

WEBVTT

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230, so we will go ahead and get started with today's very and new.

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I am hike John's, director of organizational learning and communication and it has been a while since I've had the opportunity to host a webinar. So I'm excited to be here.

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Couple housekeeping items that I want to make sure everyone is aware of if you have questions or comments throughout today's webinar please make sure you put those in the chat box and at a minimum,

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if you'll send those to all panelists,

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that will be fantastic.

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So that, regardless of who's presenting, they will see the questions that you have come in everyone is muted upon entry. So you don't have that flexibility in terms of muting and unmuting.

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00:00:48.384 --> 00:01:01.884

So be sure to use that chat box for those questions. And with that folks will be answering questions in real time, if there is time, there's a lot of materials to cover today.

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So, I'm not sure that That'll be a viable option, but we will make sure that we circle back around to those questions with the followup documents. And with that, I am going to turn it over to Lisa Nata.

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00:01:15.594 --> 00:01:30.055

All right. Hi good. Thank you. Very much. And welcome everyone to the webinar. Today's topic is the integrated support star. That is part of the charting the live course framework and the planning planning tools that they have. Some of you might recall that last month.

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00:01:30.084 --> 00:01:40.465

We talked about the trajectory tool, which is another great planning tool. That's very beneficial in helping people identify what they do and do not want happening in their lives. A quick note.

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If you've missed that webinar, you can go to the divisions webpage and check out that recording. And I'll drop the link to that in the chat here for you and just a little bit we're gonna get started.

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Because whereas, like I said, we've got a lot of material to cover today in a short amount of time, but I'm going to let Jane introduce herself here in a few minutes.

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But, I'll just briefly tell you who I am. I am Lisa, not house and around my house. I'm also known as mom or nanna my husband, and I had 2 adult daughters and 3 grandchildren.

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Our youngest daughter has a developmental disability, and received services through the division. And I currently work at the division of D as the supporting family's lead.

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And today on this webinar, we are going to talk about the charting the live course, give you a brief overview. We're going to talk about the integrated support star planning tool and we're going to take a look at the support star in action.

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And we'll take a look at some additional resources that are also available to help with additional planning. So, Jane, if you're ready, I'll let you introduce yourself.

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Talk about the charting life course, and the support star, and I'm going to pass the controls to use so that you can drive your slides.

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Sounds good. Thanks, Lisa. So I'm James saint John. If you were here with me last time you saw the same pictures, but I have 3 boys. They're not boys anymore their men in their thirties.

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00:03:09.205 --> 00:03:23.634

So, my youngest are twins actually been in Matt and Ben has a developmental disability. So that's where a lot of my experience. And where where my, where my part of turning the life course really comes from.

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And the examples that you'll see today as well.

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00:03:26.039 --> 00:03:34.830

So, Lisa already told you what our outcomes for today. So I'm going to skip that. So let's dig right into what the charting a life course is all about.

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So, it all comes down to our core belief. This is our why this is what we always come back to, is that all people and their families have the right to live, love, work, play, learn, and pursue their life aspirations in their community.

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It doesn't say all people with disabilities because people with disabilities are part of the all. So it's all people, regardless of age ability, or anything else.

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00:03:57.539 --> 00:04:07.139

And I will warn you, I'm going to move through a lot of this stuff pretty quickly, because I want to get to the support start and really dig into that with you. So we're going to go through this 1st part really quickly.

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00:04:08.784 --> 00:04:23.605

So all of these symbols that you see here on this slide really represent things about the training. The life course, the triangle that you see up here at the top really represents that only about 25% of people with developmental disabilities, receive formal developmental disability services.

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And even the ones who do some of that is even just, um.

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Targeted case management, so, even within that 25%, they may not receive actual services beyond beyond that that case management, which is, which is very valuable but, you know, when people need therapies and personal assistants and that kind of thing too.

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Um.

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00:04:47.189 --> 00:04:54.178

But that's not always part of that 25%. The other part is 75% is what we really always want to think about when we're.

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Planning or thinking about policies thinking about our practices, our systems should always people all the people should always be considered because even though we only served that 25%.

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That's shown that there are really 1 in 4 people, the other people out there need supports as well and some of them might eventually come to the door of the division as well. So we need to be aware of them.

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00:05:21.144 --> 00:05:33.473

The purple circle that you see here represents the person in the context of their family and their community. We know that all people exist within the context of some kind of family, whether they still live with them, or whether they're out on their own.

