>> BETH WIKE: Good afternoon folks. We are just taking a moment to allow folks to join before we get started. Your video is automatically muted as well as your microphone, so please feel free to use the chat if you want to say hello to the group or reach any of us. We will take a moment and start right at noon. I attended a webinar yesterday, and they had lovely music playing during this portion. It was better than waiting room music, it was enjoyable. I guess we all have different tastes, but I enjoyed it. [Laughter].

>> ELLEN KILICARSLAN: One more piece of technology to learn. [Laughter].

>> BETH WIKE: Not sure how they did it. We are here at 12:00 , so we will go ahead and get started. Hello everyone, my name is Beth Wike from the Institute of community inclusion. I have a couple of housekeeping notes before we begin. Thank you for joining us today, you will notice that we are in webinar mode, so microphones and videos are muted , but we do welcome and encourage your participation . Please feel free to use the chat . There will be a lot of opportunities to engage, please use the chat to do so. This session is being recorded . Whether you are able to join us today or not, everyone will receive access to this recording as well as the other sessions. I will now turn it over to Ingrid Flory.

>> INGRID FLORY: Hi everybody. It is hard to know who is here and he was not here when we are in this virtual space. But, I would like to speak to someone who is not with us. As many of you may have heard, Carrie Mahoney, a longtime employee and a giant presence in our state and a specialist in certain person centered planting landing , she did pass away recently. She was integral in launching this series . We are doing our trajectory today, and I did my first trajectory with Carrie. I will be thinking about her. I wanted to give everyone an opportunity to send up some thanks to her for all of the works that she has done . She will be missed. In my mind, we will be dedicating today to her . Ellen will tell you a little bit more about what to expect in today's session .

>> ELLEN KILICARSLAN: Hello everyone, thank you for those kind words for Carrie I wanted to introduce are presented today . This is our LifeCourse action series , which is a monthly forum people to hear inspiring stories and to learn firsthand how tools and resources are used by folks . Today, we have Maryann Welch, a parent, advocate and director of the Northeast family leadership program , hosted by Riverside community care. Today, they are going to show us and practice how to use trajectory and will talk about that from a parent perspective. I will turn it over to Marianne.

>> MARYANN WELCH: Thank you, Ellen . Thank you for showing up everybody, I hope by the end of this, you will have collected some information to learn along the way. I am the director of the Northeast family leadership program where I teach mission planning and teach advocacy of the state and local levels. I am a LifeCourse foundation presenter , and I'm also an ambassador . Most importantly for today, I am a parent. I have been married for over 20 years and have three kids. Today, we will talk about one of my kids in the red shirt and the green hat right there. His name is Aiden. He is funny, he is incredibly creative , he is also diagnosed with autism, ADHD, dyslexia and a language disorder. Before we join today, you have probably received one of her emails a copy of the trajectory . If you want to pull that out, go ahead. Also, if you prefer to take notes, that would be great. There will be several times were asked you to share your thoughts and will hopefully be able to hear from a few of you . So make sure you jot those in too. Like I said, we are going to be doing some work, and I will be sharing some examples from Aiden about the vision and planning , but really vision and planning is universal for all. You can create a vision for a good life for yourselves, a loved one , or a client at any age and for any amount of time. Some visions might be we in the future, some might be 10 years down the road like what I am going to be sharing with you today. It could be a school year or maybe just a month. There is no length of time that is right or wrong in envisioning a good life. In the future, honestly, you might want to create several different trajectories for different visions and lengths of time. Our first step is to pick the person that you want to create your trajectory for. Either it is yourself or a loved one. And, that future timeframe that makes sense for you and often your family. So, if you have your trajectory out and you already have an idea of the timeframe and the person, go ahead and jot it right there were you see that start. I like to put the names, so I have Aiden, I also like to write how far in the future this vision is for. All right, so if you have a timeframe and a person in mind, I will like you to take just a breath. If it helps closing your eyes, feel free to do that. I want you to envision a good life for that person at a future point in time. If the first thing that pops up in your head is that they are happy, I want you to dig a little bit deeper. What would make them happy or content? What does a good life look like for them? Go ahead and open your eyes. Now, if you are finding it challenging to imagine a detailed vision, I suggest that you might want to connect with other people that have done vision planning and the trajectory planning. Hopefully seeing some of my examples today will help too. I also suggest supporting some of the charting LifeCourse life domains. These are areas of our lives to make a well rounded life. You will see it illustrated right here in the colorful circle with the pieces of pie all around it. A lot of times when I look at that image, I kind of reminds me of Trivial Pursuit that I used to play as a kid. One of the objects of the game is you want a little bit of everything to win. I kind of see at the exact same way. You want a little piece of everything to have a good, full life. If you have already been doing or attending several of these serious trainings, you probably feel pretty comfortable with your life domains right now, but if you do not, that is okay. A lot of times only go to someplace like a backyard barbecue or something, after you learn the person's name, a lot of times you ask them questions to get to know them better or to see if you have any connections with them. So, I want you to think of some questions that you might ask a person at a barbecue to get to know them better . Go ahead and jot it in the chat. Ellen, Beth or Ingrid, I would be happy for you to share. I can show how this connected the life domains you have .

