

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

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AT CHICAGO Human Development
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AGENDA

- Welcome & Introductions
- Why is Future Planning important?
- Background of Future is Now
- Overview of Virtual Future is Now
- Q & A

Acknowledgements



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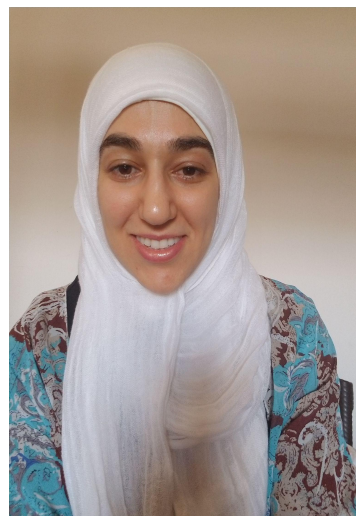
Meet the team/Facilitators



**Tamar
Heller**



**Joseph
Caldwell**



**Randa
Abdelrahim**



**Piyush
Mishra**



**Dinayra
Sorando Rivera**



**Timotheus
(T.J.)
Gordon Jr**



**Jae Jin
Pak**

What comes to mind when you think
about:

Future Planning?

Why is Future Planning Important?

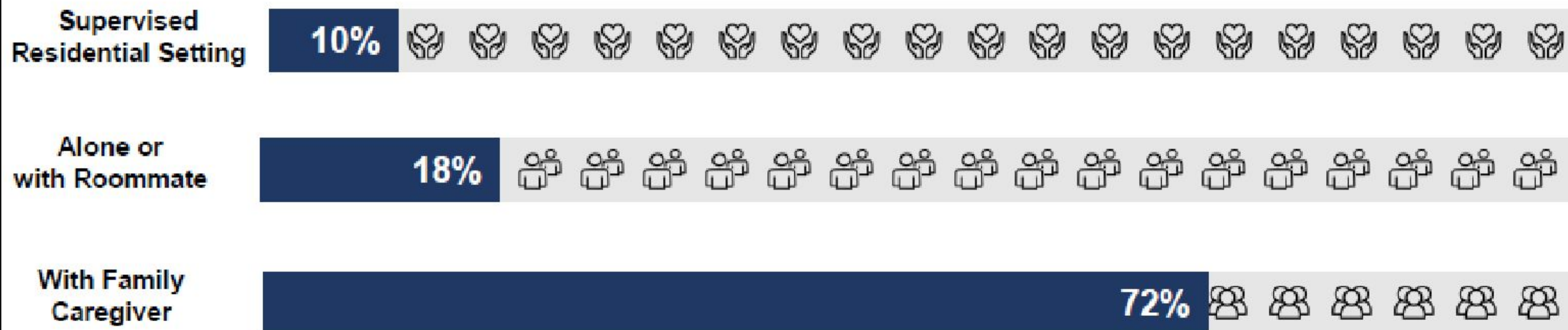


Most people with IDD live with Family

Most people with IDD live with Family

United States

PERCENTAGE OF INDIVIDUALS WITH IDD BY LIVING ARRANGEMENT: FY 2019



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



Virtual Future is Now (VFIN)



Virtual Future is Now

- Families and 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

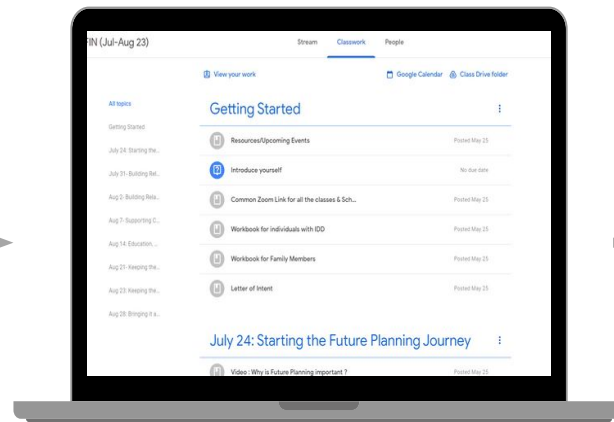
Authors: Katie Arnold, Ph.D., Piyush Mishra, M.Tech, Jae Jin Pak,
T.J.Gordon, M.F.A. & M.Sc., Joe Caldwell, Ph.D. & Tamar Heller, Ph.D.



