

# Future Planning for Families of Adults with Intellectual and Developmental Disabilities (IDD)

## Presented by:

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and Human Development

# Agenda

- **Welcome & Introductions**
- **Why is Future Planning important?**
- **Background of Future is Now**
- **Virtual Future is Now (VFIN)**
- **Experiences of VFIN Participants**
- **VFIN Train the Trainer**
- **Q & A**

# Acknowledgements

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# **What comes to mind when you think about Future Planning?**

# Plan for Future Needs



- **Most people with IDD live with Family (72%)**
- **Many families do not make plans and experience barriers**
- **Planning is related to resources, ways of coping, and options in the community**



**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.**



## **Development and Purpose of The Future is Now**

- **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

# VFIN Training

Week 1



**Week 1- Starting the future planning journey**

Week 2



**Week 2- Building Relationships and Self-Determination**

Week 3



**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.



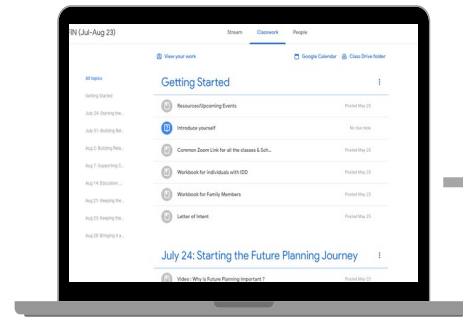
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# Flow of VFIN training

LIVE Classes  
on Zoom



Self-Paced  
Materials



Workbook for  
Individuals with IDD

**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  
(Final Output)

**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?

# Overview of Plan for the Future

- 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

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# Experiences of VFIN participants

Creating a community:

Participants valued meeting and learning with others facing similar situations.

*“It was fun because I got to meet people with the same problems and people have to deal with the same things.”* - Person with IDD

# Experiences of VFIN participants

Creating a community:

*“You could see what people went through. I mean, and we could share things, like, I've done this, or you've done this, and... you know, that was helpful...but the truth of it is, no matter who's on, you're all sharing things, and we all have different experiences. But we all can, you know, we can sort of connect, but we can all learn things from them...we talked about, you know, the life plan and things, and we did sit down and start doing that.” - Family Caregiver*

# Experiences of VFIN participants

Caregivers found the VFIN training materials, like handbooks and workbooks, useful for navigating future planning.

*"So we had one thing that this [VFIN training] did was have me sit down and have a heart to heart conversation with them [family] and say, like, 'If this was to happen, here's where all of my legal stuff is.' Because my daughter will probably be able to tell people, but because of her speech delay and some comprehension issues, she may not be able to explain it." - Caregiver*

# Experiences of VFIN participants

Training in virtual medium:

*“You know, because then I can sit in my recliner if I so choose or you know like be somewhere else like that has Wi-Fi or a coffee shop or somewhere And I feel like this is a great way to really be connected.” -  
Person with IDD*

*“I like it. Because you don't have to get in your car and try to rush somewhere, or, you know, usually it works out pretty good for us.” -  
Family Caregiver*



# Train the Trainer

# VFIN Train-the-Trainer

- Work with community agencies
  - Area Agency on Aging
- Train staff, family members, self-advocates
- Adapt resources in the curriculum based on each state
- Six hours online training
- Evaluation

# Train-the-Trainer Impact

Caring Futures Program by Arc of California

Between January and May 2024, The Arc of California had 996 participants in their FIN courses, with 725 in English and 271 in Spanish. They completed a total of 7,434 instructional hours. [<https://www.caringfutures.org>]

*" The Virtual Future is Now class is something that my family really needed. My husband and I are both 71 and our son is 36. We know we need to plan for him living without us, but felt lost at where to begin. I feel more hopeful that we can get a good plan in place before we are unable to care for him." - Family Caregiver*

# How can you help?

As a service provider you can work with your local Area Agency on Aging to recruit families for the training.

You can learn more about the project by visiting US Aging website:

[US Aging VFIN TTT](#)



You can spread the word about TTT and the VFIN. [FSRTCandVFIN](#)



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**Time for questions**

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