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.

Common Thoughts

- Where/how do I start?
- My children will take over
- I know I have to do it
- I don’t know what will happen

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

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

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.