

# Planning the life you want

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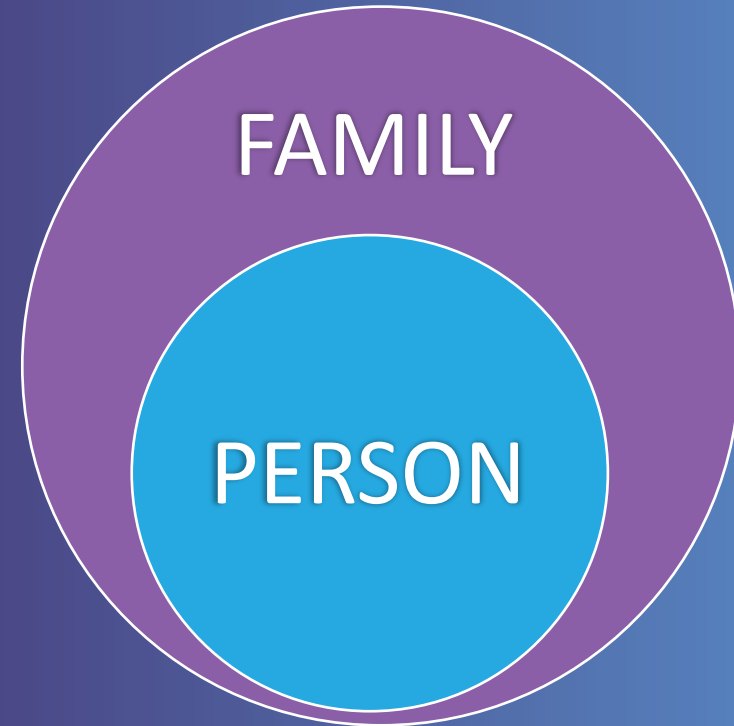
MassFamilies



