MA Tools in Action:
Preparing for the Holidays

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MA Charting the LIFECOURSE Ambassador

Introductions

- A Poll will be shared with the group, please answer the following questions:

  - What is your experience with CtLC:
    - I use it all the time!
    - I have heard of it but haven't used it.
    - This is my first time learning about it.

  - Are you joining as a:
    - Parent
    - Provider
    - Self Advocate
    - Hold Dual Roles

  - What setting do you work with or does you/your loved one live in:
    - Residential Home
    - Foster/Shared Living
    - Community Family Setting
    - Independent Living

- **Planning for the Holidays**
  - Integrated Support Star
- **Planning for the New Year**
  - The Life Trajectory
- **Tracking New Year's Resolutions**
  - The Goal Attainment Form

Planning for the Holidays Using the Integrated Supports Star
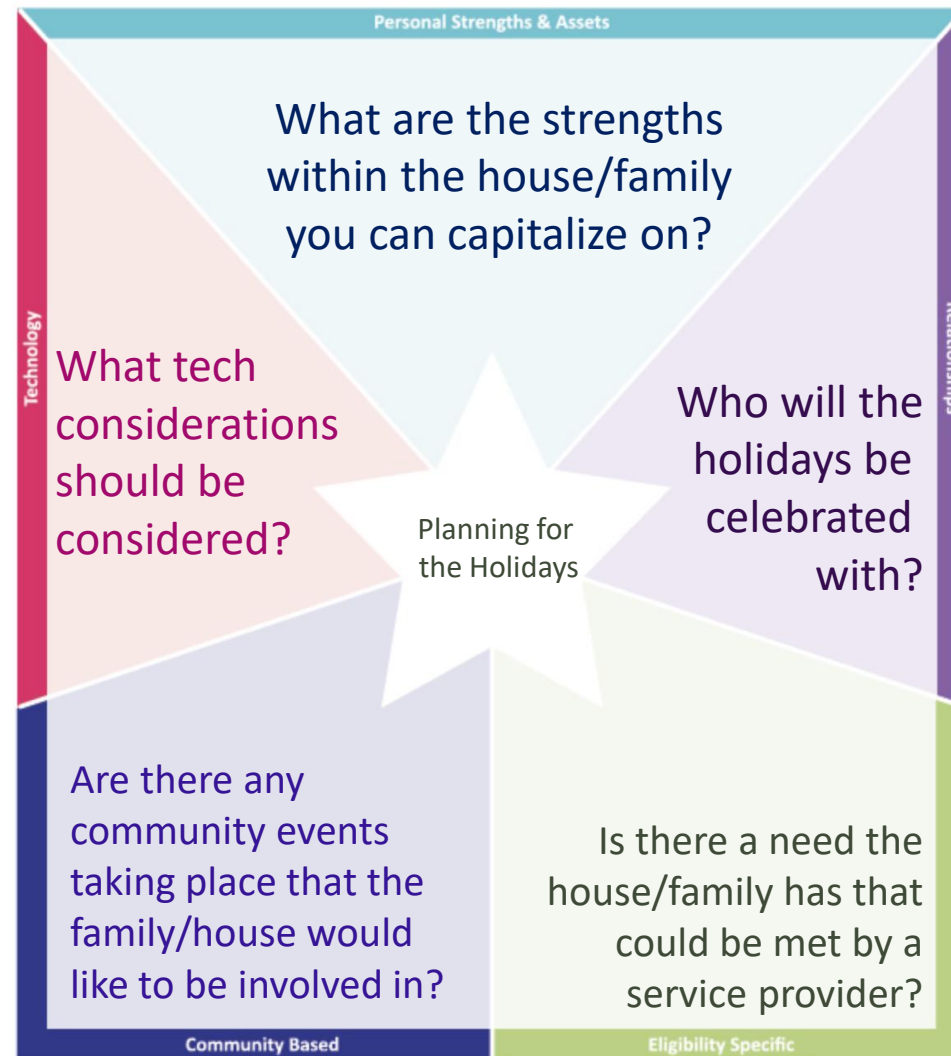
INTEGRATED SUPPORTS STAR

- How will the decorations be assembled and what is needed (extension cords, power strips, etc.)
- Do people need COVID testing and PPE to be around others (does everyone know the safety measures needed to keep a loved one safe?)
- Will virtual visits take place and on what platforms (Zoom, Teams, Webex, Etc.) Also is everything coordinated for this?
- Is any adaptive equipment needed to ensure communication needs are met?