>> INGRID FLORY: We have where do you live?

>> MARYANN WELCH: Perfect, where you live and how you get around .

>> INGRID FLORY: What are your hobbies or interests?

>> MARYANN WELCH: Nice! That could be a couple of things actually. I could be advocacy and engagement. Maybe your valued role in your community . It can be social, who are your friends and who would you like to hang out with ?

>> INGRID FLORY: How do you know the host of today's barbecue?

>> MARYANN WELCH: I like that too, social. Nice.

>> INGRID FLORY: Where are you from originally? Where did you go to school?

>> MARYANN WELCH: So, community living. A lot of times we ask what do you do for a living? What do you do during the day? We might ask things like where do you work out? That would be with healthy living. Or, who do you go two for your doctor? It can be safety and security third . Things like what you plan for with a strong we had this weekend? What kind of leaderships or associations are you a part of? These are all things that everybody has, and it makes us a whole, round person. Sometimes, I like to focus my vision on just one domain . But, I want you to be aware that one domain can affect all of the others. For example, if you focus on the brown one, the community living domain on where you live and how you were able to get around in your community, your vision about domain can affect whether or where you can be employed. If there are not any jobs locally, you have to think about how you are going to get there. Also, is that are going to provide you the income you need to live that specific community? Where you live and with whom can also affect who your friends and neighbors are , what options you have for worship, whether you are safe and healthy , how you are involved in your community, and how you have valued roles. Life domains are all interrelated and connected. Also, we may notice that systems of support tend to focus heavily on two domains. The health domain and the safety domain , which are things that are important for a person and should be weighed , but is also so important that people have a vision and a say in things that are important to them, like having a job, friends and that valued role within the community. So in breaking down my son's affection into domains, I use several charting LifeCourse resources. I will share a little bit about each one of them throughout the session. Feel free to use what you want and leave whatever you do not want. There is no right or wrong choice. First, I would like to focus on the one on the left-hand side, that is domain visions. So, the life domain vision tool is my favorite resource that they have for vision. I use the targeted questions in this tool and the slide right in front of you to break down our full vision into smaller parts . For me and my son, we only talked about one domain a day , because Aidan is more successful when things are broken into smaller tasks. So one day I asked daily life and employment domain questions like what do you want to do during the day when you are grown up, and what kind of job would you like? The next day , we talked about another domain. Here are all of my notes I took a couple of years back after having lots of these discussions. I actually found it very helpful to jot down my understanding of his vision after discussing it with him first. Other families do completely separate divisions. So, their family or caregiver, parents, they may create one for them and what they hope to see in the future for their loved one. Then, they will have one written specifically by the person that this patient is for. Then, they take those two visions, and that is a good starting point for our discussion on where we would all like to go together. So, there are a couple of options you can do. Think about what is best for you and your family and how you will get that input. As I said earlier, my son is very creative. A better dreamer than I will ever be, for sure. When I asked him where he wanted to live, he said he wanted to live in a mansion on the other side of the lake that we live on with a wife and 40 adopted kids. I am not joking, that is word for word what he said. Then he was talking about how we wanted to build a bridge across the lake and have robots do his chores. You know what? With my life experiences, I know I cannot build a bridge across a city on the lake, but I tried to explain that detailed and we work through that, but what he did say was very clear. He wanted to live outside of his family home with the family of his own , but near enough so he can regularly visit. He also wants a smart house , to remove any of those tedious chores. Maybe he wants a , that is something we can do in the future. For families that have loved ones with less verbal communication, you can use assistive technology or an interest survey. I believe three sessions ago, Rania Kelly said she used her sons browser and YouTube history to sometimes identify her sons history interest and likes. The second resource that I want to share is the exploring life possibilities tool. I am not sure about you guys, but our family went to Disney World for the first time last year , and