UMA-B-ICI-LifeCourse in Action- December 13th, 2023

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[Recording in Progress].

>> BETH WIKE: As you are coming into the room today, you will see that we are in the webinar mode. You will be automatically muted, your video and your microphone. Feel free to jump into the chat and say hello. We will get started in just a minute. I love seeing the chat fill up, this is wonderful. Feel free to jump in there and say where you are from, we are excited to have you today. I am just going to get a few housekeeping real quick before we get started. We are in webinar mode, so you are automatically muted, your video as well as your microphone. We welcome your participation today, feel free to use the chat any point. It will be monitored throughout. I know you will have an interactive session ahead of us, looking forward to that. The session is being recorded automatically. We will send out the recording from the session following today. With that, you will receive a link so you can see any of the sessions if you have missed the ones that we have had prior to today. I am going to go ahead and hand it over to Ellen to get a starter for today.

>> ELLEN KILICARSLAN: Thank you, Beth. Welcome everybody to our fourth session in our series, LifeCourse an action series that we have put together. I want to welcome everybody, and I am going to introduce our presenter today who will talk about planning for the holidays. We have Dr. Sonja Haecker here from the Berkshire County arc. She is a longtime champion of using the framework and told herself and within your organization. We can turn it over to Sonja.

>> DR. SONJA HAECKER: Hello everyone. I apologize, I have some major allergies going on. If I sound nasally, that is why. But, it is all a part of the fun, cold, flu holiday season. Something we also have to plan for the motion sickness happened during this time. He will talk about that a little bit. I have the chat going and even though you can't talk, I highly encourage you to use the chat. It will make a lot more fun. I will start by sharing my screen. So yes, thank you Ellen for introducing me, I am Dr. Sonja Haecker, the Executive Vice President for Berks County arc, and I've been alive course ambassadors in 2017. I was one of the original 15 in the state to go through the ambassador training. Since that time, I have also gone to the showcase in Missouri and presented, I presented to many organizations across the state and health family training on how to dip your toes into this and do a little life course 101. To get us started, I would like to start with the pole. I will share a pole, but if so for some reason you cannot use the polls, the questions that are being asked are on this screen. You can put your answers in the chat that is easier, whatever is more accommodating for you. I am going to launch that poll right now. So the first question is, what is your experience with charting alive course? This will help me gauge how much people have used the framework in the room, if at all. The second question asks who are you joining us? A parent, provider, self advocate? You have dual roles, are you a parent and the provider? The last one is what kind of setting do you work in or does your loved one live in? Are you in residential, are you a foster or shared living provider? Does your loved one live at home in the community with you? Is your loved one or yourself living in independent living? Again, this will help me angle the information in the way that is beneficial for all. We are about halfway, so I will give it a little bit of time for everyone to take the time to answer. Again, if anybody is having issues with the poll, you can put your answer in the chat too. I am monitoring that as well, that when everyone's voice gets heard. We are a little more than halfway, so we will give it a little bit more time. The answers are still coming in, don't want to rush anyone. While people are filling this out, Ingrid, I and the other panelists were talking, and she was educating me on today being Santa Lucia day and out her and her family celebrate that. It reminds me that there are so many holidays, that your major player ones that we think of a talk of often, but there are many ones that we don't often know of our talk of. If you are provider here, I highly encourage you to keep that in the back of your mind as you are working with people to think outside of the box of what holidays people you are supporting the be celebrating or looking to celebrate that you might not know about. About 84% of everyone on the call, but they are still coming in, so we will give it a few more minutes. Again, I like to give everyone a chance to answer. Just started to teeter off, a couple more seconds everyone. I see people putting them in the chat now, so if your poll is not working and you want to be factored in, throw your info in the chat. We are going to end this poll. We have more than 90% response, which is great. I think all of you for taking the time to join today. I'm going to share these demographics, so we all know. In terms of how much people have experience with charting life, 20% of attendees do this all the time, and that is great. I hope you walk away with something new and refreshing from this training. 