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Visioning: Using the LifeCourse Framework and Tools to Plan & Problem Solve



Presented by:

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PA Family Network
Supporting Families Throughout the Lifespan

Vision for Equality
Serving People with Disabilities and Their Families







Billy's Life!

- Showing off the tattoo on vacation
- Listening to Country Music
- The Hospital – again!

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We are all family members!

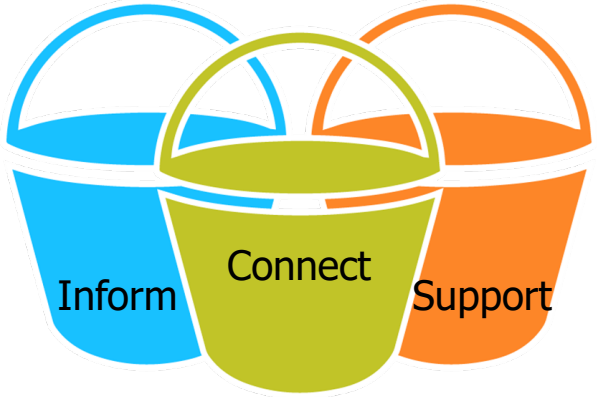
- Family Advisors throughout Pennsylvania
- Advisors bring their personal experiences and knowledge
- Work in collaboration with stakeholders for positive change

Supported by the Office of Developmental Programs

PA Family Network
Supporting Families Throughout the Lifespan

What we do:

- Workshops for families
- Individual & small group mentoring



- Help families connect and support each other
- Help families find resources and supports in their community

PA Family Network
Supporting Families Throughout the Lifespan



Kelly – Sibling and Professional

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Office of Developmental Programs (ODP)

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The **Office of Developmental Programs** is the entity within the Department of Human Services responsible for the oversight of intellectual and developmental disability services in Pennsylvania.

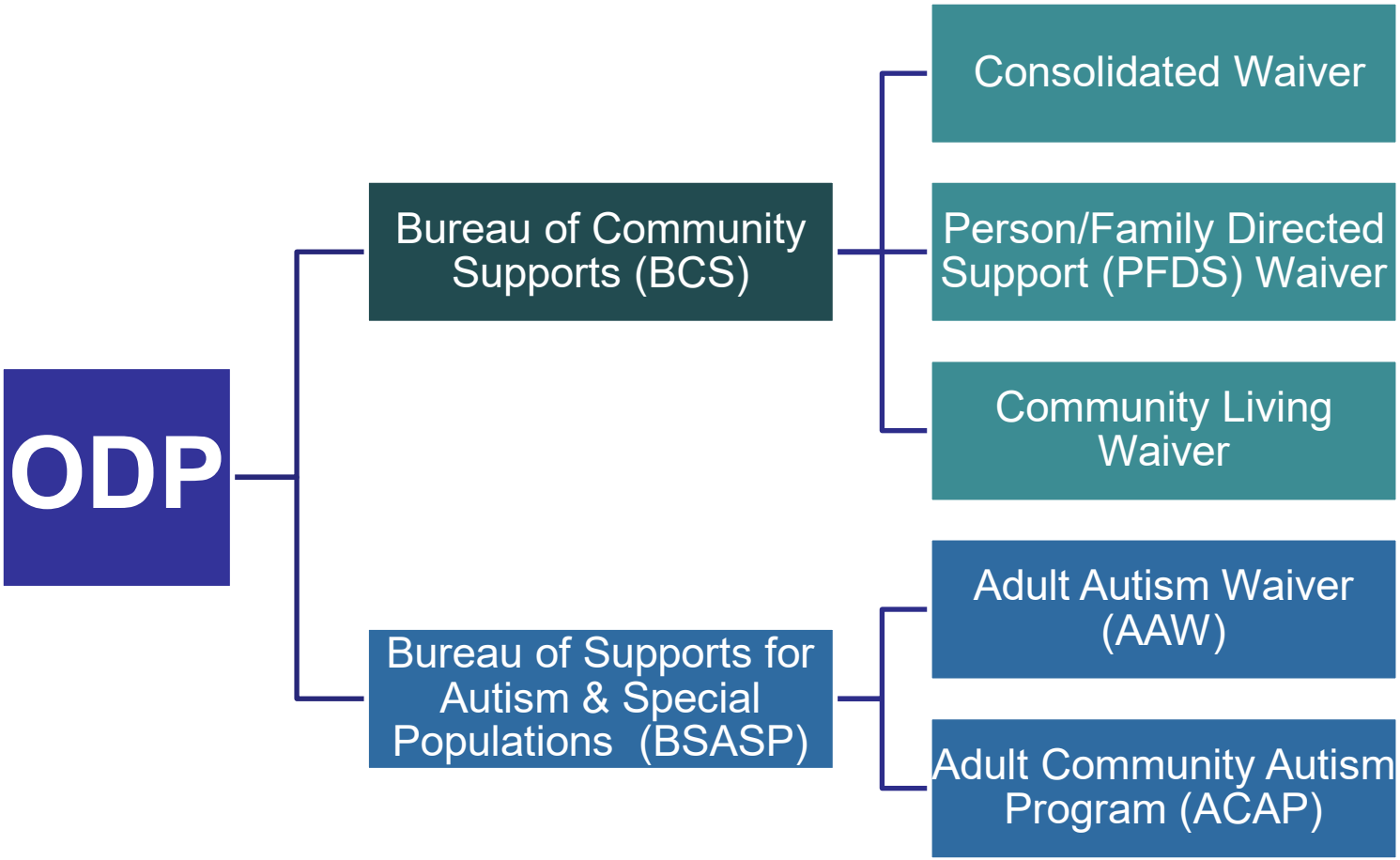
The local County Mental Health/Intellectual Disability Programs' role is to verify eligibility for intellectual disability services through the Office of Developmental Programs.

