



LIFE PLAN WORKSHOP

PART #1: GETTING STARTED

NOTES & WORKBOOK

KEY POINTS

NOTES

HOMEWORK

WELCOME!

Welcome to the LIVE Life-Plan Workshop! I'm excited to have you as a part of this workshop as a family on the journey to supporting your loved one with a developmental disability to create an Awesome 'Ordinary' Life!

HOUSEKEEPING

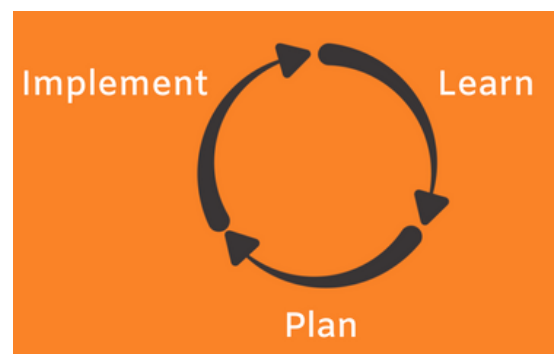
- This is a safe space!
- Live Transcription with Otter.ai
- Ask questions in the chat!
- Treat others with kindness and compassion.
- Show up with courage and an open mind.

CREATING A LIFE-PLAN!

What feelings come up for you when thinking about a life-plan or the future?

WHERE DO I START?

Notes:



WHO'S THIS FOR?

- Transitioning out of school.
- Out of school a few years and trying to find way.
- A little further on in life and trying to figure out home, and future sustainability.

What's your why?

EA COMMUNITY VALUES:

- Respect & Kindness
- Positivity
- Curiosity
- Non-judgemental
- Confidentiality

TIME KEEPS MOVING...

- We need to take action, but the problem is...
- What action do we take?!
- We get stuck on the wrong paths...

Notes:

THE SPECIAL NEEDS PATH

- Special ed.
- Day programs.
- Group homes.
- Grouped support.

*We can often get stuck on the special needs path.

Notes:

THE AWESOME 'ORDINARY' LIFE PATH

- Growing and getting life experience.
- Long-term committed relationships.
- Contributing to family, community and workforce.
- A home they can call their own.
- The right supports.

*An Awesome 'Ordinary' Life is possible for your loved one.

Notes:

VISION: THE ESSENTIAL FIRST STEP

- A vision of your loved one's life is simply a picture of where you want to be in the future.
- Surfing metaphor

Have you been surfing toward the rocks or the beach?

MOUNTAIN METAPHOR



Notes:

YOUR AWESOME 'ORDINARY' LIFE

First Draft Vision/ Visionary Ideas:

WHAT HAS BEEN STOPPING YOU?...

- The disability?
- The Empowering Ability Model works no matter where you live.
- Our loved one's independence?

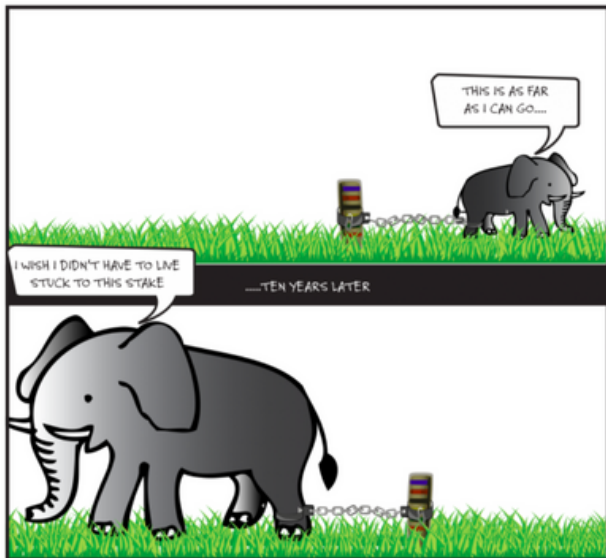
INDEPENDENCE

- It's not about letting Go, it is about letting Grow!

Notes:

What would it feel like to see your loved one grow their independence.

LEARNED HELPLESSNESS



Notes:

INDEPENDENCE

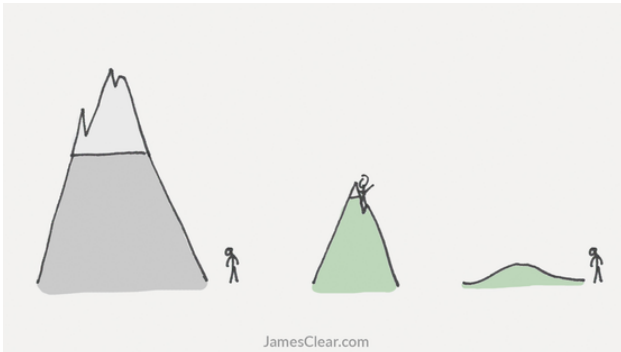
- Taking a small step forward with the contributing adult role.

How would things look in our home if we were all roommates?

What is one opportunity for your loved one to grow?

IT'S ALL ABOUT SMALL STEPS!

Notes:



YOUR NEXT STEP

What is your next SMALL step?

YOU CAN DO THIS!

YOUR INSIGHTS

What is your biggest insight or take away from this first Masterclass session!??

MILESTONES YOU COMPLETED TODAY

- I learned about the essential step of creating an Awesome 'Ordinary' Live Vision.
- I wrote down some visionary ideas/ a first draft for an Awesome 'Ordinary' Life.
- I learned how I can work with my loved one to grow their independence.
- I planned an action step to support my loved one to grow their independence.
- I connected with other families, and I'm feeling less alone.

THANK YOU!

JOIN US TOMORROW TO LEARN THE EMPOWERING ABILITY (EA) BLUEPRINT, A STEP-BY-STEP PATHWAY TO BUILDING YOUR LIFE-PLAN.

SHARE ON THE ALL-ACCESS WORKSHOP PAGE!

www.empoweringability.org/lifeplanworkshop