I am wondering if anybody has ever gone to Epcot and read in the spaceship Earth ride inside the big golf ball , have you? Some yes, some no. The ride tells the story of human communication. You start at the very bottom of the golf ball on this ride, starting to learn about the dawn of humanity and how early man was painting on cave walls . Then you move up through the inventions of newspapers. Then, television. Then, we go all the way up to the computer age. The transition options are like the paper newspapers that my father in law still uses every single day. It has existed for a long time and is just right for him. For my husband and I, we catch up on news using the more innovative options of the Internet and our iPhones , because we like to be just a click away. This tool is organized in the very same way as that ride. You have the traditional that has been there for a long time at the very bottom. As you move up, it becomes more innovative and new. I am going to zoom in so you can see the tool a little bit closer. Thanks to a lot of advocacy, there are so many options for living, working and playing that were not around before 30 years ago. This tool can help individuals and families look at a variety of life options and eat the life domains. Some which are traditional or historic , and are often no longer preferred by many. Some that are known and tried, but not necessarily the norm . Others that are new and unfamiliar to most of us. Let's take for example, the daily life domain. If you look at the bottom, I have highlighted sheltered workshops. That was a common thing when it came to employment in the past. There are some still out there. As you scroll up higher and higher, you will see more inventive options that are just starting to get traction, like the micro enterprises. There are at least a couple that I know of right now that help support micro enterprises like parcels , the Northeast arc . They can provide different artistic and businesses through them. We also note the Riverside support center, they are doing a pilot for micro enterprises and providing support. There are things out there, sometimes it takes a little more time to find them. Another example would be the safety and security domain. At the very bottom, we have the full guardianship , were somebody other than the person with a disability makes all the decisions. As you go further up, you will see something like Kayla was talking about two sessions ago, supporting decision-making which is what my son as requested. We will have a group of people helping support him and make his own decisions. Now, once you've done some brainstorming, have some discussions and look at a few of these options, it is now time to try again to write that vision on your trajectory. So, after we did a lot of those discussions, this is what my sons long-term vision was. He wants to be healthy and not overweight. He wants to go places with his friends and family. He wants to graduate from high school with a diploma. This is something we have gone back to recently and we have started to discuss - - and things like that, what you have to do for the diploma. He wants to have a job where he can use his imagination, that would be super. And, he wants to be a decision-maker that lives near his family, in house, with a wife and kids. If you are not comfortable with doing a very long-term vision, that is okay. You might, like I said, pick one domain, and maybe shorten the time frame . So, in the last three years, we have been focusing on community inclusion and building friendships are my son. This year, he wants to be a part of the - - drama club . His vision is to be a part of it , to be on stage, to make connection with at least one cast member . Our biggest challenge in the last few years is , finding something he wants to continue to do. That is part of our mission as well, he wants to participate further in the future. There are many different possibilities of provisions , either big or small. If you are feeling brave and would like to share your vision in the chat, we would like to share them with everybody else. Thanks for being willing to jot it in.

>> INGRID FLORY: My son Jack, get better at reading. Someone wants to be a YouTube or a videogame designer and attend design college.

>> MARYANN WELCH: Nice.

>> INGRID FLORY: Safe, not abused, healthy. If I might add Marianne, if people do not have someone specific that they are supporting or have in mind, you can do this on yourself, right? On any topic or thinking about your own life. It is not have to be disabilities.

>> MARYANN WELCH: If you cannot envision a good life yet, that it would be okay. Sometimes, we are not in the place where we feel like we can begin. This can happen for many reasons. Maybe what is going on in your life right now is too complex or overwhelming, so it is hard to look too far ahead. I called up being stuck in the mud, I have definitely been there. They can also be because you've been hearing a lot of that medical model talk, which focuses on fixing the person and that has left you with a little hope or a fixed mindset.

>> INGRID FLORY: Now we have a lot of things coming in .