List of County MH/ID Offices and Contact Information



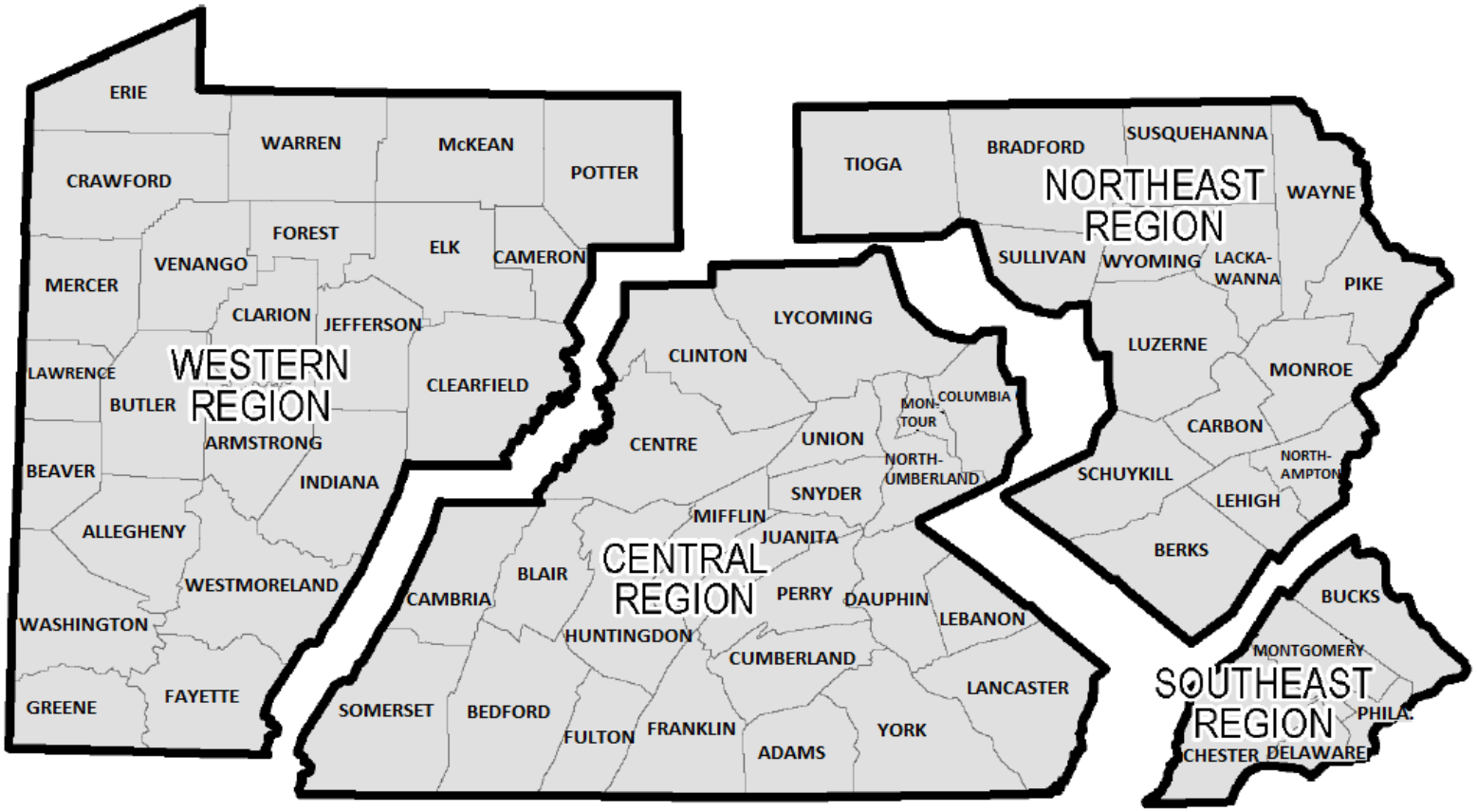
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OFFICE OF DEVELOPMENTAL PROGRAMS REGIONS