Flow of V-FIN training



LIVE classes
on Zoom



Google Classroom
(Self-Paced materials)
has:

- Workbooks
- Plan for the future
- Videos
- Discussion Forums
- Resources

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 for Individuals
with IDD

Section 3: Community Living



A. Current Living situation:

1. What is working well about where your relative currently lives?
2. What could be better about your relative's current living situation?

B. Desired future living arrangement:

1. Where would the future home be ideally located?
2. Who might your relative be living with in a future dream home?

'Plan for the future'
(Final Output)

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?



'Plan for the Future' document

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



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 Plan for the Future 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



[YouTube Video link](#)

Time for questions:



Spanish Cohort

Start: May 5, 2025

End: June 9, 2025

6 sessions

Each session 1.5hrs

Sessions on Zoom

ESTUDIO DE INVESTIGACIÓN VIRTUAL FUTURE IS NOW (VFIN) PARA (insert state) Planificación futura en línea para adultos con discapacidades intelectuales o del desarrollo (IDD) y sus familias

¿Te preocupa qué sucederá con tu ser querido a medida que envejecas? ¿Te resulta abrumador el proceso de planificar para el futuro? ¿No estás seguro de por dónde empezar o cómo continuar con la planificación futura?

Si es así, podrías ser elegible para unirse al estudio de investigación VFIN para probar la efectividad de la capacitación en línea que ayuda a las familias a planificar para el futuro. **Criterios de elegibilidad:** Cuidador familiar y su ser querido con IDD (**mayor de 21 años**) que ambos vivan en **Illinois**.

El estudio de investigación VFIN asignará aleatoriamente a las familias para que formen parte del grupo de intervención o del grupo de control. Todos los cuidadores familiares completarán encuestas antes y después, y los adultos con IDD realizarán entrevistas antes y después. Las familias asignadas a:

- **El grupo de intervención** recibirá una capacitación de 6 semanas con clases semanales de 1.5 horas a través de Zoom y materiales autodidácticos en Google Classroom. **El grupo de**
- **control** recibirá acceso a los materiales autodidácticos, es decir, videos, y al documento "Plan para el futuro" después de completar la prueba posterior.

Las clases de capacitación de VFIN se llevarán a cabo del **5 de mayo al 9 de junio del 2025**, todos los lunes y dos martes, de **(6:00pm-7:30pm) hora central (CT)**.



Semana 1 (Mayo 5-6): Iniciando el camino de la planificación futura



Semana 4 (Mayo 26): Elegir Opciones de Educación, Trabajo y Jubilación



Semana 2 (Mayo 12-13): Creación de Relaciones y Auto-Determinación



Semana 5 (Junio 2): Mantener el sueño vivos a medida que envejecemos



Semana 3 (Mayo 19): Apoyo a Vivienda Comunitaria



Semana 6 (Junio 9): Reuniendo Todo

Para participar, por favor complete el formulario:

https://uic.ca1.qualtrics.com/jfe/form/SV_6zihVaA8MFvVJno

o LLAME: 312-355-5905 o por CORREO ELECTRONICO: dsoran2@uic.edu

Dinayra Sorando Rivera.

Investigadora Principal: Tamar Heller, PhD; Departamento de Discapacidad y Desarrollo Humano, Universidad de Illinois en Chicago; 1640 Roosevelt Rd, Chicago IL 60608

Interested?

Recruiting for Spanish Speaking Cohort May to June 2025

Scan the QR code and complete the short survey.

We will reach out to you when we are scheduling the training.

Short link:

[VFIn2025InterestForm_ArcofILConference](https://vfin2025interestform-arcoflconference)





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