Planning for the Future: Virtual Future is Now (VFiN) Training

- Katie Arnold, PhD, Visiting Research Assistant Professor, Institute on Disability and Human Development (IDHD) at the University of Illinois Chicago (UIC)
- Jae Jin Pak, Coordinator of Community Education, IDHD at UIC
- Piyush Mishra, Research Assistant, IDHD at UIC
- Timotheus Gordon Jr, Research Associate, IDHD at UIC
AGENDA

- 5 min: Welcome & Introductions
- 10 min: Why is Future Planning important?
- 5 min: Background of Future is Now (Jae Jin)
- 15 min: Overview of Virtual Future is Now (TJ & Piyush)
- 10 min: Q & A
Acknowledgements

This webinar is part of the following grant projects:

- The National Association of Councils on Developmental Disabilities’ (NACDD) Projects of National Significance: Bridging the Aging and Disability Networks grant HHS-2021-ACL-AOD-DNCE-0099
- University of Illinois Chicago’s Field Initiated Project grant National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) 90IFRE0051-02-00

The contents of this training were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90IFRE0051-02-00). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this training do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.
Introductions

Katie Arnold
Piyush Mishra
Jae Jin Pak
Timotheus (T.J.) Gordon Jr
What comes to mind when you think about:

Future Planning?
Why is Future Planning Important?
Most people with IDD live with Family
Family Caregivers are Aging

- As we get older, our bodies change and our health needs also change.

- The same is true for the family caregivers.

- Taking this into account, it is important to plan for the future.

Need to Plan for Future Needs

- Many families do not make plans and experience barriers:
  - Unaware of legal and financial options
  - Fears for the future and unknown
  - Difficulty identifying caregiving support for the future
  - Difficulty in initiating the process
  - Have little contact with and mistrust formal disability services
  - Lack of collaboration between aging and disability service system
  - Age-related needs and daily demands

- Planning is related to resources, ways of coping, and options in the community
Development and Purpose of The Future is Now

- **Background**
  - Developed due to need
  - Input from stakeholders
  - Person-centered and Family-centered
  - Started as in person trainings
  - Adapted into online virtual format
Unique Features

- Integration of person-centered and family centered approaches
- Peer support
- Inclusion of Peer Trainers
- Problem solving around family dynamics and family values
- Focus includes both current and future community supports
Summary of Key Outcomes

- Daily Choice Making of Individuals with DD increased (caregivers report)
- Increased discussion of plans that included people with disabilities in their families
- Individuals with DD reported doing more leisure activities and having fewer unmet leisure needs.


Virtual Future is Now

- Families of Adults with IDD participate in 6 weekly Zoom sessions for 1 ½ hours each
- Joint sessions and breakout sessions with peer groups
- Self-paced content and materials in between sessions
- Create a community of learning
Overview of Training

Week 1 - Starting the future planning journey

Week 2 - Building Relationships and Self-Determination

Week 3 - Supporting Community Living

Week 4 - Choosing Education, Work & Retirement Options

Week 5 - Keeping the dream as we age

Week 6 - Bringing it all together

The Virtual Future is Now:
An Online Future Planning Curriculum for
Adults with Intellectual & Developmental Disabilities
and their Families

Authors: Katie Arnold, Ph.D., Piyush Mishra, M.Tech., Jae Jin Pak, T.J. Gordon, M.F.A. & M.Sc., Joe Caldwell, Ph.D. & Tamar Heller, Ph.D.
Flow of Training

LIVE classes on Zoom

Google Classroom (Self-Paced materials) has:
- Workbooks
- Letter of Intent
- Videos
- Discussion Forums
- Resources

Workbook for Individuals with IDD

Workbook for Family Caregivers

’Plan for the Future’ (Final Output)
HANDOUT Family 3.1 - Our Relative’s Dream Home

What is working well about where your relative currently lives?
_________________________________________________________________________________
_________________________________________________________________________________

What could be better about your relative’s current living situation?
_________________________________________________________________________________
_________________________________________________________________________________

Where would this dream home be ideally located?
_________________________________________________________________________________
_________________________________________________________________________________

Who might your relative be living with in a future dream home?
_________________________________________________________________________________
_________________________________________________________________________________

What types of supports does your relative need in his or her home?
_________________________________________________________________________________
_________________________________________________________________________________

HANDOUT Individual 3.1 - Dream Home

With whom do you want to live?
☐ With Family
☐ Alone
☐ With other people

Where do you want to live?
☐ In a Busy Street
☐ In a Quiet Place
☐ Near family or friends
☐ Near Work or School

Does your home need to be accessible for people who use wheelchairs, walkers, or other equipment?
_________________________________________________________________________________
_________________________________________________________________________________
‘Plan for the Future’ document

- The sections of the LOI match up to the topics of the training
- Helps families plan for the future
- Helps stay organized with plan in one centralized place
- Helps translate plan into action
- Helps track progress on plans
- Easy to share plan with successors

Note: this is NOT a legal document
Aspects of training

- Learning takes place over time
- Includes homework assignments
- Families learn and support each other
- Families and their relative with a disability work together to build their future plan
- Work on different sections of the future plan makes it less overwhelming
- Customized with state/local resources
VFiN Trailer

The Virtual Future is Now (VFiN)
Time for questions:
Interested?

If you or your family members would like be a part of the VFiN project, starting next year, come visit the UIC table or see one of us and write your name and email address on our sign in sheet.

Katie will reach out to you when we have openings next year.
Contact:

Katie Arnold: kkeiling@uic.edu
Jae Jin Pak: jjpak@uic.edu
Timotheus (TJ) Gordon: tgordo7@uic.edu
Piyush Mishra: pmishr20@uic.edu