45% have heard of it and have not used it, and that is okay. It's perfect to be okay with this if you have not delved in, but now might be a good time to start. Start with the new year. 27%, it is the first time learning about it. Which is again, okay. Welcome to this world. The exciting about charting life is it is free, it is very accessible, and you can really use it however you want. This presentation is a tailored presentation, specifically on suggestions on how to use the framework for the holidays. That doesn't mean you have to do everything I am saying to do, it is just an idea to get you thinking about it. But really, if you have a thought or a purpose, you can really use this for whatever you want anything fit whatever mold which is the beauty of turning life. Our next question was, are you joining as a parent, which we have 20% of our attendees as parents, 52% of providers, so more than half. We have a self advocate on the call, so Arkansas advocates, we love hearing your voice. Then we have 26% who holds dual roles. Our last question is, which setting do you work in what is your loved one live in? 27% are connected to residential, 5% who are foster or shared living homes and 56% in the community with 13% living independently. We have a pretty wide range, I am going to try to tell this presentation to hit on different aspects of all the settings so everyone walked away with something. Angela, you can put your answers to these questions in the chat, because I am not a real to share the poll again, but I definitely want to know where you come from and what your background is, so I can factored that into my presentation. So, what is the overall goal of this training? We want to look at the integrated support\* which is one of the tools in the framework that had to plan for the holidays. We want to look at the life trajectory her planning for the new year, we always talk about our New Year's resolutions, but how do we focus our thoughts for that? Tracking our New Year's resolutions, how do we hold ourselves and loved ones accountable? We will look at the goal attainment form for that. It might be new for some, and could be a tried and true tool for others. We are going to get this started. So, if you are new here, the integrated start, which is the form to the right, it's a popular first entry tool that many like to launch their experience with the spirit for others who have been using the tools, I finally either favor the star or the trajectory which is why we going to talk about both today. Looking at the star more closely, the middle star itself, this middle star, this is where you can put your topic, just so we know what you are talking about. For those of her planning for the holidays because we are very concentrated with what we are using this tool four. For others, if you are doing good about specific person they were trying to establish supports and services with or if you are doing it for yourself or a loved one, you might want to put a name or in age. Really though, the middle star is for you to know what is the point of this form? What are we using it for? We will start up in this blue box which is personal strengths and assets. Sometimes, when we are planning for the future or if we are looking at historical things, it is really easy to focus on the negative that is not what we want to do. We want to retrain our minds to be solution based. The first and we will say is what are the personal strengths and assets? When we are thinking about the holidays, what are the strengths with the house and the family and how can we capitalize on them? Is this a tightknit family where you have lots of research that you can tap into and everyone can share a role? Or is it you have the perfect party planner who is your go to and she will be the charge and delegate stuff out? Or is it a house and a bunch of staff coming together to really communicate what is going on. This area is your foundation building. What do we have at our disposal that we can take advantage of, and from there, we will build the rest. So, moving over to the purple box, this is relationships. So, who will the holidays be celebrated with? If you are in residential, will the house be celebrated together? The people, family and loved ones be taking their loved ones home and joining the house celebrations? What is that dynamic look like? If it is a foster shared living provider, are you doing holidays within your foster home? Or again, are they going to go home to their respective loved ones and you go to your respective loved ones, or are you all merging into exhilaration together? If you or someone living on your own, is your family coming to your apartment or home or are you going to theirs? Are you doing holidays on your own this year? For people who live with friends, families and loved ones out of the community, what does that look like? Is it everyone stay together in your home, are you traveling? This is where you can break down what is going to happen. In this box, something she might want to note. I five bulleted lists work the best. Who is coming and what is traveling look like for that? If people cannot meet in person, how will connections be fostered? I have a good check of my family that lives in Utah. It is not feasible for me to come there are them to go out every single year. I still want to be connected to them. That might be me joining family celebrations via FaceTime or resume. Conversations about giftgiving. Around the holidays, we are inclined to show our appreciation and love through gifts, but that is not always necessary. Having a clear context of are we purchasing gifts for everyone, or are we going to do secret Santa or Grab Bag? Are we simply enjoy company over a meal and no gifts are necessary? Everyone will go in the same mindset and we will all be of the same page and will be put in the awkward position of I did not get you a gift but that you for getting me one, and vice versa. This purple section is really to think about how do we make sure everyone is fostering connection and build a social capital during this time. We are then going to jump over to the pink section. This is all about technology. Sometimes I think people struggle with this section, but it is to make you think more globally and not get blinders on. While the relationships are important, sometimes we need tech to help us get there. What tech considerations should be considered during the holidays? We have a little box of suggestions. First and foremost, everyone knows the holidays are all about decorating. This is also a time we have to be careful because fire hazards go through the roof. In order to decorate and decorate safely, what kind of extension cords or power strips do we need? How we make it so the environment