General Support Services

- Assistive Technology
- Behavioral support
- Communication services
- Community Participation Supports
- Education support
- Family/Caregiver training and support
- Home and Vehicle modifications
- Homemaker and chore services
- Nursing
- Nutritional consultation
- Supported Living, Life Sharing, Residential, and Housing and Tenancy Sustaining services
- Supports Coordination
- Transportation

Employment-specific Services

- Small Group Employment
- Benefits Counseling
- Advanced Supported Employment
  - Discovery, Job Acquisition, and Job Retention
- Supported Employment
  - Career Assessment, Job Finding or Development, and Job Coaching and Support

Service Providers

- Supports Coordinators: assist the individual and their support team in selecting and locating services

- Participant-directed services: individuals manage their own care needs

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Medicaid:

- PA – Medical Assistance

Medicaid ODP Waivers:

- Consolidated Waiver
- Community Living Waiver
- Person/Family Directed Supports (P/FDS) Waiver
- Adult Autism Waiver



Eligibility

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1. County MD/ID Office Contacts:
http://pafamiliesinc.org/understanding-systems/intellectual-disabilities/intellectual-developmental-disabilities-county-contact-information-for-pennsylvania

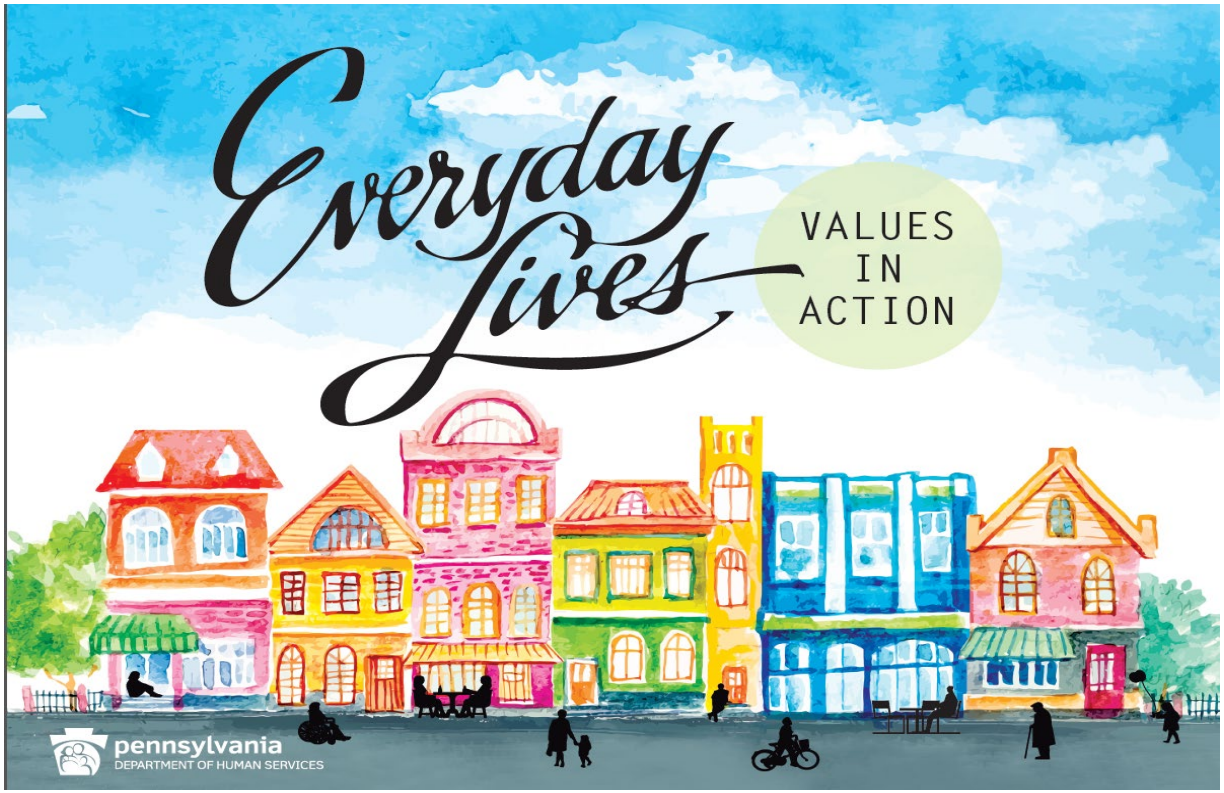
OR

Contact the Intellectual Disabilities Services Customer Service Line at 1-888-565-9435:
http://www.dhs.pa.gov/learnaboutdhs/helpfultelephonenumbers/intellectualdisabilitiescustomerserviceline/index.htm

