



Tools to Support Your Future Plan

**SDAN Maryland
March 16, 2022**

The Arc's Center for Future Planning

Session Overview

- Background on Future Planning
- What's in a Future Plan?
- The Arc's Future Planning Resources



My Story

What is The Arc?

The Arc is the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities (I/DD) and their families.

Our network includes over 174,000 employees and volunteers that support 1 million people with IDD and family members at 660+ chapters nationwide including nearly a dozen chapters in Maryland.



What is Future Planning?



Future Planning is creating a guide for a person with an intellectual or developmental disability (IDD) to lead a good life as independently as possible. A plan is important throughout all stages of life and especially in the future after the parent or caregiver is no longer able to provide support.

Questions for the Group

- What are some of your hopes and dreams?
- What support do you need to make those dreams come true?

***Take 5 minutes to think about these questions
and type in the chat***

Core Areas of Future Planning

- Expressing Wishes for the Future
- Deciding Where to Live
- Financing the Future
- Supporting Major and Daily Life Decisions
- Employment and Daily Activities
- Making Social Connections

Expressing Wishes for the Future

- Focus is on the person's life history or story
- What is most important to the person? (includes people, characteristics, places, etc.)
- Family and friends help figure out how to support the person and the life they want

Deciding Where to Live

- Some people with I/DD live:
 - Independently
 - With family members
 - In a community-based setting with support.
- Connect with experts in disability housing to find options in community
- Identify support needs and determine how they will be met
- Determine how housing and support needs will be paid for

Financing the Future



- Key Question: Are funds available to pay for the basic and supplemental needs of a person with an intellectual or developmental disability (I/DD)?
- A big part of our financial planning is knowing what government benefits you're entitled to
- Some families think that they don't need to plan because they don't have enough money. ALL families should create a comprehensive financial plan that includes:
 - appropriate public benefits
 - other private resources such as special needs trusts and ABLE accounts.

Supporting Daily and Major Life Decisions



1. Work with the person to build and practice decision-making skills
 - Start with everyday decisions
 - Discuss how you make decisions
2. Set up informal or formal support the person wants to make decisions
 - Informal support: advice, assistance with communicating decisions, phone applications or other technology.
 - Formal support: representative payees, authorized health care representatives (aka medical proxy), power of attorney
 - Limited or full guardianship/conservatorship as a last resort. Limits a person's independence.

Employment & Daily Activities

- What jobs and activities are important to the person with a disability?
- What support does the person need to be able to participate in their jobs and activities?

Making Social Connections

- People with disabilities may have fewer opportunities to develop relationships outside their families
- Expanded social networks can lead to better quality of life
- Think about ways to involve the person in the community (church, volunteer opportunities, school activities)