>> MARYANN WELCH: Go for it, let's have a couple of more .

>> INGRID FLORY: Inclusion, building friendship , attending a plumbing intro session at a local tech school . Living in an urban area, have friends to get pizza with, work at the TD Garden . Creating a small business that is environmental based and self forms of their income. Being a videogame programmer, robotics. Now we have got lots of stuff. [Laughter]. Reading 20 books this year is someone's personal vision .

>> MARYANN WELCH: That is super, good luck to you on that one. That is great. For some of us, it will be difficult to start thinking about a vision of a good life. For many of you, you have already thought of that. But, if you cannot think of it, that is okay. We can almost always tell others what we do not want, right? We can start planning). So if you can, take another moment to think . If closing your eyes help, go for that too. Think about what you don't want. Think about what you want to avoid. You can either jot it in the red box on the trajectory, and if you are willing to share, share that in your chat. I will show some of my examples too. Maybe by the end you will able to hear some other examples. He doesn't want to feel overwhelmed when he is older , or unemployed, poor, unstable. He does not want to be told what to do all the time and be lonely or bored. As for the smaller trajectory for Shrek, again, he does not want to be alone and disconnected from his peers. He wants to be able to join another club , so refusing or not having the opportunity . Do we have a few that anyone wants to share about what to avoid?

>> INGRID FLORY: There are a few in the chat. Having health issues, there's a lot about being socially isolated, not having people to share life experiences with. Work taking time away from family. From a parent's perspective, I do not want to unintentionally limit my son based on his disability . I want to avoid standstill for him and for us as a family. We want to keep self improving with a positive self talk, self love and self-control in all aspects .

>> MARYANN WELCH: That is beautiful. Thank you guys so much for sharing. So, we have started our vision and what a good life does or does not look like. Now, it is time to start talking about that big word, trajectory. Trajectory is the path in a row takes, whether it is leading us towards the bull's-eye or dream. In this case, a good life that we envision or, straight down in the dirt for what we don't want. So, support coordinators, providers, teachers, and especially parents and caregivers, all have the power to impact someone trajectory in a positive or negative way. Moving you closer or away from your vision. We must be mindful of our words, choices, and the impact that we make. I will give you a little story time, somebody was just talking about this in the chat. A while back, I actually thought that I was really good , I was an advocacy champion. I had used all of this data to advocate for everything that he could possibly qualify for. My son had nine enormous pupils, he was in the separate classroom with often one-on-one support and received multiple evenings of home behavioral therapy every single week. It was a ton of work to advocate. It was a lot of moving parts. We had worked so hard to get it, and it felt like something was wrong. We as a family started to notice that he was just so isolated. I think the final straw that broke and helped me realize what was going on was that I attended a training , and the presenter said parents need to make sure not to over protect and under prepare our children. Since then, it is really stuck with me and made me reevaluate the choices that I made along the way that impacted my son's experiences and environment. I had unintentionally made his role smaller, decreased as opportunities to socialize with his peers , reduced his freedom and lowered his independence. Since that point, our family has created a clear vision of inclusion and high expectations. Before I decide something for or with Aidan, I think about which weight will the decision to nudge his trajectory . It happened perfect, we pushed him into inclusion a little too quickly and had to backtrack a bit, but I happy to say that for the last two years, he has been in partial inclusion with a pair of support. He is with his peers and learning grade level content. If you are a parent, self advocate, professional or just focusing on yourself, please just give yourself the grace if you hit a bump and go down the wrong path. Really, you can get back on the path towards the vision with positive steps and a little help. So, if we look at the trajectory for somebody who lives a really long life, they will go through eight lifestages which range from infancy to the golden years of aging. These lifestages are all connected and build upon one another . When thinking about the life of your loved ones, we often focus on disability system transitions , like the big one. The big transition we always talk about at age 22, or smaller ones like moving from early intervention to school district services at age 3. To be perfectly honest, as a parent of a loved one with disabilities, I feel like we are always in some sort of transition. But thinking about when there might be eligible for benefits like Medicare and SSDI, are so important , but we also need to think about systems , beyond systems transitions , and think about life experiences. So, life experiences are how we get ready for the next phase . For example, we often do not start thinking about employment until somebody is maybe age 14. You can nudge our loved ones at age 10, or even two , by giving them chores , volunteer experiences , asking our child what they want to be when they grow up, and giving them opportunities to learn about lots of employment options. A great resource, this is the third one I promised you, I can help you in thinking about these life experiences, is the charting LifeCourse experiences booklet. You can find it online underneath the library , under the heading exploring lifestages. You can either look at everything all at once, which I find overwhelming, or you can look at one specific area. Maybe just school age or transition age. These guides list questions for you to think about for every domain. For example, for the life domain of safety and security, the guide asks you in the infancy stage, have you arranged for someone to care for me if something happens to you? In the adulthood stage questions like do I need help with filing my taxes and who can assist me? We know most people don't stay safe because someone is always protected them. They stay safe by learning skills and having experiences like saying no, knowing who and who not to trust, and having an emergency plan. Now, I have thrown three resources at you and a lot of information . Like I said prior, take what you want and leave what you do not want, that is perfectly fine. I want to do one little mini activity after I have shown you all this information. My son is 13 years old and have marked that as a star and is positive trajectory heading towards great things for him. I want you to take a moment and think about what are some experiences that you had when you were 13 that made a positive impact in your life. Go ahead and share it in the chat. What were you doing when you were a 13-year-old?