- Will there be a group outing to make grocery purchases?
- How will the individual be supported in purchasing presents?
- Is there holiday lights events or concerts that people would want to attend?
- Holiday competitions (lights, Christmas trees, gingerbread houses, ornament making, etc.)
- Do members of the home want to volunteer or give back in some way?

Personal Strengths & Assets

What are the strengths within the house/family you can capitalize on?

Technology

What tech considerations should be considered?

Relationships

Who will the holidays be celebrated with?

Planning for the Holidays

Community Based

Are there any community events taking place that the family/house would like to be involved in?

Eligibility Specific

Is there a need the house/family has that could be met by a service provider?

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- Will family members be coming to the home, or will certain people be traveling to their loved one's house?
- If people can't meet in person how will connection be fostered?
- Conversations about gift giving- will gifts be purchased for everyone vs Secret Santa, or simply enjoying everyone's company?

- Holiday times can present financial strain, various supports might ease this burden and are worth exploring:
  - Snap Assistance
  - Heating Assistance
  - Flexible Funding/Financial Assistance through DDS
  - Christmas Tree Donations
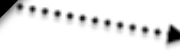 - Gift Giving Programs (Toys for Tots, make a wish, holiday giveback, etc.)

Using
The Life Trajectory
to plan for the
New Year

VISION for a GOOD LIFE

What I DON'T Want

LIFE TRAJECTORY | EXPLORING

Vision for What I Want

What do
(I, we, they, etc.)
want to have happen
In 2024?

What I Don't Want

What don't
(I, we, they, etc.)
want to have happen
In 2024?

- Be Specific, but Brief
- Lists are preferred over paragraphs.
- Ensure you are thinking
  about all the domains and DO NOT get tunnel vision.
- Talk about what will keep you on the path and what
  can take you off the path.

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Life Trajectory | Family Perspective (worksheet)

Past Life Experiences
List past life experiences and events that have prepared or supported my family member to move towards a vision for a good life

List past life experiences that pushed my family member's trajectory toward things they did not want or I did not want for them

Moving Forward
List current or future life experiences or goals that will continue to support my family member to move towards a vision for a good life

List barriers or things to avoid that might get in the way of my family member taking steps to reach their goals

My Vision for My Family Member's Good Life

What I Don't Want

Emotional Eating
Frivolous purchases
Social Media
Time Management
Anxiety
Negative Self-Talk
Imposter Syndrome
Mistrust in others
Isolated