Advocacy is Important



The Arc's Action Center

<https://p2a.co/lRPDZ5C>

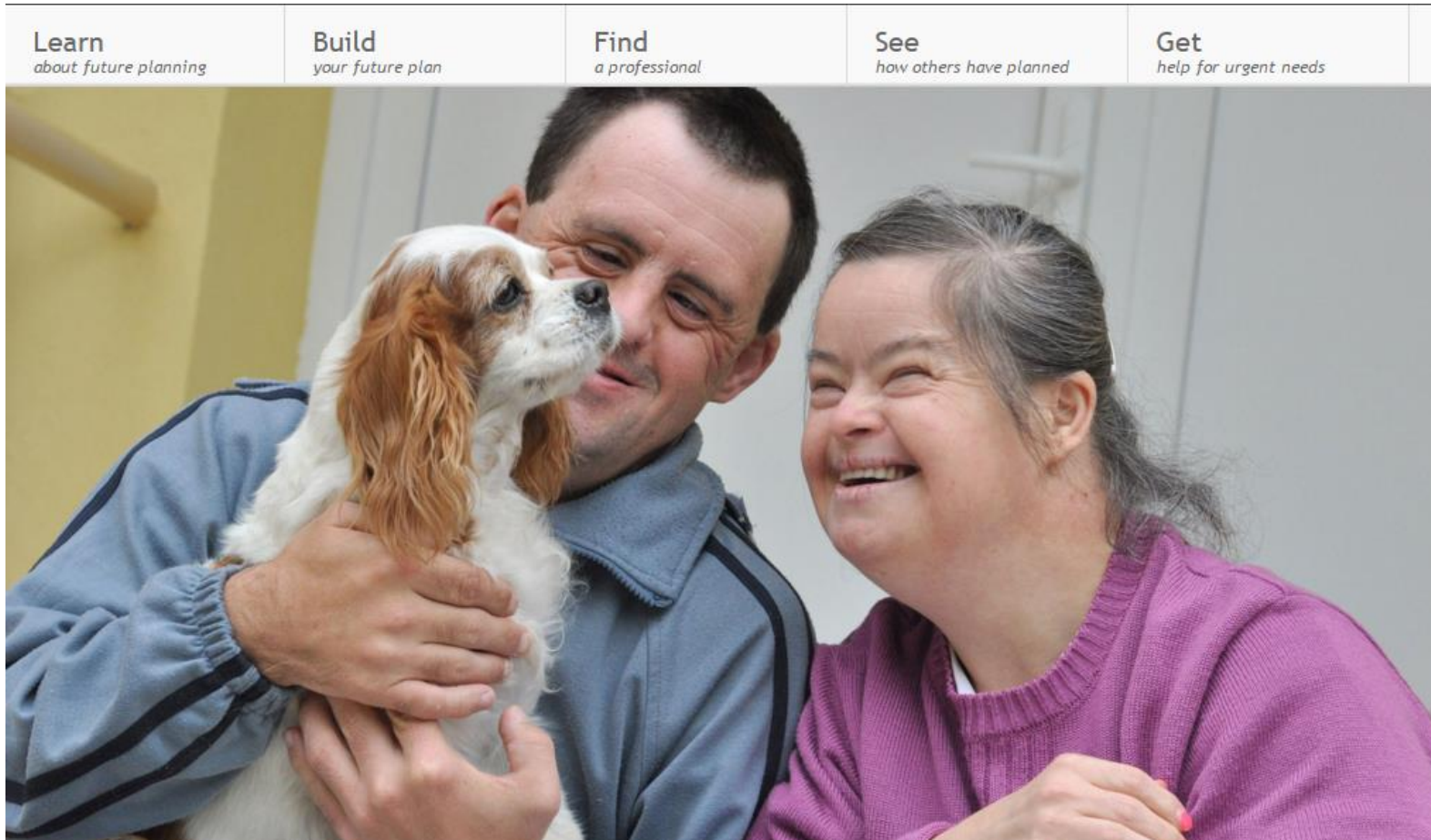
The Arc's National Council of Self-Advocates

<https://thearc.org/get-involved/self-advocacy/>

Recording from The Arc's Advocacy Power Hour

<https://www.youtube.com/watch?v=GREa05w18-k>

Center for Future Planning Website



futureplanning.thearc.org

Audiences

Where to Start?

Who are you?



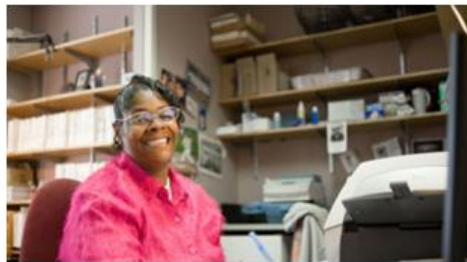
Parent



Person with I/DD



Sibling



Staff at Chapter of The Arc



Other Family or Friend



Professionals

Areas of Planning

Learn about these areas of future planning:



Build Your Plan



Learn <i>about future planning</i>	Build <i>your future plan</i>	Find <i>a professional</i>	See <i>how others have planned</i>	Get <i>help for urgent needs</i>	
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Build Your Plan™

To better support families and individuals with I/DD in future planning, Build Your Plan™ is a tool that enables families to create accounts and begin to build their plans within the Center. Always keep the person with I/DD's interests, preferences, and skills as the main focus of the plan.

[Build Your Plan™](#)

A circular icon containing a white document with a pencil, representing the 'Build Your Plan' action.

A circular icon containing a white document with horizontal lines, representing the 'View Your Plan' action.

View Your Plan

Create your Build Your Plan™ account and view your future plan at any time. This will guide you on what areas in a person's life to consider when developing a future plan.

