

# Life Planning & Support

*Planning the Future for a Family Member with a Developmental Disability*

## Step-by-Step Planning Sessions to Develop:

- ☆ Letter of Intent
- ☆ Portrait of the Individual's Wants, Needs, and Habits
- ☆ Social Support Network for the Individual
- ☆ Parent Support Network for the Family



## Growing Older Happens To All of Us ~ Do You Have a Plan?

The **Life Planning & Family Support** program provides support for families in planning for the healthy aging of their disabled family member, and for all members of the family.

While everyone ages, individuals who are parents of adults with developmental disabilities face additional issues as they work to manage and support their adult children.

Futures Explored helps families to develop a Life Plan. The Life Plan is written to outline the supports that are needed to ensure that individuals can begin to live life more independently from their parents, and parents can be assured that their wishes for their son/daughter will be carried out.

Every family should have on file and in the hands of significant others a Letter of Intent that details their wishes for the care of their family member after they are no longer here.

Step-by-step planning sessions are designed to pull together all the information needed to express the parents' intentions in a format that can be used to create legal/financial documents.

This program at Futures Explored is the result of 15 years of research carried out by the University of Illinois, Chicago and 20 years of work by PLAN of British Columbia. It is thorough and complete. It is critically important that every family develop such a plan so that quality of life will be maintained for your family member in their retirement and senior years.

## Futures Explored, Inc.

3547 Wilkinson Lane, Lafayette, CA 94549

(925) 284-3240 x212 / (925) 284-3291 Fax

[lifepanning@futures-explored.org](mailto:lifepanning@futures-explored.org)

More information on Life Planning can be found on our website under the Programs tab at [www.futures-explored.org](http://www.futures-explored.org).