



Welcome

¡Bienvenidos!

Family to Family Network
Success for Children with Disabilities

Mission:

To help families with children with disabilities by providing information, training, referrals and support
Ayudar a familias de niños/ adultos con discapacidad proporcionándoles información, entrenamiento, refieros y apoyo.

Vision:

To share best practices and create better opportunities in education, employment, and independence for persons with disabilities by engaging the Greater Houston community to create a better future for all.
Compartir las mejores prácticas, creando mejores oportunidades en educación, empleo e independencia para personas con discapacidades; de forma que se involucren en la comunidad de todo Houston para crear así un mejor futuro para todos.



“Planning for a Good Life // Planear para una Buena Vida”

Planning for the Future

Presenters: Inger Clark

Charting The LifeCourse Ambassadors

Core Belief: All people have the right to live, love, work, play and pursue their own life aspirations.

Nuestra Premisa: Todas las personas tienen el derecho a vivir, amar, trabajar, divertirse y perseguir sus propias aspiraciones.



Today individuals with I/DD and their families embrace the idea that people with disabilities have skills, dreams and feelings like everyone else and belong with their families. As principles of integration and inclusion are realized, a new generation of youth with disabilities are growing up in classrooms with their peers, going to college, getting married , and raising families of their own. Embracing this shift in paradigm means thinking differently about what it means to support individuals with disabilities and their families. Families have worked hard for many years to steer our system away from an institutional focus to become a more *person-centered system*.

Hoy en día, las personas con I / DD y sus familias adoptan y practican la idea de que las personas con discapacidades tienen habilidades, sueños y sentimientos como todos los demás y tienen un lugar de pertenencia en sus familias. A medida que se hacen realidad los principios de integración e inclusión, una nueva generación de jóvenes con discapacidades está creciendo en las aulas con sus compañeros, yendo a la universidad, casándose y formando sus propias familias.

Aceptar este cambio de paradigma significa pensar de manera diferente sobre lo que significa apoyar a las personas con discapacidad y sus familias. Las familias han trabajado duro durante muchos años para dirigir nuestro sistema de un enfoque institucional a convertirse en un sistema *más centrado en la persona*.

Person- Centered // Centrarse en la Persona

All thinking and actions are based upon what is important to the person from their own perspective and that contributes to their full inclusion in society.

Todo el pensamiento y las acciones se basan en lo que es importante para la persona desde su propia perspectiva y ello contribuye a su plena inclusión en la sociedad.

As we start working on your plan here are some things to think about // *En lo que empezamos a trabajar en su propio plan, aquí algunas cosas en qué pensar:*

YOUR VISION FOR A GOOD LIFE? // *Su visión para una Buena Vida*

WHAT I WANT
LO QUE YO QUIERO

Supporting Positive
Life Experiences
*Procurar
Experiencias
Positivas de Vida*

WHAT I DON'T WANT
LO QUE NO QUIERO

Preventing Negative
Life Experiences
*Prevenir Experiencias
Negativas de Vida*





Digging into the life outcomes they are trying to achieve.
“Excavar” profundo para encontrar esos resultados que queremos alcanzar

What is your vision for the future?

Tools
Life Trajectory Worksheet
Herramientas
Hoja de Trabajo “Trayectoria de Vida”

Everyone wants a good life. This worksheet will help you think about what a good life means for you or your family members, while also identifying what you know you don’t want.

Example

CHARTING the LifeCourse

Charting the LifeCourse: Life Trajectory Worksheet

MY VISION

WHAT I DON'T WANT

Developed by the UMKC Institute for Human Development, UCEDD | More tools and resources at lifecoursetools.com

revised March 2019

Todos deseamos una Buena Vida. Esta hoja de trabajo nos ayudará a pensar en lo que significa una ‘Buena vida’ para tí y tu familiar, al mismo tiempo ayuda a identificar lo que sabemos que NO queremos.



LIFE DOMAIN VISION TOOL | PERSON CENTERED

Name of Person Completing: _____

Date: _____

On Behalf of: _____

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FUTURE	PRIORITY
	Daily Life & Employment: What do I think I will do or want to do during the day in my adult life? What kind of job or career would I like?		
	Community Living: Where would I like to live in my adult life? Will I live alone or with someone else?		
	Social & Spirituality: How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?		
	Healthy Living: How will I live a healthy lifestyle and manage health care supports in my adult life?		
	Safety & Security: How will I stay safe from financial, emotional, physical or sexual harm in my adult life?		
	Advocacy & Engagement: What kind of valued roles and responsibilities do I or will I have, and how can I have control of how my own life is lived?		
	Supports for Family: How do I want my family to still be involved and engaged in my adult life?		
	Supports & Services: What support will I need to live as independently as possible in my adult life, and where will my supports come from?		