does not become unsafe or our loved ones? In terms of keeping people safe, we have cold, flu, RSV, Covid going around, doing the testing? Do people need to wear PPE around others? During Covid, this is assumed everyone will have masks on a socially distance, but now that the pandemic is ended, are people still expecting to wear masks or not? If you love what needs that, what kind of conversation to be facilitated to keep them safe? In terms of virtual visits, if you are like me and have family far away, what kind of platforms do you need? Zoom, teams, WebEx, FaceTime? What does that look like it does everyone know how to use it? I can tell you, I call some family members and the camera is upside down and I hear the audio, it takes a minute to get that sorted out. Do we need to take a test drive to everyone is on the same page? Is any adapted equipment needed to ensure people's needs are met? If you are going to somebody else's house and is not necessarily equipped for you or your loved one's needs, how do we get that there so that way they can enjoy the holidays without restrictions? Thinking about these things ahead of time will make the actual date of the holidays went really smoothly. We are going to jump down to this dark blue box. It could also be a different color purple depending on your opinion on the color scale. Are there any community events taking place in the family or house would like to be involved in? Holidays can be isolating time, but there is so much enrichment on the community right now. A lot of it can be free of cost. Some of the question to ask is will there be group outings? If again, you are working in residential, will your home go out together and see a bright light of that? Or go see a holiday movie? Or are they going to plan together the grocery purchases? If you are all having a meal together, who was involved buying that food and being a part of the many making process? How will the individuals be supported in making presence? Nothing is more lame than having to go shopping with the person you're going to be buying a gift for. It is more excited to get out there, by stuff and keep it a surprise and let the magic happen from under the tree. How are we fostering this of people can independently make the gift purchases? Again, other holiday lights or concerts people like to attend? The Nutcracker ballet is coming to town and I always wanted to see that, maybe could talk with her case manager and how we can help facilitate you getting to that and making a dream come true. You have holiday competitions, and I really love this. I did this at my office. How do you encourage people to get into the spirit to decorating lights or Christmas trees, or gingerbread houses, or ornament making? The town does this thing whether you will like the current competition. If you decorate your house with lights, the police department goes around and they will judge. The top five get a gift card to apply to work your electric bill for that month. There are fun competitions that can happen that you decide to go around and see what is going on and what you can get involved in. If you work in residential and there are other houses, could you do a gingerbread house competition? Or decorating your Christmas tree competition. Insight holiday competition or fun with all of this. Two members of the home want to volunteer and give back? There are so many were not as blessed as we are, so there's a lot of different toy givebacks or food venues that need support. You as a family or a house want to go out and support those causes in some way and pay it forward and help those that might be in need? Finally, we are going to look at the eligibility specifics. Is there a need in the house or the family that could be met by a service provider in some way? Right now, there is a lot of pressure to have extra expenses that you may not have throughout the rest of the year. People heat getting turned on, a letter goes up because of lights and whatnot, you feel the burden of being to purchase gifts. It can become a financial strain. Right now all we can ask is, is now a good time to apply for snap or heating assistance? Could you benefit from flexible funding or financials can support through DDS? Some people may need help obtaining a Christmas tree. Again, giving gifts programs. In the community based, we talked about participating in that but if you need to be on the receiving end, how do you sign up for such things? Really, this star can be used as a way to bring all of your thoughts together, and cracked the game plan of how are we going to have this holiday season? What will we do to make it successful? That is one example of how we use this for this specific way, but you can change the topic, you can change the angles. The main ideas you having these five categories and thinking more holistically and not getting blinders on. When you have a casual conversation about the holidays, you might just think relationship-based or who we are hanging out with, what we are doing and what we are eating. You have always other aspects we are to capitalize on, so we want to think about that. Will the star be shared with the attendees? I think THE tools I am talking about today will be shared out. Also, copies of the slide number all my PowerPoint should be shared as well. So now, we are going to switch tools. I will explain this tool and we will do an interactive work on this. I want you guys to be involved on this a bit. The life trajectory tool is overall what is your vision for a good life and what do not want to? You can be broad with this and say okay Sonja, what do you want for a good life? I want a husband, a kid, lots of money, a house. We want to get more fine-tuned with this. I don't want to be generic with my thinking. What we want to what happened in 2024? So zooming in, this is the basic form of the trajectory, it is two boxes. The vision for what you want and don't want. There is a more in-depth tool will be too our group think tank I will show you, but for the explanation, I will use this basic one. You are going to notice the purple box from a vision of what you want, is bigger than the red box. This is intentional because we are being solution space. We want to think about the positive things you want to foster. We want as long laundry list of things we don't want to. For this trajectory, we are focusing specifically on what we want to have happen in 2024? This is our New Year's resolution and what you want to make happen. Briefly and being intentional, now that we know what we want, what do we not want? These things should have a little bit of a relationship with each other. But again, it should be more solutions based versus problems based. We want to be specific, but not brief. Meaning bulleted lists are really nice. I don't want this giant