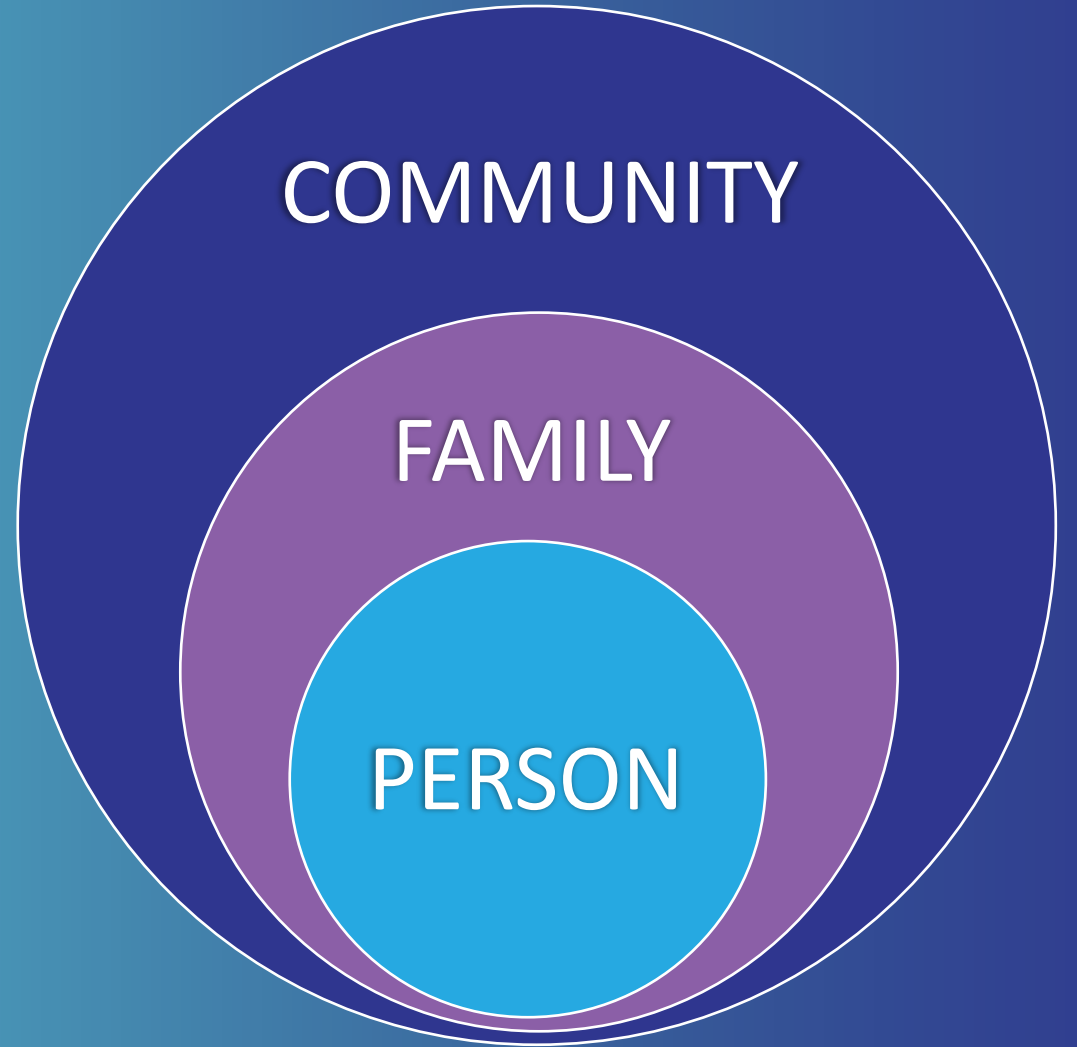


PERSON

Every **PERSON**



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



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



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

The background features a large, faint circular graphic on the right side, divided into segments. Each segment contains a different icon: a calendar with a sun, a hand holding a star, a group of people, a house with a heart, a house with a downward arrow, a shield with a heart, and a group of people. In the center of this graphic is a cluster of several overlapping circles of varying sizes.

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

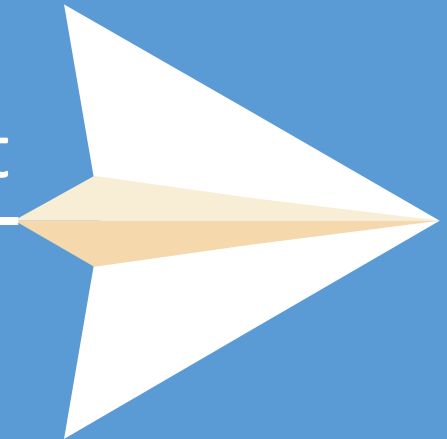
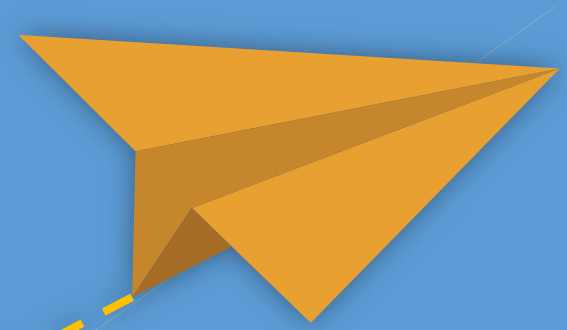
# How to get the life you want.



Austin Carr

What I do Want

What I don't Want





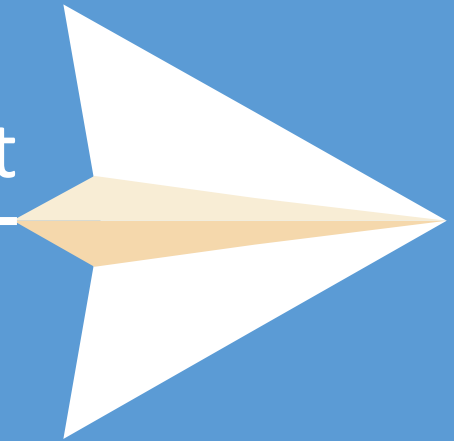
# I don't want:

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



Austin Carr

What I don't Want





# 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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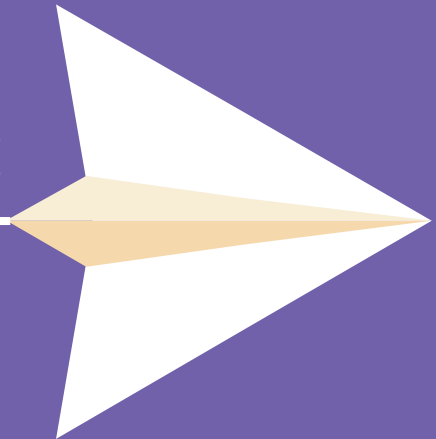
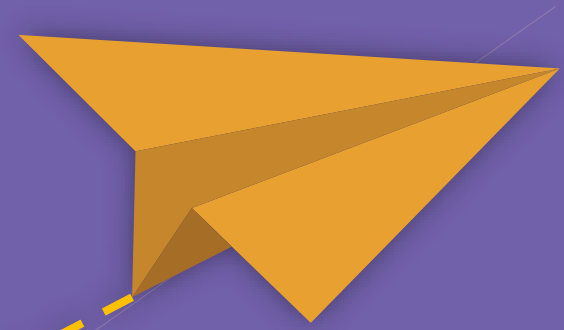
What I do Want

Now it's your turn.




*What I do Want*

What I don't Want












# 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><br>What do I think my family member will do during the day in their adult life? What kind of job or career might they want?          |   |          |
|    | <b>Community Living:</b><br>Where and with whom do I think my family member will live in their adult life?   |   |          |
|    | <b>Social &amp; Spirituality:</b><br>How will they connect with spiritual and leisure activities, and have friendship, and relationships in their adult life?            |   |          |
|    | <b>Healthy Living:</b><br>How will they live a healthy lifestyle and manage health care supports in their adult life?  |   |          |
|    | <b>Safety &amp; Security:</b><br>How will my family member be safe from financial, emotional, physical or sexual harm in their adult life?                               |   |          |
|    | <b>Advocacy &amp; Engagement:</b><br>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><br>What supports does our family unit need now or will need in the future?   |   |          |
|  | <b>Supports &amp; Services:</b><br>What supports and services might my family member need in the future to lead the kind of life they want as independently as possible? |   |          |



Developed by the Charting the LifeCourse Nexus - [LifeCourseTools.com](http://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!





# 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.

# 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

“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.”

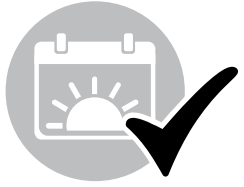


## Austin Carr



Daily Life & Employment





# 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.

# 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

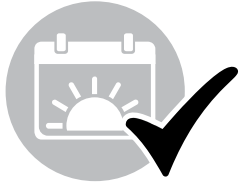
“I would like to live in an in-law apartment or with my brother and/or a roommate with PCA care support and support persons with my family next door or nearby. I dream of an accessible housing and easy commute in my community.”



## Austin Carr



Community Living



# 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.

# 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

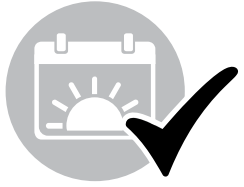
“In my adult life I would like to form clubs, social and emotional groups. Continue with our local self-advocacy group. I would enjoy podcasting from my home office and explore ways to connect virtually.”



**Austin Carr**



**Social & Spirituality**



# 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.



# Healthy Living

## Traditional Options

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



## Creative Options

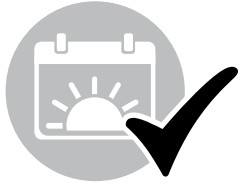
- Gym membership
- Community Health Centers
- Family practice providers
- Home or Community-based therapies
- Family member or school staff implements therapy
- Tele-Medicine
- Personal fitness devices or apps

“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.”



**Austin Carr**

 Healthy Living



# 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.

# 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

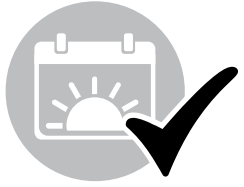
“I hope to have a financial accountant or representative to manage my finances. I will explore a life coach and social worker to help me manage my life chores and personal needs and security. I will work with a PCA and Support people to provide transport and community living.”



**Austin Carr**



**Safety & Security**



# 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.

# 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



“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.”



## Austin Carr



Advocacy & Engagement



Daily Life &  
Employment



Community  
Living



Social &  
Spirituality



Healthy  
Living



Safety &  
Security



Advocacy &  
Engagement

You did it! You started planning your life!

