context of **FAMILY** and **COMMUNITY**



Every **PERSON** exists within the context of **FAMILY** and **COMMUNITY**

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My Name	My Family	My Community

# Figuring out what you want and what you don't want.

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## How to get the life you want.



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What I do Want

What I don't Want

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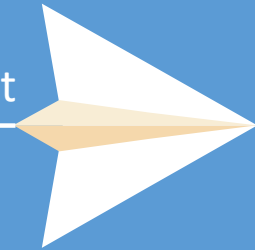
# I don't want:

- Loneliness
- Unemployment
- No Services or Supports
- Unhealthy life style
- Inactive lifestyle
- Unhealthy relationships
- Shying away from taking risks
- Negativity
- Boredom



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What I don't Want



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# I do want:

- Meaningful, social, and productive life
- Self Direction, Accessibility, Originality, Hobbies
- Live with friends in a community
- Employment, Stable income and support
- Family, Friends, Strong Connections and Sense of Community
- Mental wellness & Fitness
- Good Health, Health Care and doctors
- Working out at the gym, physical therapy
- Continued Education, Learning
- Engaged Member of organizations
- Accessible and Reliable Transportation



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What I do Want



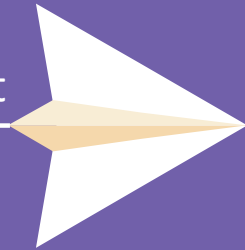
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Now it's your turn.



What I do Want

What I don't Want



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**What I do want.**

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**What I don't want.**








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# Whole Life Planning Tool

**LIFE DOMAIN VISION TOOL | FAMILY PERSPECTIVE**

Name of Person Completing: \_\_\_\_\_ Date: \_\_\_\_\_

On Behalf of: \_\_\_\_\_

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FAMILY MEMBER'S FUTURE	PRIORITY
	<b>Daily Life &amp; Employment:</b> What do I think my family member will be doing during the day in their adult life? What kind of job or career might they want?		
	<b>Community Living:</b> Where and with whom do I think my family member will live in their adult life?		
	<b>Social &amp; Spirituality:</b> How will they connect with spiritual and future activities, and have friendship, and relationships in their adult life?		
	<b>Healthy Living:</b> How will they live a healthy lifestyle and manage health care supports in their adult life?		
	<b>Safety &amp; Security:</b> How will my family member be safe from financial, emotional, physical or sexual harm in their adult life?		
	<b>Advocacy &amp; Engagement:</b> How do I think they will have valued roles, responsibilities, and control of how their own life is lived as an adult?		
	<b>Supports for Family:</b> What supports does our family unit need now or will need in the future?		
	<b>Supports &amp; Services:</b> What supports and services might my family member need in the future to lead the kind of life they want as independently as possible?		

Downloaded by the Charting the LifeCourse team - LifeCourseTools.com  
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**Daily Life & Employment**



**Community Living**



**Social & Spirituality**



**Healthy Living**



**Safety & Security**



**Advocacy & Engagement**

To have a full happy life plan for each part of your life!



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# Daily Life & Employment

What do I want to do during the day?

What kind of job would I like?

What they do as part of everyday life—school, job, volunteering, connecting, routines, life skills.

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# Daily Life & Employment

## Traditional Options

- Day program
- Day Habilitation
- Supported Employment



## Creative Options

- Running a business
- Having a Career
- College or tech school
- Customized employment
- Job coaches
- Volunteering
- Inclusive college programs
- Online classes or training

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“I want to continue my radio hosting on a virtual podcast or be a peer mentor for students with disabilities going through the special education and college experiences or something with advocacy. In school getting his human services certificate.”



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 **Daily Life & Employment**

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**What do I want to do during the day?**

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**What kind of job would I like?**

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# Community Living

Where would I like to live?

Will I live alone or with someone else?

Where and how you live – housing options, community access, transportation, home adaptations and modifications.