HOLISTIC FOCUS ACROSS LIFE DOMAINS ENFOQUE HOLÍSTICO EN LOS ÁMBITOS DE VIDA

“Relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts”

Relativo a examinar el todo, o sistemas completos, en vez de analizar o tratar sólo una parte.

Daily Life & Employment / Vida Diaria & Empleo

What a person does as part of everyday life-school, employment, volunteering, communication, routines, life skills. / *Lo que hace una persona todos los días como: estudio, empleo, voluntariado, comunicación, rutinas, habilidades de vida.*

Community Living / Vida en la Comunidad

Where and how someone lives - housing and living options, community access, transportation, home adaptations and modifications. / *Dónde y cómo vive la persona - opciones de habitación, acceso a la comunidad, transporte, adaptaciones y modificaciones en el hogar.*

Healthy Living / Vida Saludable

Managing and accessing health care and staying well - medical, mental health, behavioral health, developmental, wellness and nutrition. / *Manejo de, y acceso a cuidado de salud y bienestar - salud física, mental, de comportamiento, desarrollo y nutrición.*

Safety & Security / Seguridad & Garantías

Staying safe and secure - emergencies, well-being, guardianship options, legal rights and issues. / *Tener seguridad en todos aspectos - emergencias, bienestar, opciones de tutela, derechos y asuntos legales.*

Social & Spirituality / Vida Social y Espiritual

Building friendships and relationships, leisure activities, personal networks, and faith community. / *Construir amistades y relaciones, actividades de entretenimiento, redes personales y comunidad de fe.*

Advocacy & Engagement / Defensa e Involucramiento

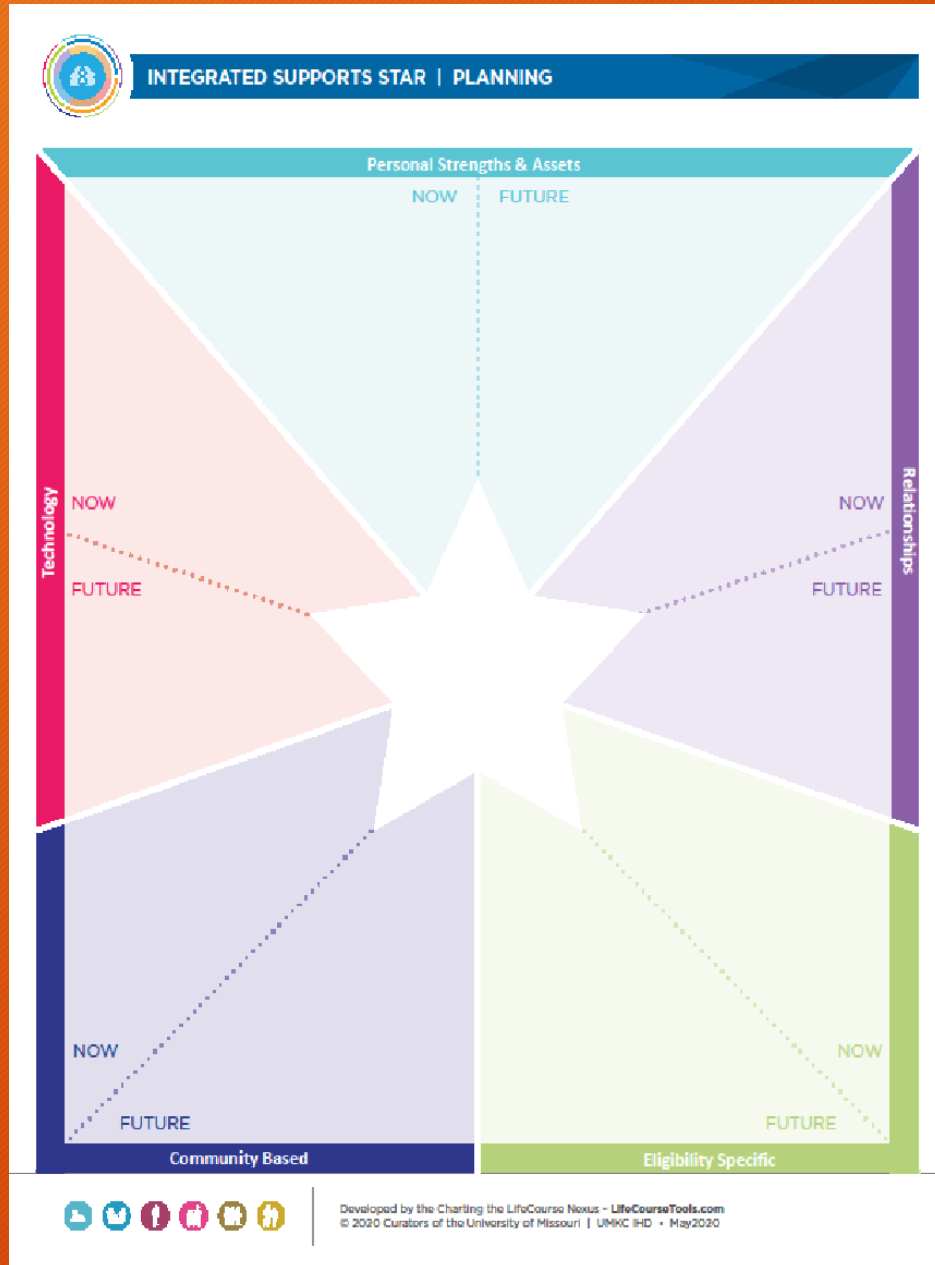
Building valued roles, making choices, setting goals, assuming responsibility and driving how one's own life is lived. / *Construir roles de valor, tomar decisiones, establecer objetivos, asumir responsabilidades y dirigir la propia vida.*