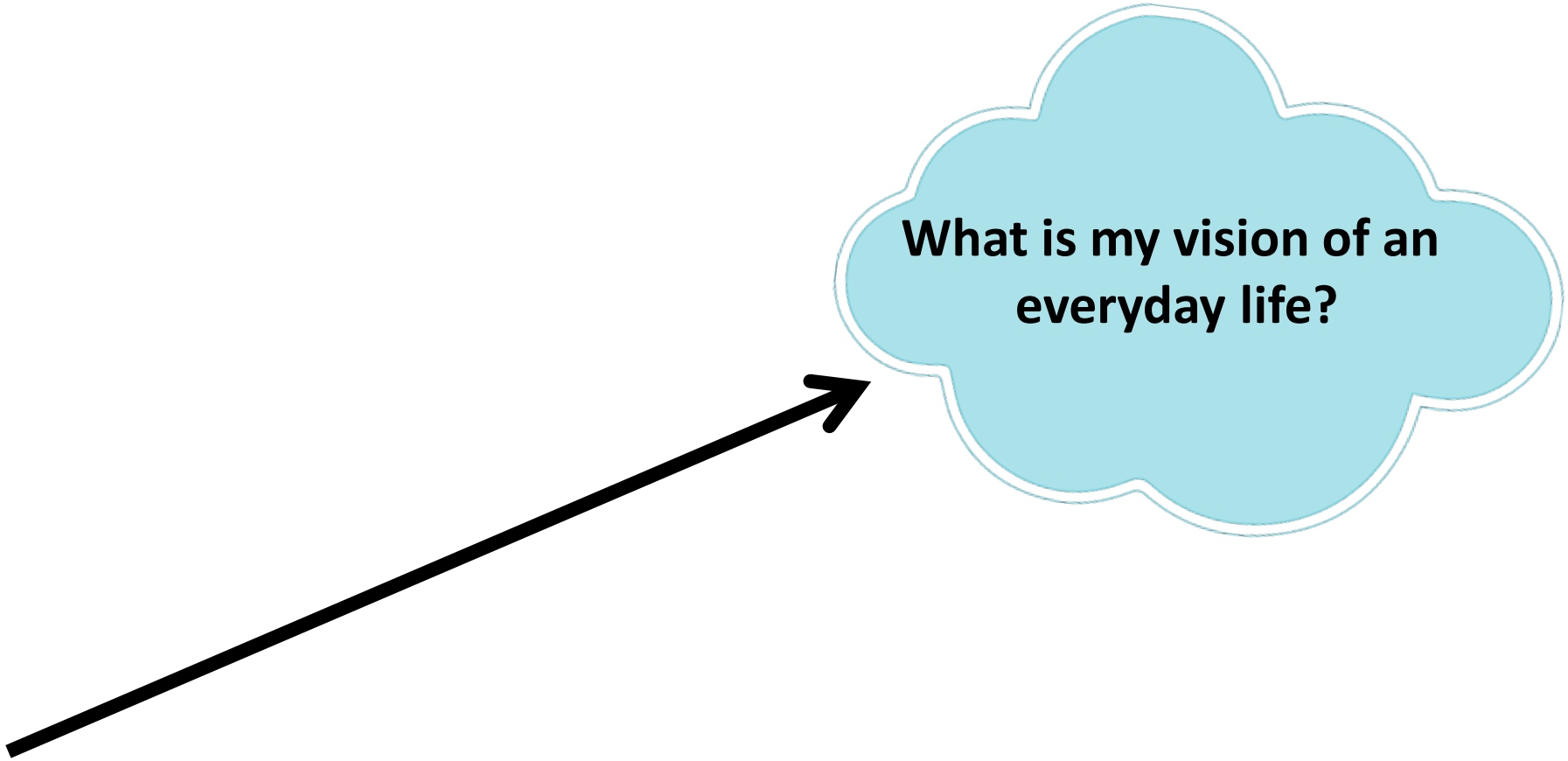


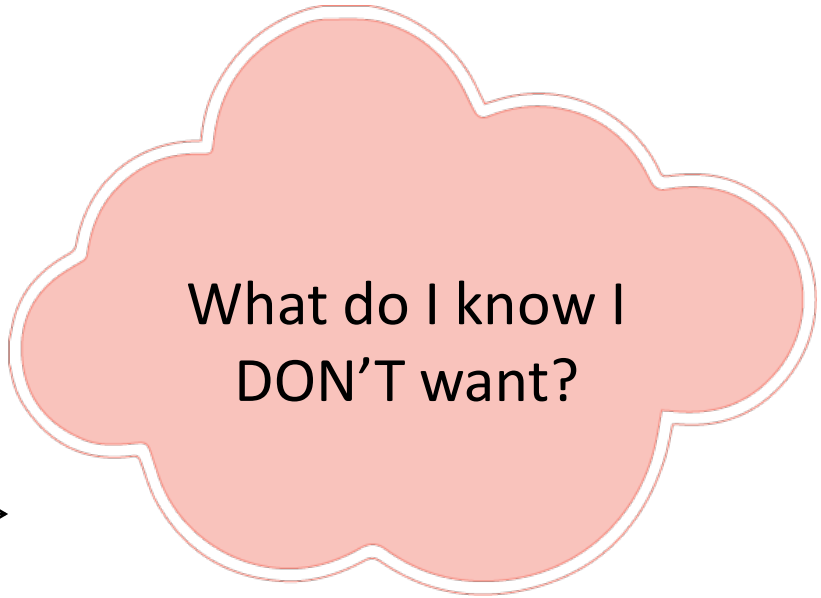
ODP's Framework for Change

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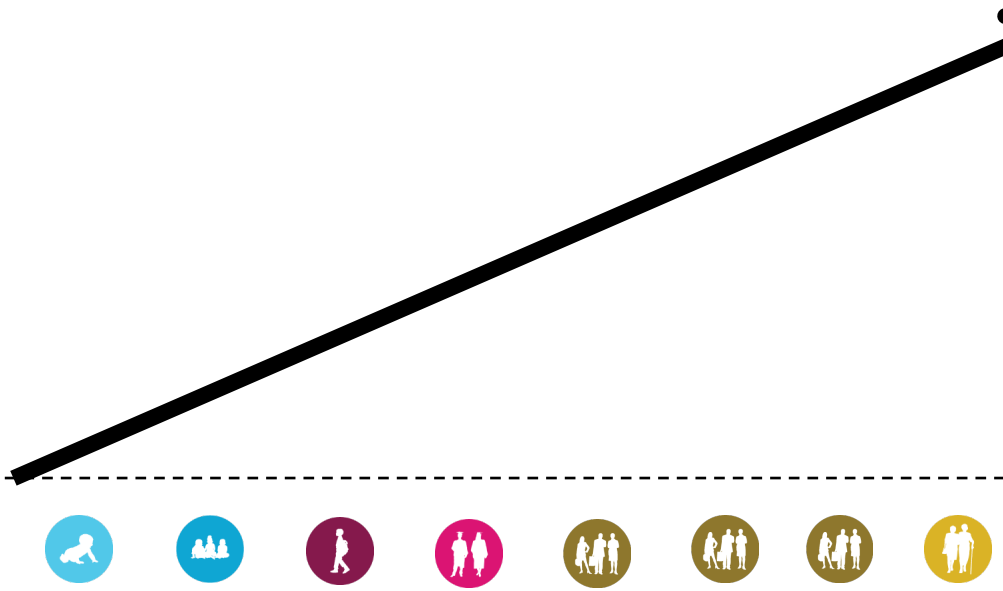


30th Anniversary Publication: [Everyday+Lives+2021+FINAL.pdf (palms-awss3-repository.s3-us-west-2.amazonaws.com)]


What is my vision of an everyday life?


What do I know I DON'T want?

Life Stages and Trajectory Toward the Good Life



What is my vision of an everyday life?

What do I know I DON'T want?