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But we know that families still provide a lot of support. So we always consider the context of the family and think about what supports the family needs as well as the person.

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Those, um, symbols that you see, just under the purple circle that that looks like a, uh, a sun Asana house and a, and a watch.

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Those are our life domains, um, from everything from daily life and employment to community living to healthy living, staying safe and secure.

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00:06:03.684 --> 00:06:14.934

For social and spirituality and advocacy and engagement are what we call our life domains, and those are all interconnected and help us together to make up a full life underneath that.

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You see the symbols for all of the different ages and stages of life. And we know that at each of those different ages, the things that we do, and

the things that we learn, and how we experienced life helps prepares for those next stages of life that we come to.

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00:06:29.994 --> 00:06:41.994

Just above that, you see the trajectory we talked about the trajectory last time and how we want to have a vision for a good life. We also want to envision what we don't want. So that we make sure we're not heading in that direction.

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00:06:42.293 --> 00:06:49.913

And that arrow represents what we call the trajectory, which is really just our path or our journey to working towards our good life.

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Just above that in the green, you see that kind of symbol that looks like an official building. That's really to remind us that.

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People with disabilities, and their families are really the ones that have to drive the change and lead that charge. And if you think about, like, the legislature, you know, the division goes in front of the legislature every year and ask for more money.

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But the legislature really wants to hear the stories of the families and the individuals who use the services and how it's going to benefit them. So we have to stay on top of that just above.

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That at the very top on the right is what we call the 3 buckets.

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The 3 buckets are what we all need some time in our life, we need information. We need to know how to navigate. What's out there? We need to connect with other people who have been there and done that and who understand what we're going through. And sometimes we need goods and services as well.

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So, in the middle of all, that is the star and that's what we're going to talk about. Now.

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So, the integrated support star is really how we fill those 3 buckets and how we, how we make sure that we have the supports that we need on that journey to our good life.

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So, looking at these 3 circles in front of you, the circle on the far left.

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Excuse me really represents all of us.

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00:08:09.803 --> 00:08:19.584

We all exist within the context of our family and community and this also represents that 75% of people that don't get paid supports through the division.

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00:08:19.584 --> 00:08:26.303

So they're, they're out there and they're doing whatever they can do to to have a good life without paid services.

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In the middle, in the middle circles, you see that green part of the circle has come out. And that really represents our traditional way of providing supports to people through our formal systems of support.

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And what that represents, is that with the best of intentions that.

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Providing services sometimes cuts people off.

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00:08:52.678 --> 00:08:59.399

From their family, from their community, from the things that are important to them an example would be think about the schools.

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You know, up until the 970 s, people with disabilities didn't even have a right to education. But then all of a sudden the schools were told, hey, you have to include people with disabilities and you have to provide supports and services and education to them.

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And so not knowing what else to do really? At that time.

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They created kind of a separate system of special education and often, you know, those, those kids were educated in that trailer behind the school. Sometimes they still are right um, are in a separate classroom away from their peers.

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00:09:32.783 --> 00:09:38.004

Um, they weren't, they weren't educated with kids that they were growing up with and that were in their neighborhoods, or even in their family.

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00:09:38.308 --> 00:09:47.038

And so again, that was done with the best of intentions, but it's not the most inclusive way to get it done. And so.

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We moved to that big circle on the right where we see again,

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the person,

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00:09:51.354 --> 00:09:54.653

the family and the community that green part is gone,

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00:09:54.864 --> 00:10:01.553

but it's replaced by all these stars and the stars really represent all different kinds of supports where,

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00:10:01.553 --> 00:10:02.693

and when we need them.

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00:10:02.903 --> 00:10:06.744

So, a person may not need the supports wrapped around them all the time.

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00:10:07.078 --> 00:10:21.269

But, whether they're at home, whether they're with their family, whether they're out and about in the community working doing things that they like to do, what kind of supports do they need and all those different colors represent a different kind of support that we're going to talk about.

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And I'm going to bring up my clock here, so I can make sure I don't go too far over on time here. All right so.

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00:10:28.979 --> 00:10:37.229

Again, we're reminded they're on the on the left hand side of of why we're talking about this, that we want to make sure that we're representing all people.

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00:10:38.124 --> 00:10:52.524

And we want to represent that 100% of people, whether they receive services or not. And so this is what we call our integrated support star and traditionally, when someone would ask for support in our systems, the thing they go straight forward.