Novel of what I want. I want to be really intentional because it is easier to hold myself accountable. We don't want to get tunnel vision. In charting life, there's something called life domains. That is where you are thinking about what do you do during the day for work, for volunteer, or for just engagement. Where you live, how do you get around, how do you foster safety? How do you foster relationships or religious beliefs? We want to think about all aspects of our life and really fine tune what our vision will be too hit on all of those aspects. We want to talk about what will keep us on those path and take it off this path. We all have great intentions but as we know, life happens and our intentions can be derailed. You want to plan for the derailment and how it should get back on track, should it happened. This is a more in-depth version of this tool. You see the big boxes of what I want for my life and what I do not want. Now you see these other two boxes. These are the boxes that will help us from prevent the derailment from our vision of good life. Past life experiences. The first box is, what is happened in the past that is preventing me from getting my good life and what my past has helped me move towards my good life? Moving forward, what things do I have plan that will help foster that good life, and what things to anticipate will take me off of it? You can absolutely get copies of all of this, we will make sure we get this out to you. Now, I will rely on this chat and I hope you guys are using it. This is going to be really boring if I'm talking to myself for this section. So, off the top of your head, what are things that you want to have happen that you are willing to share for 2024? What are some New Year's resolutions we are thinking of wanting to have? I am going to exit out of my presentation mode, so that way I can type into this box. Somebody has a weight loss goal, somebody wants to travel more, get their house organized. A few people want house organized. Improved health, increase self-care, eliminate debt. I'm going to start typing some of these so we have some ideas. Weight loss goal, organize debt, get organized, maintaining health, better time management, self-care. I am going to add exercise more to the weight loss because those kind of go together. Last time on social media, more time in person. Doing fun activities furthering education, increase savings am I getting a new job. I'm going to add savings to the debt section. Sometimes, those things can be connected. Hire some amazing staff, more time with family, these are all really great goals that you guys got. Try more local restaurants, coached children's sports. Beautiful. Okay. We have got a good running list of what we want. We are creating a vision board, is just a group vision board. Maintain a healthy balance of my home, personal balance and continuing professional growth. I love that. Now, we're going to switch gears. I want to hear what you do not want to have happen in 2024. We are going to keep this list brief, so I will let people type it in for a minute, then I will consolidate the debt. Someone is a want to waste any more time. No serious illness. Sherry wants to ensure her daughter cancer doesn't come back, we are praying for that too, Sherry. Not feel stagnant, fear of illness. Somebody does not want to gain weight. I'm going to add health, help is a big one for folks, and rightfully so. Don't increase debt, I have seen that a few times. Prevent weight gain has been mentioned a few times. Financial burdens, I am going to put. People have written about a couple of different financial burdens. Produce negative self talk. What I don't want is loss of loved ones. That is a big one. Missing social opportunities. Feeling rushed and exhausted. Increase in stress. Lack of sleep, that's a huge one. Honestly, if you don't get enough sleep, talking about waking up on the wrong side of bed. All right, we filled our box. We have a good plan of what we want for 20/20 for and what we don't want. Now we will look here at our past life experiences. We have made it to 2023 and we have had some life experiences that tell us hey, if this happens, we will leave off of our path of what we want for our good life. Very briefly, let's think about, in the past, what has prevented us from losing weight, litigating our debt, getting organized, cleaning our homes, maintaining our health, furthering her education, accessing activities, getting our new job, getting our time management and fostering self-care. What are we doing that is holding us back that we want to be cognizant of? Emotional eating, I hear that. Frivolous purchases. Distractions, social media. Not enough time. I'm going to put time management. There might be a few different things that hit that. Anxiety. Negative self talk. Imposter syndrome, that is a good one, Katrina. Not feeling like you are cut out for something or it should not be you that is having it. Mistrusting others or procrastination. Being isolated all right, now that we know all of these things that hold us back, one thing that we know that push us forward? What are things that help us lose weight, eliminate debt, making our health, further education? Help us ask for activities, get