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## Community Living

### Traditional Options

- Group Homes
- Shared Living/Adult Family Care (host family)
- Individual Home Supports



### Creative Options

- Live with family in an adapted living space
- Companion living
- Home ownership (Condo/Co-ops)
- Independent Living Center

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“I would like to live in an in-law apartment or with my brother and/or a roommate with PCA care support and support persons with my family next door or nearby. I dream of an accessible housing and easy commute in my community.”



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 Community Living

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**Where would I like to live?**

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**Will I live alone or with someone else?**

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## Social & Spirituality

How will I be with friends and have fun activities?

How will I be part of my community?

Building friendships and relationships, fun activities, personal connections, and faith community.

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## Social & Spirituality

### Traditional Options

- Separate or special church service
- Special group outings & activities



### Creative Options

- Friendships
- Dating/relationships
- Parks and Recreation
- Inclusive faith community
- Special Olympics
- Social groups, clubs, leagues
- Video chat or calls

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“In my adult life I would like to form clubs, social and emotional groups. Continue with our local self-advocacy group. I would enjoy podcasting from my home office and explore ways to connect virtually.”



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 Social & Spirituality

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**How will I be with friends and have fun activities?**

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**How will I be part of my community?**

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# Healthy Living

How will I be healthy?

How will I get the help I need to be healthy?

Managing and accessing health care and staying well – medical, mental health, behavioral health, developmental, wellness and nutrition.

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# Healthy Living

## Traditional Options

- Center-based therapies (PT, OT, Speech, etc)
- Specialized medical care



## Creative Options

- Gym membership
- Community Health Centers
- Family practice providers
- Home or Community-based therapies
- Family member or school staff implements therapy
- Tele-Medicine
- Personal fitness devices or apps

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“Routine doctor's visit. Weekly stretching and exercise is important to my health because if I don't, I will tighten up and lose mobility. I will work with my adult provider to make sure I stay healthy and try to have good nutrition.”



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**How will I be healthy?**

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**How will I get the help I need  
to be healthy?**

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## Safety & Security

How will my money be safe and my bills be paid?

How will I make sure no one hurts my feelings,  
or touches me in a way I do not want?

Staying safe and secure – emergencies, well-being,  
guardianship options, legal rights and issues.

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## Safety & Security

### Traditional Options

- Full or limited guardianship
- 24 hour paid staff and supervision
- Guardianship



### Creative Options

- Supported decision making
- Limited/ joint bank account
- Automatic bill pay
- Personal safety devices
- Remote monitoring
- Special Needs Trust
- Abuse/neglect hotlines
- Health care proxy

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“I hope to have a financial accountant or representative to manage my finances. I will explore a life coach and social worker to help me manage my life chores and personal needs and security. I will work with a PCA and Support people to provide transport and community living.”



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**Safety & Security**

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**How will I be healthy?**

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**How will I get the help I need  
to be healthy?**

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# Advocacy & Engagement

What responsibilities do I want?

How can I have control of my own life?

Making choices, setting goals, taking responsibility and having a say on how your life is lived.

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## Advocacy & Engagement

### Traditional Options

- Paid professional advocate
- Or having someone you know like a family member or friend to advocate for you



### Creative Options

- Self-Determination
- Visiting your legislator
- Self-Advocacy groups
- Advocacy training
- Legislative advocacy
- Voting

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“I will work on being an Advocate leader and advance my life experiences toward an equal, accessible and inclusive life for people with disabilities. I am actively involved with disability organizations so I can advocate and keep up with things that impact people with disabilities. I am a frequent public speaker for various organizations like MASS Advocates, The Federation, MassFamilies, and Easterseals.”



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Advocacy & Engagement

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**What responsibilities do I want?**

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**How can I have control of my own life?**

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Daily Life &  
Employment



Community  
Living



Social &  
Spirituality



Healthy  
Living



Safety &  
Security



Advocacy &  
Engagement

You did it! You started planning your life!

