Supporting Good Lives for All

A vision of a good life

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

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

In the next two hours:

- National Community of Practice
- Concept of "ALL"
- Foundational beliefs of the LifeCourse Framework
- LifeCourse tools (with exercises)
- Next steps for PA
The most powerful force in changing transition outcomes for young people with significant disabilities is not ultimately found in the transition plans we craft, the educational services we offer, the information we provide, or the systems we build, but rather in the expectations and aspirations individual parents hold for their sons and daughters. All of these efforts are no doubt essential, but absent families equipped with a clear and compelling vision for a "good life" after high school, we are missing something vitally essential.

- Eric Carter
  "What Works First: Research on the Individual Impediments to Transition"

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**What do we know?**
- Expectations are highest locally and worst there.
- Expectations are lowest where they're.
- Expectations are highest among parents.
- Expectations are highest among parents and providers.

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**Where should we go?**
- We must find a basis for high expectations of what they are.
- We must translate those to other aspects.
- We must translate those to other aspects of their lives.
- Finally, we must provide the expectations and challenge them.
EXERCISE!

WINGSpread REPORT, 2011
RECOMMENDATION 1:
Design the structure and functions of state service systems to include a focus on supporting families reflective of the fact that most people with I/DD are living with their families in the community.
Wingspread report, 2011

- Identify strategies for collaboration and support with local and statewide family-focused organizations or networks that can assist in the development, implementation, and evaluation of strategies for supporting families.

- Establish mechanisms to maintain ongoing dialogue with families, services system representatives, and other key stakeholders involved in supporting families.

Wingspread report, 2011

- Increase opportunities for self/family-directed service options.

- Build the capacity of supports coordinators to support and plan with people with autism or intellectual disability within the family unit.

Wingspread report, 2011

- Identify and fund strategies for assisting individuals with IDD and their families to navigate both disability and community services and supports, including informal or informal supports.

- Provide training to all stakeholders on supporting persons with IDD within their natural homes and communities, accessing community services, and offering disability support as needed.
the national community of practice

- Grant from AIDD in 2012
- 5 states plus Missouri as mentor state
- 5 year initiative, now in 4th year
- Expansion to more states starting July 1, 2016
- PA accepted in February to join national Community of Practice
- What joining will mean for PA

12 more states joining as of 7/1/16


type of change that is needed

- Transitional Change
- Transformation Change

Creating Blue Space: Rails-Masquerade. 2013
All of us exist within the context of family

- Family is defined by the individual
- Individuals and their family may need supports that adjust as roles and needs of all members change
- Not dependent upon where the person lives

Life course framework basics

A Good Life for All

The individual will achieve self-determination, independence, productivity, integration, and inclusion in the context of community. Individuals will be supported in ways that maximize their capacities, strengths, and unique abilities to best nurture love and support all family members to achieve their goals.

Services and Supports are Evolving
Reciprocal Roles Between all Family Members

Caring About
- Affection & Self-Esteem
- Repository of knowledge
- Lifetime commitment

Caring For
- Provider of day-to-day care
- Material/Financial
- Facilitator of inclusion and membership
- Advocate for support

The LifeCourse Tools

- Trajectory: Toward a Good Life
- Life Domains: Outcomes and Possibilities
- Three Buckets of Support
- Integrated Supports Star

These tools are:
- Conversation starters
- Problem solvers
- Visioning about the future
- Empowering ownership of a vision
- Can be used by anyone in any setting
- Focused on all stages of the lifespan
Life Trajectory: Experiences and Life Stages

Vision for a Good Life
The future is not something we enter. The future is something that we create. And creating that future requires us to make choices and decisions that begin with a dream.

Life Stages and Trajectory Toward the Good Life
What would our good life look like?
Trajectory Isn't Always Straight

Getting back on track

Incidents shouldn't become life sentences.

Life Experiences and Life Transitions

"Anticipatory Guidance for Life Experiences"

Life Domains:
Life Experiences and Life Possibilities
Achieving Outcomes for Connected Life Domains

Looking at Life Possibilities

| Innovative | Very new or undiscovered |
| Islands of Innovation | Exists in a lot of places but not everywhere |
| Traditional Options | Services that have existed for a long time |

THREE BUCKETS

Discovery & Navigation

Connecting & Networking

Goods & Services
INTEGRATED SUPPORTS

A USEFUL TOOL FOR:
- Problem-solving
- Identifying strengths
- Expanding options
- Seizing opportunities

EXERCISE!

next steps for PA
The PA Family Network

- Coordinated by Vision for Equality
- Curricula to be developed jointly with ODP
- Content for families will be centered around envisioning a good life, using Respan tools, and seeing support and services in a new way.
- Family Advisors across the state will help families to connect with each other, support mentoring relationships, and help to identify community resources.

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Person-Centered Thinking Trainers

- Ten family members across the state were selected and are engaged now in becoming fully-credential PCT Trainers.

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Self-Advocates United as One

- Launching July 1 with a plan to support self-advocate training and mentoring across the state and will work in parallel efforts with PA Family Network.
6-8 Regional Collaboratives

- Counties, SCOs, ASERT and ODP staff (ID and autism, regional and central office staff), self-advocates and families, providers, as well as community partners working together to build commitment, strength and new approaches in local areas to better support real lives.

Putting the Lifecourse Framework Together

www.supporttofamilies.org
www.lifecoursetools.com

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