

A Roadmap of Our Futures, Our Wishes

Start Planning for the Future

Future Planning: A Roadmap of Our Futures, Our Wishes is a workbook about how to facilitate future planning. This involves gathering information, exploring choices, sharing dreams, documenting wishes, reaching goals, and creating a written plan.



Meet these Goals

- Motivate everyone to start this discussion early
- View planning as a process that keeps moving forward
- Encourage the sharing of ideas, emotions, and plans
- Integrate Person-Centered Thinking and Planning
- Dream about possibilities
- Formalize planning by writing things down

Common Thoughts



Key Planning Principles

- Explore wishes, desires, and goals of people with disabilities/their families
- Talk openly about topics that can be difficult in the future
- Learn about options and resources that may help
- Accept that some things will work and some will not
- Stay hopeful and positive



Education | Research | Service
Expanding Possibilities | Enhancing Independence



Prepare and Get Going

- Start a journal; write down your thoughts and feelings
- Use one of the worksheets in this Roadmap and start to write down your ideas
- Identify the supports that are needed, including emotional, environmental, and physical
- Find people that know you and support you

A brief summary of content from the **Future Planning: A Roadmap of Our Futures, Our Wishes**. Refer to workbook for additional information. Available from ADDPC and Sonoran UCEDD website.