Community
Goal Setting
Praise
Therapy
Support System
Mindfulness
Exercise/movement
Being Organized
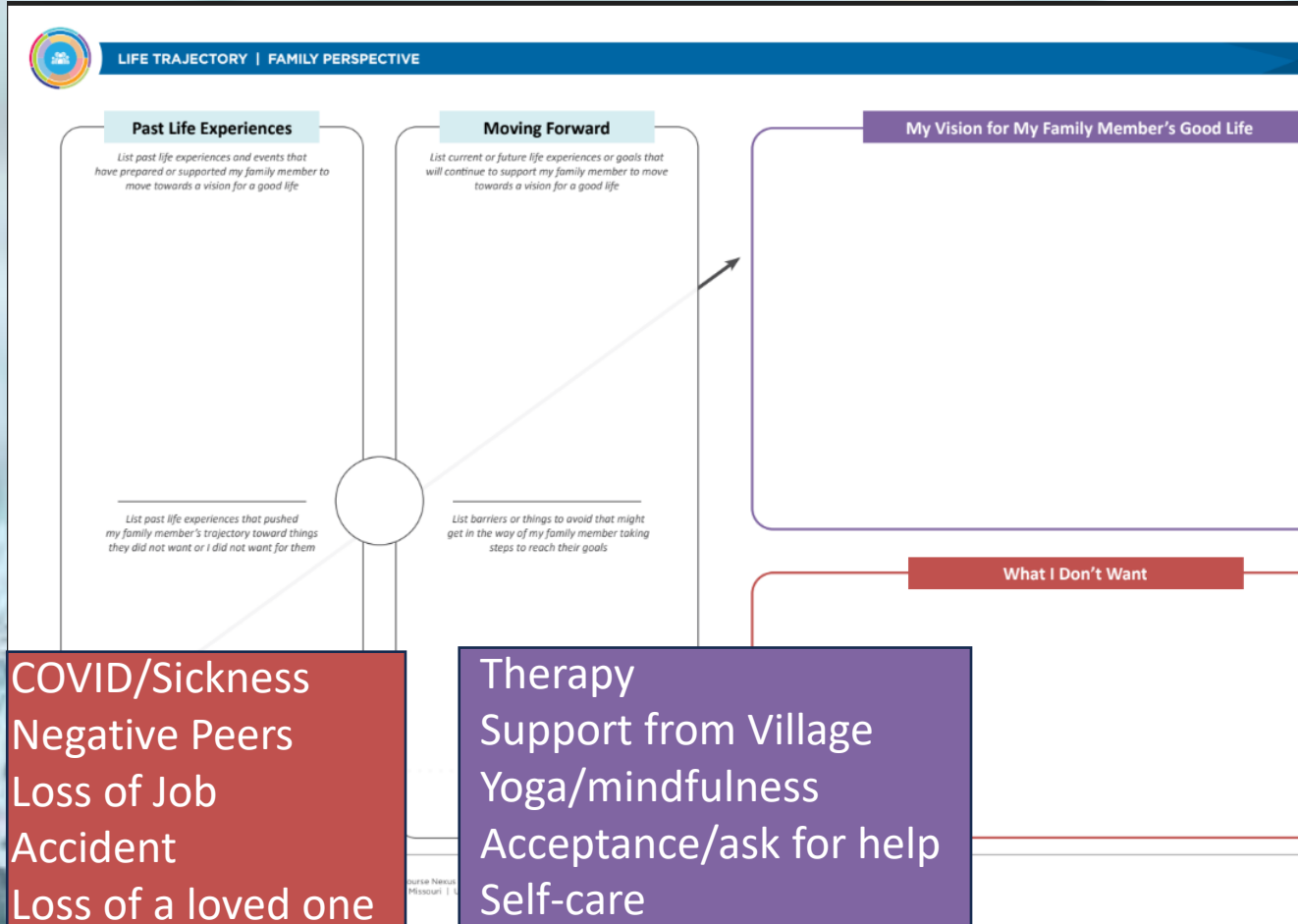
COVID/Sickness
Negative Peers
Loss of Job
Accident
Loss of a loved one
Frivolous spending
Depression/anxiety
Conflicts with others
Emergencies

Therapy
Support from Village
Yoga/mindfulness
Acceptance/ask for help
Self-care
Not Fearing Change
Taking Space
Re-evaluating
Be Flexible

Weight loss goal/exercise
Eliminate Debt/Increase Savings
Get Organized
Clean home
Maintain Health
Further education
Fun Activities
New job
Better Time Management
Self-Care
Less Social Media more in person

Prevent Sickness/Foster Health
Don't increase debt
Prevent weight gain
Financial Burdens
Negative Self-Talk
Loss of loved ones
Missing social opportunities
Feeling Rushed & Exhausted
Increase in Stress
Lack of Sleep

Using the Goal Attainment Form to Track Success with New Year Resolutions

GOAL ATTAINMENT | PLANNING AND TRACKING SUCCESS

GOAL: New Job

Your goal should be based off what you want to achieve in your trajectory

DEFINE SUCCESS	SUCCESS SCALE	1	2	3	4	5	6
Describe what exceeds expected success would look like for this goal: Dream Job	★★★★★						
	★★★★						
Describe what expected success looks like for this goal: Full Time Job	★★★					X	
	★★				X		X
Describe what minimum success would look like for this goal: Part time Job				X			
	★	X	X				

Successes: What's working?
Creating a Resume
Networking
Confidence
Support Services
Nailing the Interview

Barriers: What's not working?
Imposter syndrome
Job Market
Not enough Pay
Childcare

STRATEGIES	SUPPORTS	START DATE	TARGET END DATE
Complete 3 job applications	Loved one, CM, self Accountable	12/17/23	12/24/23

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Enjoy
the
Holiday
Season!