



LIFE-PLAN WORKSHOP SESSION #3

BUILDING SOCIAL CONNECTION

NOTES & WORKBOOK

KEY POINTS

NOTES

HOMEWORK

WELCOME!

Welcome to the Life-Plan Workshop! I'm excited to have you as a part of this workshop as a family on the journey to supporting your family member with a developmental disability to create an awesome ordinary life!

WHY ARE WE HERE?

- To support our loved one to create an Awesome Ordinary Life.
- To #ThinkOrdinary.
- To learn how to support our loved one to build social connections/relationships.

HOUSEKEEPING

- Use the chat!
- Live Transcription with Otter.ai
- Hold your questions until the end.
- Treat others with kindness and compassion.
- Think big and think positive.

If you've attended/ watched workshop #1 or 2, what progress have you made?

WE HAVE AN OPPORTUNITY!

If you're worried or anxious of what the future holds for your family member with a developmental disability, and you want to support your loved one to create an Awesome Ordinary Life, I can help.

RELATIONSHIP DEFICIT

Only 1/6 the number of relationships compared to the average person.

Impacts:

- Loneliness
- Significant health impacts
- Fewer opportunities
- Less social support

What is the challenge we are trying to solve?

- Current experiences of loneliness
- Meaningful and real connection
- Long-term social support

Common Disability Relationship "Solutions"

- Enrollment in programs for people with developmental disabilities.
- Paid supporter(s) fill friend role.
- Supermom/ Superdad/ Supersibling.

-> How do these common solutions measure up?

Notes:

FOSTERING REAL CONNECTION

- Freely given relationships
- Both people in relationship are receiving benefits
- #Think Ordinary

Relationship Formula : (Interest + Intention) x Time = Opportunity for relationship

How do we learn relationship skills?

What is a personal support network?

Insights from how Donna LC helped her son start his support circle...

Notes:

INVITING OTHERS IN

- Step 1: Make the ask really easy to say yes to.
- Step 2: Identify who you're going to ask.
- Step 3: Identify who the best person is to make the ask?
- Step 4:

KEEP IT SIMPLE & TAKE A SMALL ACTION

Invite in one (1) new person into intentional connection.

Write down your action step below.

MILESTONES YOU COMPLETED TODAY

- Connected with other families, and feeling less alone.
- Learned the EA Blueprint (overview).
- You learned about the relationship deficit, and how to #Think Ordinary about Relationships.
- You learned how to invite others in, and planned your next action step.

JOIN US IN THE PLAN MY FUTURE COACHING PROGRAM!

If you want to go even deeper with me on the EA Blueprint and start taking steps forward with your loved one to create an Awesome 'Ordinary' Life, I'd love for you to join us in the Plan My Future Coaching Program!

[CLICK HERE TO REGISTER: https://eaa.empoweringability.org/planmyfuture/](https://eaa.empoweringability.org/planmyfuture/)

Very best,

A handwritten signature in black ink that reads "Eric Goll". The signature is written in a cursive, flowing style.