Past Life Experiences

List past life experiences and events that have supported your vision for a good life

* Scouting
*Chores
*Variety of activities - restaurants, sports, baseball, concerts, etc.
*Pets
*Travel
*Listening to Doctors
* Volunteering
*Learning to advocate

List past life experiences that pushed your trajectory toward things you don't want

* Lack of seizure control/injuries
*Serious illness
* too many meds
* memory issues
*Over protective nurses
* no friends
*little community involvement
* long hospital stays
* People not understanding me

Moving Forward

List current or future life experiences or goals that will continue to support your good life vision

* Consider Seizure repsonse dog
* Continue Scouting
* "Independent chores"
* Music lessons
* Horseback riding
* Opening a PA ABLE Account
* Keeping my craft business
* Participating in Activities with other people
* Going to dances * Dating
* spending more time with brothers
* Learning to Advocate

List things to avoid that could keep you from your good life vision or lead to what you don't want

* Only paid staff
* Not following medical advice
* Being Lazy
* Anxiety Attacks
* Obsessions
* Not taking responsibility
*Staying home and watching TV all the time
* spending too much
* not telling people what I want

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Vision for What I Want

List what you want your "GOOD LIFE" to look like

* Time By Myself
* Seizure-free or close to it
* Advocating for myself & Presenting about my life
* Be Happy
* Having Friends
* Volunteer Opportunities where I feel happy and independent
* A girlfriend - maybe get married
* Travel
* Go digging for Fossils
* Control my Anxiety
* Always learning about new things (Hobbies, etc)
* Ride in a Purple Mustang with Orange Flames down the side (Maybe Mom and Paul can buy it)
* Explore new activities but continue what I have
* Have Choice and Control
* Be respected and listened to

What I Don't Want

List the things you don't want or what is NOT a "good life"

* Isolation
* being ignored/ not listened to
* a "medical" life
* lack of freedom / independence /no say
* no money
* Loneliness
* Being with strangers - not family
* no pets
* ONLY paid staff

Developed by the Charting the LifeCourse Nexus - **LifeCourseTools.com**
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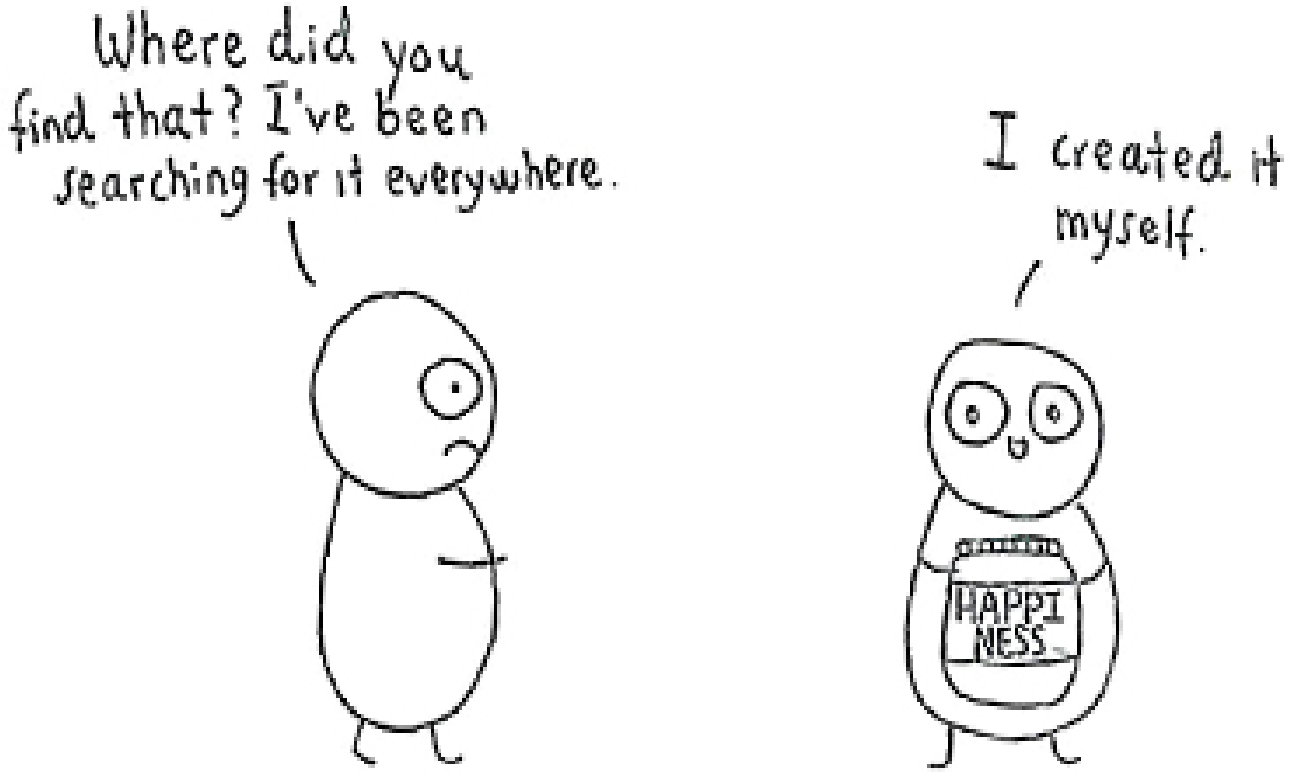
The Importance of Having a Vision