>> INGRID FLORY: We have Girl Scouts, summer camps, volunteering in the community , band and math club, ballet , sewing lessons. These are fast and furious. Writing songs, conditioning from junior high school, traveling. School dances , playing sports . Meeting is best friend over the next 20 years . Volunteering singing in the church choir, going to Europe.

>> MARYANN WELCH: So, we already know what people do at this stage in life because we have lived it, right? It was so easy for us to think of things. Sometimes, we lose perspective and think that we always need to use a special book for everything. But, she really do know more than you think you do sometimes. When I was 13, I was swimming in lakes, going to summer camp, doing chores and reading books. My son is 13 right now. He swims in lakes, he went to his first summer camp in July, he does chores, he reads books. They are not the same books and it is in the same summer camp, but he is having life experiences similar to my own that I think were foundational in my life. That is the way we can set our loved ones up for success. Now, the key thing to remember is that our past, current and future life experiences nudge us towards a positive, good full of life, or a negative, small life. If you have not previously, it can be very useful to think back and identify those choices and life experiences that you want to encourage and continue , and those that you want to avoid at all costs. Now, I had a parent asked me previously, why do we even ever do the bottom part of the trajectory and to well and the negative ? I told him that I thought it was very important to remind us of the possible bombs that could take us down the wrong path that we do want to go down. The bottom half of the trajectory is broken into time. So, we are starting on the left, that is the past the middle is the present, and the right is the future. That is the vision that we have already been talking about. In this example, my son's bad experiences in the past , like having too much support , is in the first block. As we continued on the negative path of modifying the curriculum too much , it would have reduced his independence in the present , and it would land on him being overwhelmed and unemployed. You can see these negative, nudging experiences in the healthy living domain too. In the past, he spent a lot of time on screens and fog eating. Fog eating is when you sit in front of TV, open a bag of chips, the show is over and you realize that bag is gone and you have eaten the whole thing. We have definitely had those experiences before, and he told us he does not want to do that anymore because he has gained some weight. That of course will continue down as his life goes on, and he would be overweight and unhealthy which is not what he wants to be. These experiences are the building blocks of his future that we need to focus on. Now, if you look at the top of the trajectory, the pages organize exactly the same way. The only difference is that these are life experience that we want to support , they will build on from a full, good life. Let's look in the green area going across the first one . We start off with going to siblings social events . He has opportunity to join clubs and participate in traditions . These are things that are helping him in the community in the past that have been successful. Now, if we continue to want to build upon that, then we will do regular opportunities, spend time with peers, which we have been trying for. He will be having experiences in the community and family outings. Here is my Shrek piece. He will join the club for more than one year. Cielo took one little piece of my introductory and made it a bigger trajectory. Hopefully those things he will be able to build upon and go places with his friends and families as in adults. Another example as we look on the second green area when it comes to employment . We started to learn about money with the piggy bank , now we are increasing his chores . We are planning to have intern opportunities and I have talked to the high school about connecting to MRC. Hopefully, he will be successful in the future and have a job where he can really use his imagination. Are there any things that you are doing right now or hope to do in the future? Some life experience that you want to give yourself or your loved one so they can have the building blocks to have a good life?

