

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

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- 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

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NACDD
National Association of Councils
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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



The Future is Now:
A Future Planning Curriculum for Families &
Their Adult Relative with Developmental Disabilities

Katie Arnold, M.S., Joe Caldwell, Ph.D., Alan Factor, Ph.D., Randa Abdelrahim, MSc.,
Tia Nelis, & Tamar Heller, Ph.D.



■ 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.

Heller, T. & Caldwell, J. (2006). Supporting aging caregivers and adults with developmental disabilities in future planning. *Mental Retardation*, 44(3): 189-202.

Heller, T. & Kramer, J. (2009). Involvement of adult siblings of persons with developmental disabilities in future planning. *Intellectual and Developmental Disabilities*, 47(3): 208-219.

Virtual Future is Now (VFIN)



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**

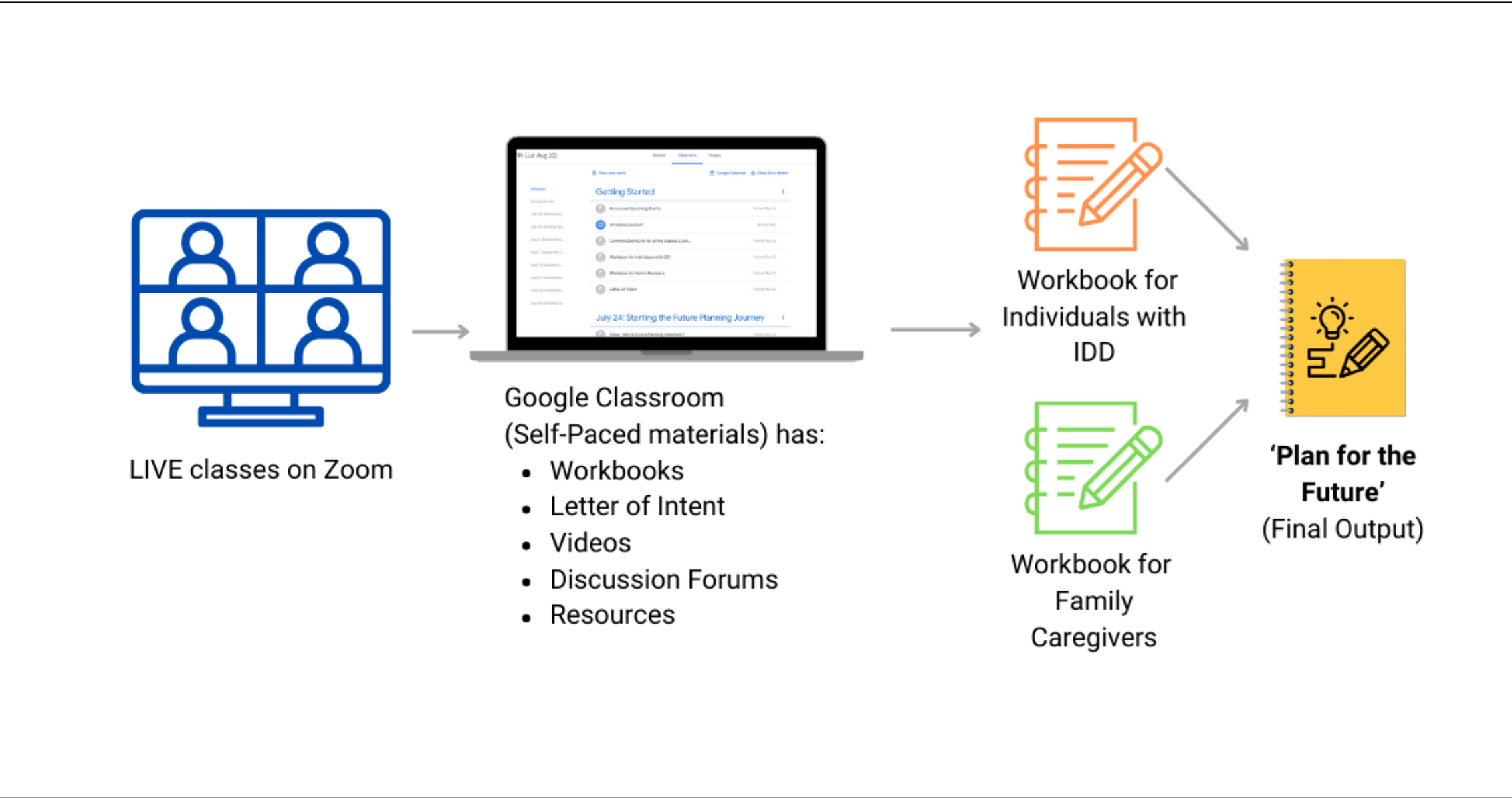


FACILITATOR'S GUIDE

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



Workbook Handouts

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?



Workbook handouts Plan doc

HANDOUT Individual 1.1- My dreams and my worries



What are my dreams ?



What are my worries ?

1

HANDOUT Family 1.1- Our Dreams and Our Worries



Our Dreams :

Our Worries :



Adopted from Marsha Forest and Jack Pearpoint All My Life's A Circle, 1997

2

Virtual Future is Now: Letter of Intent

Naming the Dreams and the worries

(Name of person with disability) dream is

(Name of person with disability) greatest worry is

Our family's dream is:

Our family's greatest worry is:

5

'Plan for the Future' document

The Virtual Future is Now:
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Plan for the Future

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.



- 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)



 KAPWING

Time for questions:



Interested?

If you or your family members would like to 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.



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