[Build Your Plan™](#)

To-Do List

Future planning is important for all families, and it's an ongoing process. The Build Your Plan™ tool will soon have features that will allow you to view upcoming steps or create new steps in your future plan.

[Build Your Plan™](#)

A circular icon containing a white checklist with three items, representing the 'To-Do List' feature.

Build Your Plan



Learn <i>about future planning</i>	Build <i>your future plan</i>	Find <i>a professional</i>	See <i>how others have planned</i>	Get <i>help for urgent needs</i>
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[Build Your Plan™](#) | [View Your Plan](#) | [To-Do List](#)

Build Your Plan™

It's important that you plan ahead to support a person with an intellectual or developmental disability (I/DD) to lead a good life as independently as possible. A plan is especially important in the future after the parent or caregiver is no longer able to provide support. The Center for Future Planning™ has created Build Your Plan™, which is a tool that will guide you through areas in a person's life to consider when developing a future plan. We hope this tool will help you and your family member with I/DD better plan for the future

Expressing Wishes for the Future	Deciding Where to Live	Financing the Future	Employment & Daily Activities	Supporting Daily & Major Life Decisions	Making Social Connections
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Supporting Daily and Major Life Decisions

We all make decisions every day. These decisions range from deciding what to eat for dinner to where to live. Most people with disabilities make their own decisions either on their own or with informal guidance and assistance from trusted supporters. Some people with disabilities may need more significant or formal support to make decisions.

In this section, we will discuss things you should consider in making a plan to support your son or daughter to make decisions. When you finish, you will have accomplished the following outcomes:

- Gained an understanding of decision-making options
- Organized information about your son or daughter's decision-making supports
- Considered how to build your son or daughter's decision-making skills
- Considered who may provide decision-making support in the future
- Connected with experts in your area
- Reviewed a list of questions for you to use to vet an attorney

This section will take you at least 1 hour to complete and will ask you to have the following information on hand:

- Any people named to help your son or daughter make decisions

Click next to learn more about different ways your son or daughter can get support to make daily and major life decisions.

[> Next](#)

To-Do list
You have no incomplete To-Dos

View Your Plan [>](#)

Build Your Plan



Learn
about future planning

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how others have planned

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help for urgent needs

Build Your Plan™ | View Your Plan | **To-Do List**

To-Do List

Future planning is important for all families, and it's an ongoing process. View upcoming steps in your future plan. Please contact The Arc's Center for Future Planning™ at futureplanning@thearc.org or at (202) 617-3268 if you need any assistance while you're building this future plan.

[Build Your Plan™](#) >

[View Your Plan](#) >

[View your completed To-Dos](#)

To-Do

Supporting Daily & Major Life Decisions

Describe those who help my son or daughter make decisions

[View tips for this step](#)

Right now, my son or daughter...:

- is responsible for making his/her own legal decisions
- has someone or a team help him/her with making decisions
- has a guardian or conservator
- is under age 18

Decision-making Supporters:

Many need support or advice to make decisions. Below, list anyone that your son or daughter frequently goes to for advice on major decisions.

Name:

Phone Number:

To-Do List



Build Your Plan™ | View Your Plan | **To-Do List**

To-Do List

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[Build Your Plan™](#) >

[View Your Plan](#) >

[View your completed To-Dos](#)

To-Do

Deciding Where to Live

Describe where my son or daughter lives and who should be contacted in an emergency

Organizing and having information about your son or daughter's home and about who to contact in an emergency is important information on-hand can be very helpful to those who support your son or daughter.

[View tips for this step](#)

Complete the form below about your son or daughter's home and emergency contacts. We will save this information in "View Your Plan." If you do not want to complete this information, leave the form blank and click next to continue.

My son or daughter's home:

Current Address:

City:

State:

Zip Code:

Contact Information

Build Your Plan



Learn
about future planning

Build
your future plan

Find
a professional

See
how others have planned

Get
help for urgent needs

[Build Your Plan™](#) | [View Your Plan](#) | [To-Do List](#)

View Your Plan

View the progress on your future plan here. Remember that Build Your Plan™ is a tool that will guide you on what areas in a person's life to consider when developing a future plan. This is an ongoing process. Please contact The Arc's Center for Future Planning™ at futureplanning@thearc.org or at (202) 617-3268 if you need any assistance while you're building this future plan.