What's Important **TO** vs What's
Important **FOR**
What Matters to the individual we
Support

Qué le importa **A** vs Qué importa
PARA
apoyar al individuo con
discapacidad

What is important To the individual Example / Qué importa A	What is Important For the individual Example / Qué es importante PARA
Nicholas likes to drive his car to work / <i>A Nicholas le gusta manejar su auto al trabajo</i>	In order to drive a motor vehicle in Texas he must purchase and maintain car insurance / <i>Para manejar un auto en Texas se requiere comprar y mantener un seguro.</i>
Cj wants to be a Gamer full time / <i>CJ quiere ser un Gamer de tiempo completo</i>	Cj needs to maintain a full time job to ensure his bills are paid / <i>CJ necesita tener un empleo de tiempo completo para asegurar el pago de sus cuentas.</i>
Julie likes to watch CNN all day / <i>A Julie le encanta ver CNN todo el día.</i>	Julie has to take her MS medication every morning / <i>Julie necesita tomar su medicamento de MS todas las mañanas.</i>

Integrated Star



Individuals and families utilize an array of integrated supports to achieve the envisioned good life, including those that are publicly and privately funded and based on eligibility, community supports that are available to anyone, relationship based supports, technology, and that takes into account the assets and strength of the individual and family.

Las personas y las familias utilizan una variedad de apoyos integrados para lograr la buena vida prevista, incluidos los que se financian pública y privadamente y se basan en la elegibilidad, apoyos comunitarios que están disponibles para cualquier persona; apoyos basados en relaciones con otros, tecnología y que tienen en cuenta los activos y fortalezas del individuo y la familia.

Mapping Reciprocal Roles:

This tool is meant to help individuals and families think through the reciprocal roles that family members play for each other and to help plan for who could help them fulfill those roles in the future.

Mapeo de Roles Recíprocos:

Esta herramienta está dedicada a ayudar a las personas y las familias a pensar en los roles recíprocos que los miembros de la familia desempeñan entre sí y ayudar a planificar quién podría ayudarlos a cumplir esos roles en el futuro.

CHARTING the LifeCourse



Mapping Family Roles

This tool is to help families think through the roles they play in their loved one's life, and to help them plan for who else could help fulfill those roles now and in the future.

Reciprocal Roles	People's Roles in _____'s life	Looking Ahead	What's important to know, make sure continues, or make happen?
 Caring ABOUT	Affection and Self-Esteem	Who loves and cares about him/her?	Who else makes him/her feel loved?
	Repository of Knowledge	Who else knows things that others don't know well? (celebrations, traditions, habits, history)	With whom does he/she have special memories or experiences?
	Lifetime Commitment	Who has a lifetime bond with him/her?	Who else would step up when/if needed?
 Caring FOR	Provider of day-to-day care	Who makes sure activities of daily living and healthcare needs are met?	Who else could provide oversight for these needs?
	Material and Financial Needs	Who makes sure his/her day-to-day basic and quality of life needs are met?	Who else could help make sure this happens?
	Facilitator of Inclusion and Membership	Who helps connect him/her to inclusive opportunities and maintain relationships?	Who would be good at helping him/her connect with and maintain inclusive activities?
	Advocate for Support	Who helps him/her advocate in planning meetings?	Who else could help advocate for/with him/her?

*Reciprocal roles:

Family members, friends, or people that are “like family.” Each person fulfills a different role in your life.

*Roles Recíprocos:

Miembros de familia, amigos, o cualquier persona que sea “como de la familia”. Cada persona desempeña un rol distinto en nuestra vida.

Any Questions? / Preguntas



Please Complete the **Survey**
(*Por favor ayúdenos completando esta encuesta*)

<https://www.surveymonkey.com/r/09102021>
Family To Family Network

Call, Email or Visit US!
(Due to COVID- Please call before coming)

Monday -Friday
Time: 9:00 AM -5:00PM
Saturday / Sunday: Closed
(713)-466-6304

Please contact : Inger@familytofamilynetwork.org or
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Thank You / ¡Gracias!