>> INGRID FLORY: People want to travel, vacations. Giving my kids the gift of comfort and time in nature. Hiking. Taking regular exercise classes. Using assistive technology. Time alone in the community. Volunteering with animals.

>> MARYANN WELCH: These are all great life experiences .

>> INGRID FLORY: Part of a team, sports or academic. Being an entrepreneur . Recognizing that it is okay not to be okay and seek support.

>> MARYANN WELCH: That is a good one. Thank you guys so much for sharing, it has been so great hearing all of your ideas and thoughts. Now, this is what my son's life trajectory looks like altogether, now that we have gone through all the pieces. These are the experiences that we want and we do not want in the present and future. And the good and bad experiences he has had in the past. It takes time to think through the trajectory, but it is so valuable. I personally bring it to all of his IEP meetings . Other people share it with their service coordinators, sharing it with your whole family is a great idea, your staff. Keep everybody on the same track. I once had a participant tell me that it was like paper courage. I really love the thought of that. She said when something isn't working, we could pull it out and remind our team , and ourselves, what is important and what building blocks are needed to provide and reach that vision. This is what we have altogether for our long-term vision. Is anyone curious about the Shrek one? Okay, I will show you the Shrek one too. This is a short-term one, more specific the community inclusion. Just like I did with the other one, I thought about the good and bad experiences that he has had in the past and present and what we are going to do in the new year near future and on. We definitely jotted down a few things to look out for and made sure that he was having breaks. We have been pushing through this for the last month or so. I would also add next time, if we were to do drama club again which hopefully crossing our fingers be well, having the life experience of not getting a roll, how to handle that and work through that is so important. I think we should have spent more time on that one. So, once your trajectory is done, you will have a vision and steps to follow to make that vision come true but, the work should not end there. We need to dig deeper and break down experiences and opportunities into more detail. We also need to hold our family, our doctors, support providers accountable and following that trajectory and occasionally review to see if our vision has changed. Now, I don't know about you, but when I grew up, I first wanted to be a marine biologist like Jacques Cousteau. Our visions definitely change. Once we have a vision, that vision leads to expectations of success. That encourages you to participate in experiences and opportunities that lead to a good life and that widens your world to a bigger, better possibility. So, want to see more possibilities, your vision often changes. Now before we have a little time to take some questions or share some thoughts that you have had throughout this time, I want to leave you with a couple of words of wisdom that have collected through my life. Honestly, I still have a lot to learn. You definitely had some bumps in the road, but I am hoping that when sharing this, you might not trip over the same bumps that I did. So, people with disabilities are often labeled or restricted for a lifetime. If they make a mistake , they are lacking a skill. We often call those barriers. Instead of using the word barrier, I really encourage you to reframe your thinking and use the word hurdle. Because hurdles do not stop us, they are made to be overcome. Please give your loved one the dignity of risk and support them in gathering experiences, even if they may fail. If we don't, sometimes it might lead them like it did for us, a lower expectations , learned dependency , low self-esteem and underachievement. That is not what my son wanted. My son wants to bigger and better life of inclusion, relationships , employment choices and a community. I truly believe that the best gift a parent can give their loved one is optimism and high expectations. We can offer them the encouragement, the support and experiences to pair them prepare them for the future road ahead. With that, if you would like to share any comments, I can hop on so I can look at the chat as well. If you have any questions, I would be happy to discuss them.

>> INGRID FLORY: We had a question in the chat earlier . I am having trouble finding precisely, but basically what it was asking was how do you handle it when your person is that a number of different life stages at the same time? Chronologically, they are 38, but they have not learned to swim yet or had a bad experience with that . How do we address that within this framework?

>> MARYANN WELCH: So, two things. I have a Masters degree in education, so we start to think about it that way too. There's something called a zone of proximal development. You start where they are. That is great to start where you are, so you can build those skills that are needed , but I also think you need to think about if they are an adult, what are some things that he or she might not be ready to take on themselves. You can provide support in those areas that are an adult requires as well. Those are two areas you to look at the same time in my opinion that can be challenging .

>> INGRID FLORY: Here is another question. My son struggles with thinking outside of the box and project into the future. So asking about future plans or accomplishments is often a difficult conversation that is rooted more in the moment . Any tips or tricks to assist with this hurdle?