[Expand all sections](#) | [Collapse all sections](#)

Expressing Wishes for the Future

My son or daughter's basic information is listed below.

Full name:	<input type="text" value="Jim Test"/>
Nicknames, other names used?	<input type="text"/>
Current Address:	<input type="text" value="1400 Elm Road"/>
City:	<input type="text" value="Middle America"/>
State:	<input type="text" value="NE"/>
Zip Code:	<input type="text" value="25217"/>
Phone Number:	<input type="text" value="584-674-5261"/>
Date of Birth:	<input type="text" value="2/26/1945"/>

To-Do list

[Organize information about how my son or daughter ...](#)

[Organize information about how my son or daughter ...](#)

[Build Your Plan™](#)

Urgent Needs



The screenshot shows a web browser window with the URL <https://cfp-production.herokuapp.com/pages/urgent-need>. The page header includes the The Arc logo and 'Center for Future Planning' on the left, and a 'Logout' link on the right. Below the header is a navigation menu with five items: 'Learn about future planning', 'Build our future plan', 'Find a professional', 'See how others have planned', and 'Get help for urgent needs'. The main content area is titled 'Urgent Need' in orange. Below this title is a section 'Need Urgent Help? Start Here' with a paragraph asking if the user knows someone with an intellectual or developmental disability (I/DD) who needs immediate support. It then instructs to contact the state I/DD agency and provides a link to a 'chapter of The Arc'. The next section is 'Gather Information', which explains the importance of having as much information as possible about the person with I/DD. It asks the user to consider the question: "During this transition, what would the person need so his or her daily routine is not disrupted?" and provides a list of questions to ask the state agency: "Who are the other people who support the person?", "What does the person like to do?", and "What is the person's daily routine?".

Urgent Need

Need Urgent Help? Start Here

Do you know a person with an intellectual or developmental disability (I/DD) who has an immediate need for temporary or permanent support because a parent or primary caregiver can no longer provide that help?

Immediately contact the state I/DD agency to help navigate the state service system. Every state has different ways of providing services, and the [state I/DD agency](#) will identify short and long-term options for the person with I/DD. You may also contact a [chapter of The Arc](#) for more guidance on how to support the person through this transition.

Gather Information

It will be helpful to the state agency for you to have as much information as possible about the person with I/DD. As you start to collect and organize this information, consider this question - "During this transition, what would the person need so his or her daily routine is not disrupted?"

Many people with I/DD receive public benefits such as [Medicaid and Supplemental Security Income](#). If you have access to information about the person's benefits, provide that information to the state agency.

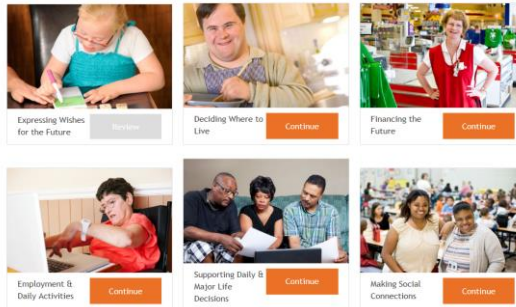
Provide the state agency with information about the person's life.

- Who are the other people who support the person?
- What does the person like to do?
- What is the person's daily routine?

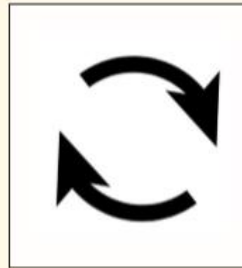
Center for Future Planning Resources



Build a section of your future plan



Dealing with Changes, Grief, and Loss



Things are always changing.

People move in to the neighborhood.
People move away.

People become friends.
People sometimes stop being friends.

People are born.
People grow older.
People die.



Change often makes people feel sad or hurt. People sometimes are scared to tell others when they are sad or hurt. But, change is always happening.



You can prepare to deal with change when it happens. This helps you make sure you have the support you need. Ask people you trust to help you when change happens. Ask people now before any change happens.

In 2017, we created materials for people with disabilities:

- 9 videos featuring tips and stories from self-advocates
- 9 plain language documents
- New detailed section of Build Your Plan®

Thank You!



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