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Having a vision sets the dream, the positive expectation for the future.

…However, without a vision, there is no expectation of what the future might look like.




Where did you find that? I've been searching for it everywhere.
I created it myself.
HAPPI NESS

What do we know?

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- Expectations are formed early and over time.
- Expectations shape experiences.
- Experiences also shape expectations.
- Expectations are influenced by opportunities and supports.

Where should we go?

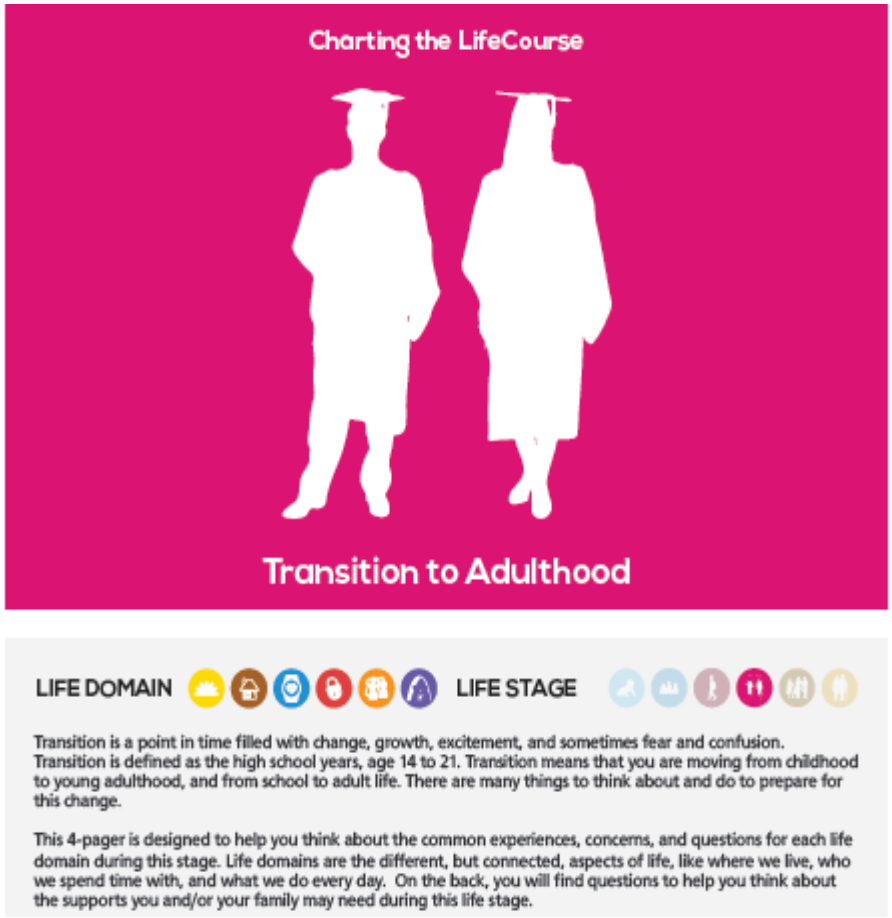
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- We must connect families with ordinary examples of what is possible.
- We must invest in expectations.
- We must catch and communicate a collective vision.
- Finally, professionals must let family expectations challenge their own.



Transition to Adulthood

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This guide is to help people think about questions to ask, options to consider, and things to talk about with a youth transitioning to adulthood.

This 4-page guide can be found here.