a new job? Have better time management and self-care? What are things that we know that build us up in helpless champion to get to that goal? Community. Goal setting. Praise, praise is huge. I am proud of you, you are doing awesome, that is huge. Therapy. Having a support system. Mindfulness. And the other ones? Movement and exercise. Being more organized, positive affirmations and journaling, expanding our village. I love expanding our village, that is a good one. Loss of a loved one. Spending coming back up. If our emotions creep in, depression and anxiety, we have the seasonal health. Right now we are in the dark, cold months we can really affect our emotions. Conflicts with others in the home. Things might be on track for you in your situation, but might be off track for others. Then emergencies, we want to end this with that one. Moving forward, if we feel these things start to creep up. We are moving towards our good life, oh no, we have Covid. We are moving towards our good life, oh no, I am the risk of losing my job, maybe the company is closing. Maybe I'm feeling good, seasonal depression kicks in. What a resource that we can access and say okay, I knew this could happen, it is now happening. What should I access to make sure I don't get derailed off my track? We have got therapy, asking for support from our village. Yoga and mindfulness. Acceptance. Some things are outside of our control and they happen, and we have got to move forward. Taking space. Reevaluating. With asking for help. Being flexible, that is a big one. Community resources. So, you have all been a really good job of identifying things. The big thing is, we actually have to do this. Putting into practice, we now have set goals for herself. We identify what we do not want to have happen, and we have enough by the risks that could take us away from our goals. So, when those risks emerge, being cognizant saying hey, I plan for this, how my going to get myself back on track? It might be wiping the slate clear and radiology trajectory say this was our original plan, we got the pipit. While this is unachievable, this is. Being able to pipit was huge, not just getting stuck. Sometimes, we want something so bad that we cannot step back a minute and say okay, if I pipit briefly, I will forget to my end goal eventually. It is not giving up, it is just reassessing and giving ourselves permission to do that is huge. I were to get us back into our slideshow so we can look at all of our beautiful work. Look at all these great doctor came up together with. I will make sure copy of this comes out. This is a beautiful thing because we are thinking about our goals for the future. Mary want to go from it is our third and final form. This is called the goal attainment form. It is used to track success. This particular case, we are tracking success for our New Year's resolutions. We had all these different goals, and be able to come up with a combined goal to just practice on with this. This is the form in and of itself. I have seen people use this in a lot of different ways. Some people laminate it and will use dry erase board markers, some people put Velcro or will you stickers on it. You've got to think about you and your loved one. It is very Fisher-Price, it's big, bold colors, is not supposed to feel clinical and stuffy, it is supposed to be fun. Sometimes people look at this and think it's childish. Maybe it is, but it's fun and we love fun. The first thing you will do with this form, let me get my little pen. You are going to create yourself or goal. On our trajectory, we made ourselves a lot of goals. We have weight loss, getting organized, seeking a job, fostering health. These are all things that we did. For this, let's to finding a job. I will exit out of sheer mode so I can fill this in. I will zoom in so you can see what I'm talking about. Your goals should be based off of what you want to achieve in your trajectory. Somebody said in our trajectory that they wanted to get a new job. So for our goal, we are going to have getting a new job. That is going to be our collective goal for this example. Now, the next thing that you want to do is to find access. Over here is at minimum, what does success look like? Maybe that is a part-time job. Linda, it's been great having you, good luck and happy holidays as well. So identifying what minimum success will look like for us, we will say it is getting a part-time job. Elise we are working to some degree. It may not be in the capacity we want, but it is bringing money into the home. Expected success would be getting a job, maybe a full-time job. Now, exceeding success. Like if this were to happen, you would be over the moon and exactly where you wanted to be. Maybe that is your dream job. Not only did you find a full-time job, it was at an aquarium working with sea turtles and that is your favorite animal, you love it with all of your heart. When somebody asked you, what do you want to be when you grow up, you say this is my dream job. That is exceeding success. So, what is working? In the chat box, if you were trying to find a job or seeking your dream job, what do you know will help you get there? I want you guys to tell me, what is worked for you when seeking out employment? Creating a resume. Networking. Having confidence. Support services. Mailing the interview. Researching options, talking to someone in the field, looking at organizations and businesses in advance, these are all great ideas. Now, what do we know are things that keep us from being able to get our dream jobs? What is preventing us from getting in the door? The job market itself, imposter syndrome is back. Being too nervous for the interview, that having good enough pay. Childcare. Pressure, too many hours. The fear of change. So, we have our goal and have defined what success is. We know what is working and what is not. Now we need to develop some strategies. So this is where we are going to be really intentional. We are going to say okay, what are four things that I would