



## LIFE PLAN WORKSHOP (PART 1 OF 2)

# STARTING YOUR LIFE PLAN

## NOTES & WORKBOOK

# KEY POINTS NOTES

# WELCOME TO THE LIFE PLAN WORKSHOP!

Welcome to the LIVE Life PlanWorkshop! 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 (CC)
- Ask questions in the chat!
- Treat others with kindness and compassion.
- Show up with courage and an open mind.

## WHAT ARE YOU FEELING?



## WHAT IS AN AWESOME ORDINARY LIFE?

- Growing and learning.
- More independence.
- Reciprocal friendships.
- Contribute in valued ways (roles).
- A paid job.
- A home of their own.
- Awesomeness.

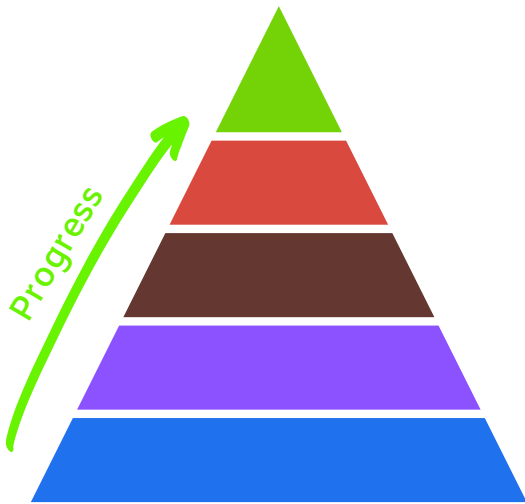
# WHO'S THIS WORKSHOP FOR?

- 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 BRINGS YOU HERE? (I.E. YOUR WHY)

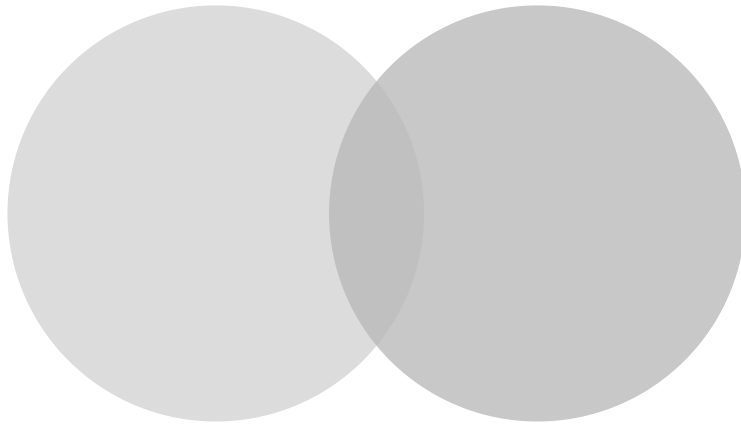
# WHERE DO WE START?!!!

# THE PILLARS OF LIFE PLANNING



\*Note: Can do in parallel

## 1. EMOTIONAL READINESS



## 2. ORDINARY POSSIBILITIES

- There are two paths.
  - The "special needs" path
  - The Awesome Ordinary Life path

Our loved one gets PUT on the 'Special Needs' path...

- Low expectations
- Special needs classroom
- Day program
- Sheltered workshop
- Grouped support
- Group home

The Awesome Ordinary Life Path

- #Think Ordinary
- Exhaust the ordinary before the special

Using #Think Ordinary, what does the Awesome Ordinary Life path look like for your loved one?

What are the benefits of the Awesome Ordinary Life path?

## 3. BEST PRACTICES

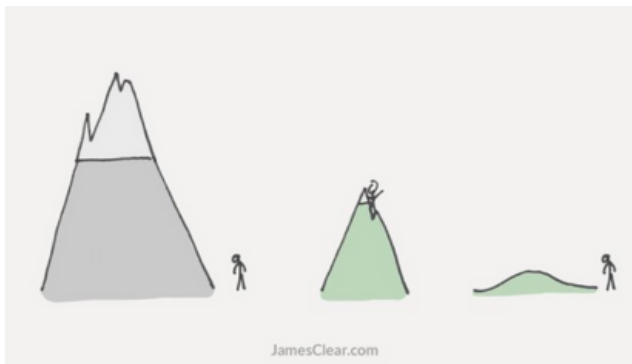
- Learning what is getting families results.
  - Planning
  - Growing Independence
  - Building relationships
  - Building valued roles
  - Getting employment
  - Creating a home
  - Maximizing supports

Growing Independence Best Practices:

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

What would it feel like to see your loved one Grow their independence!?

The Goldilocks Principle:

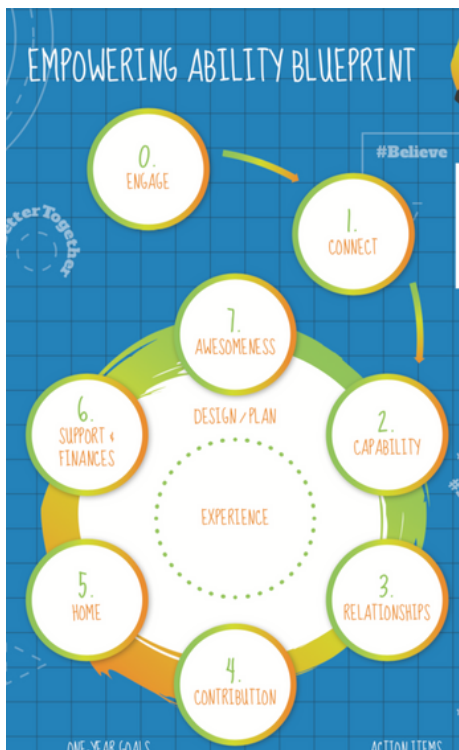


How would things look in our home if we were all roommates?

What is one opportunity for your loved one to grow? (Think of a win-win opportunity!)

What is your next SMALL step?

# 4. PLANNING



Vision: We have to be able to envision where we want to go in our minds before we can get there.



# 5) AN AWESOME ORDINARY LIFE

Mountain Metaphor and your Awesome Ordinary Life vision.



Your Awesome Ordinary Life vision ideas (messy first draft):

## WHAT HAS BEEN STOPPING YOU?...

- The disability?
- Inner fears
- Other??

**YOU CAN DO THIS!!!**

# CHECKING IN: WHAT ARE YOU FEELING?



## YOUR BIG TAKEAWAYS

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

## MILESTONES YOU COMPLETED TODAY

- I made a choice to go down the 'Awesome Ordinary' Life path.
- I learned the 5 Stages of Life Planning.
- I learned best practices to work with my loved one to grow their independence.
- I wrote down some visionary ideas for an 'Awesome Ordinary' Life.
- I'm feeling more hopeful for my loved one's future.

**Join us LIVE March 2nd @ 7 PM Eastern Time for  
Part #2: The 7-Step Planning Pathway!**