>> MARYANN WELCH: For my son, this will probably be very different from each person, but my son is a visual person. If I am going to talk through something, we are probably not going to get very far. I find showing pictures is very useful. Like I said, there are those interest surveys you can use to talk about what are some options that are illustrated that are great for us . Does anyone else have an idea that they use in the past?

>> INGRID FLORY: It with my son who is 18 right now, it's bits of nuggets. I am planting seeds about my life experiences. In my 20s, I lived with friends in a home , in an apartment. Do you think you would sometime want to live with housemates ? Planting those seeds and his answer is I have not thought about that. Maybe. I kind of goes on the list of something to consider. Maybe at some point he will want back.

>> MARYANN WELCH: That's a great idea. Having experience of seeing what other people do is really beneficial as well.

>> BETH WIKE: We have a couple hands up in response to the question we just had. Lori, I'm not sure if I click to allowed to talk if you are chiming in about the question we just had .

>> SPEAKER: I put it in the chat, I did not have my hand up .

>> BETH WIKE: Okay, it might have been up from earlier .

>> SPEAKER: I put it up by accident, sorry .

>> BETH WIKE: It's okay, it happens.

>> INGRID FLORY: We have other questions in the chat. One person is asking if there opportunities to get one-on-one support from your group on this .

>> MARYANN WELCH: If you are ever interested, we have a family leadership we do annually and part of the series is if you are trained in how to create a trajectory and we offer one-on-one support if you would like to have mentorship and we break it down even further and talk about what are some advocacy areas that you can focus on to make that vision a reality.

>> INGRID FLORY: We have a question on how this can be modified to reflect cultural diversity of family from diverse backgrounds .

>> MARYANN WELCH: I was clear to the point of charting a life course that should work for all. You are bringing your family, your values, your beliefs with you in your discussions.

>> INGRID FLORY: We have a lot of the tools translated and are hoping to expand that library of translated documents.

>> MARYANN WELCH: On the charting a LifeCourse website, they have all the tools in Spanish currently.

>> INGRID FLORY: I think we have other responses to the question earlier about how to support these conversations with people . Someone is saying visuals are always helpful to keep conversations relatable to the real world at their comprehension level. Sensory experiences, slowing down, taking small moments to connect. Revisiting similar concepts and discussing your own core values. Encouragement from siblings and peers is sometimes more powerful than what we can offer as parents . We have some shout outs from the family leadership series .

>> MARYANN WELCH: Thank you!

>> INGRID FLORY: A lot of people want the links to the different tools. We will be sending those out along with the recording of this .

>> BETH WIKE: I can include a link for the family leadership series as well, I think I saw that request.

>> INGRID FLORY: There are also some questions in the chat that are little more general in terms of accessing other resources . Perhaps along with the recording of this, it would be good to send our list of family support centers throughout the state with questions about accessing ADA or other community resources . We have family support centers sprinkled throughout the state and we can send a list of them along with this recording. There are a number of services available to everybody whether you are a parent or a professional and additional services if you are DVS eligible and your family member is living close to you. That is the best place to be directing a lot of those more specific questions. We also have a little bit in the chat about working with people who might not communicate verbally and how observation is really important . You can still identify their likes and dislikes by how they respond to different experiences. You need to know who you are communicating with and how they communicate with you.

>> BETH WIKE: We are on our final minute here, we have one hand raised so I will unmute Allison if you have a question before we wrap up in this last-minute .

>> SPEAKER: Can you hear me now? I am from DDS and I saw some people saying they were looking to ADA and their insurance does not cover it. I am a support worker and you can look into self-direction , pursuant directed programs. That can be a way to get funding for the ADA you are getting. That is submitted to talk to transition coordinator, your DDS or current coordinator for that age. Just wanted to put that out there, great resource for people.

>> BETH WIKE: Thank you, Allison. That brings us to 1:00 . I do see the chat is still going and I will make a note of those questions as well so we can do follow-ups and we will include as much as we can in the follow-up email. Thank you Maryann Welch so very much, thank you Ingrid for running the chat and thank you everyone for your participation . Lots in the chat, I will take a look at that before we send out the email I get to as many as we can. Thank you very much, I hope everyone has a wonderful day.

>> MARYANN WELCH: Take everyone, goodbye.