challenge myself to do in order to get this job? I will start us off, the first thing I am going to do this I am going to hold myself accountable and say I am going to apply to add least three places a week. I have to fill out applications. These jobs will come to me if I don't go to them. I'm going to complete three job applications. Then, what support? Some people may need help doing that. It could be a loved one, a case manager, it could just be holding yourself accountable. You have got to define, what is holding me back from getting this done? And, how do we overcome that? I am we to say that I will start doing this on Sunday the 17th, and my target date will be the following week, which is the 24th. You might make it a six-month, one month, three months. It all depends on what your strategy is and what you are doing. What are three other strategies that we can put into place to hold us accountable for getting our new job? I want to hear your ideas. Following up on the application. That is filling them out but calling and saying what happened to this. Getting connected to linked in, practicing interviews, does any time to work on the applications. Having a visual of putting it on a mirror to look at, being aware of deadlines and certain jobs you have for a certain date to apply for. These are all strategies that we can put in. And then he, having a good calendar or planner, that is for sure. I need a million of those. Be prepared when filling out applications. You need to have your info and know when to start or end jobs, need to have your references and make sure they are okay with you putting down a reference. I can't tell you how many Dell's mandate that you have to actually call somebody in order to get hired. You will need to put people down the actually want to talk and get that done. Having just prepared is huge. Then, once you have the stuff, you want to track it. So appear, you will put in your system. This could be weekly, it could represent months, you have to decide what this blue line represents and that timeframe. It could be days, months and weeks. This hypothetical, we are going to say that this is weeks. Weeks one, two, three, four, five and six. Maybe in weeks one and two, I apply for jobs and offered a part-time job. So I mean minimum success, but that is not really my goal. Maybe in weeks three through five, I was offered full-time jobs that were a little bit better, but in week six again, there was a job that sounded good, it's going to be part-time, I am tracking my success. Once I get the goal obtained, the tracking and that it is done. I have seen parents use this for holding sleep cycles accountable, getting homework done, managing behaviors. I have seen it for weight loss tracking, you can really use this for any of your introductory goals. If you have multiple goals listed, you should have a goal obtainment form for each one. I will put the slideshow back up onto full-screen so people can see the good work that we crafted together. So, we identified our goal which was getting the new job. We define success as minimally it's a part-time job, expected success is a full-time job and exceeding success is a dream job. We established our timeline which in this case was weeks. We then document our tracking for that. We have created strategies and held ourselves accountable, and we know what is working and what is not working. Again, you can fill this out however you want. This is just an idea or suggestion to get you thinking. But the boxes are blank to make it your own, and you can hold yourself accountable in whatever way makes sense for you. So all in all, we have talked about three different tools. The start, the trajectory and the goal obtainment. I am going to end my PowerPoint right now. I just want to open it up for a little Q&A people have questions. You can put in the chat, I am happy to discuss, but really this is your time to discuss what it is you have thoughts about this and if it is something you are willing to try, that is all we ask, that we tried. Alyssa had to leave but she finds the visuals very versatile to use at any age. Jan felt very involved which is great. I know it's weird when you're not talking to get involved but I wanted to make that work. Folks are suggesting giving and getting seasons greetings cards, this is a great way to foster connections. Kelly will try it with her son and family, that is also. Kim is going to try and use it to help her daughter with crisis, which is huge. Making her feel involved, maybe you will give her some control on that. Holly really enjoyed it. Absolutely. If you have a loved one living in residential, this is a great way to connect with residential staff. This is a good way to foster connection all around, make sure you are all on the same page. Another great way to use these tools is preparing for IEP and ISP. Both of those documents are driven by a vision. This can help you get that vision organized for that. Any other thoughts or feedback? Share isn't the try this with a couple of adults with ASD in her life. You absolutely could use this as a consulting situation. Again, if you like the forms are too cheesy or childish, just think of the words. You can have a piece of paper and think vision of a good life and what you don't want. It is to get your brain thinking about those other way of thinking of being solutions based on the problems faced. Laura has an ISP before this. Laura, go back. You can email the service coordinator and say I have a vision, can you add it in? All right, I think all of you. Our DDS team is back, I will hand it off to them.

>> ELLEN KILICARSLAN: Thank you Sonja, this was wonderful. I am so happy that you introduced three tools to everybody, this is really wonderful. Thank you so much. Thank you to all the people that participated, this was great. This was the first time we tried to do it using the tools and have people participate. I think it worked very well, thank you. We want to wish everyone a happy holiday, we will see you all in a month.