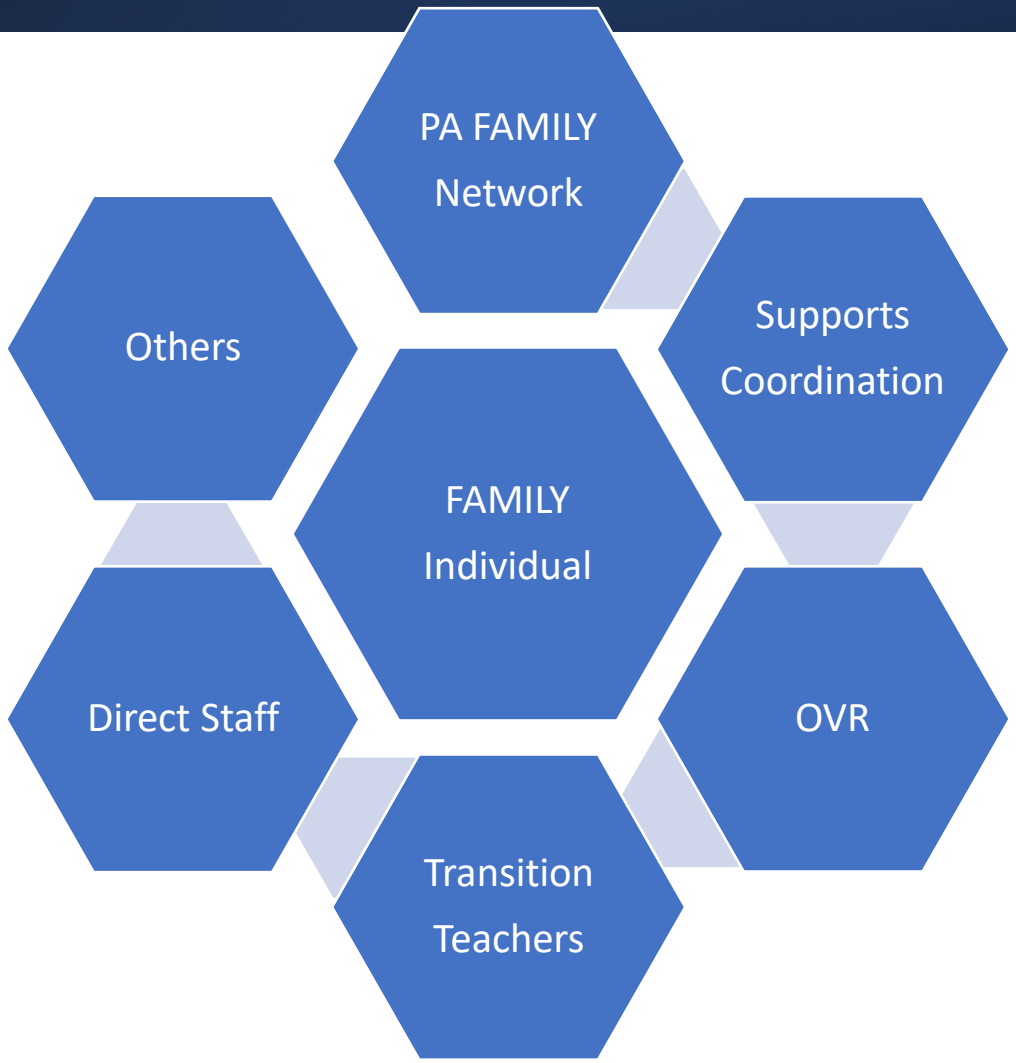
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FAMILY and INDIVIDUAL MENTORING

One to One or Family



TEAM MENTORING with PA Family Network



Resources

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LifeCourse Tools – www.lifecoursetools.com

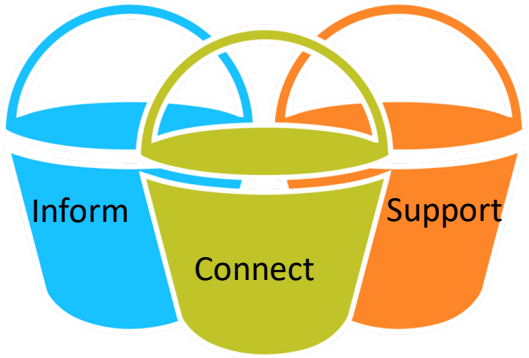
MyODP – www.myodp.org

PA Secondary Transition Website - https://www.pasecondarytransition.com/

List of County Mental Health/Intellectual Disability (MH/ID) Offices - http://pafamiliesinc.org/understanding-systems/intellectual-disabilities/intellectual-developmental-disabilities-county-contact-information-for-pennsylvania

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