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Well, are you eligible for our supports or not? Um, and hopefully, you know, people were, they got they got services, but, you know, beyond that, we would just say we'll use your natural supports.

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00:11:04.104 --> 00:11:09.714

But nobody ever really defined what that meant or help people figure out what those natural supports were.

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00:11:10.134 --> 00:11:20.244

And so our integrated support star is really an effort to kind of help define what other kind of supports there are and how we can help people to best.

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00:11:20.489 --> 00:11:26.339

Get those supports and use those supports in their lives, whether they get paid services or not.

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00:11:27.024 --> 00:11:41.813

So, we're going to look at each of these individually. The 1st, 1 I like to talk about, is what we call relationships supports and of course, obviously, we think about family, right? Whether you live with your family or not, you know, your family loves and cares about you and families are committed to each other.

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So that's important. We also think about our friends people that we like, spending time with. We have things in common with them.

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And generally, as friends, we care about each other, but 1 of the ones, we don't often think about.

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00:11:54.418 --> 00:12:04.769

That I really like to highlight is the acquaintances and these are people that we see when we're out in about maybe we see them often, but we don't really know them very well.

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And I'm going to give you a quick example. So, my son Ben.

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Um, he receives paid, supports to go out in the community and, you know, we, we self direct. So, sometimes we're without staff, you know.

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People don't always give us much notice and we don't haven't hired a new staff yet. So there was an opportunity where he was he didn't have staff for a couple of weeks.

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And so he wasn't able to go some of the places he likes to go. And 1 of those places is our local community center and our in our community center.

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Ben likes to work out and he likes to shoot baskets. They have a nice gym there that he likes to go to and play basketball and he wasn't able to go for a couple of weeks. So, I was home from work 1 day, and I decided to take him up there.

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At the minute, we walked in the door. There were probably half a dozen people within a minute. That came up and said Ben where have you been we've missed you. We haven't seen you for a couple of weeks. We thought maybe you were sick. We didn't know what happened.

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00:13:02.063 --> 00:13:14.484

I mean, all these different things it just came flowing out of these people. And I'm like, I don't even know who these people are and ben's not good about remembering names and stuff, but he, he knows he sees people in there. But the, the point was that.

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These people were not close friends, they weren't family.

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00:13:18.114 --> 00:13:32.964

There were people that saw him when he went up there to play basketball, or use the workout equipment, but they were used to see in him. They were familiar with him and they worried about him when he wasn't there. And I'm like my gosh this is wonderful.

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That he has these people that cared about him, and that would look out for him. If something happened, if they saw him out in about and he was struggling with something. I think they would help him out, or they would say, Ben, can we call somebody? Can we call your mom? Whatever?

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00:13:45.114 --> 00:13:48.953

So those acquaintances can be a very important part of our.

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00:13:49.259 --> 00:13:55.708

Our safety and community in our connection, our safety and security in our connection to community.

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00:13:57.114 --> 00:14:09.504

The next part of the star I want to talk about is the personal assets and strength. This is really sometimes where we should start. Right? So what are the things that the person is good at? What do people what do they like to do?

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00:14:09.833 --> 00:14:22.073

If they're good at it and other people look at and say, hey, this is something I really like it admire about this person. What are resources or assets that are either owned by the person or the family things that they could use or what are the skills.

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00:14:22.073 --> 00:14:25.614

And abilities that they have, or the knowledge and experience that they can build.

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00:14:26.308 --> 00:14:40.168

I think when you're looking at the star, and you look at this section, you know, you can look at not only what the person already has, or knows how to do. But what kind of resources and what kind of strength can we help them build? Um.

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So, I'll give you an example, you know, Ben has cerebral palsy and 1 of the things that is part of his cerebral palsy is is like an involuntary movement in his head. And so.

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The other thing about him, he said he doesn't read and write very well so he's probably not ever going to be able to pass a driver's test or be able to drive a car.

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I never say never, but probably probably not going to happen, but I like to say that, you know, 1 of these days, I'm going to make sure that Ben has a car.

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00:15:06.714 --> 00:15:19.313

In his name that if he needs somebody to drive him around, they can use that car even though he can't drive it. His friends, his staff, people that know him could take him places using that car.

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00:15:19.344 --> 00:15:32.634

So, if we had, for instance, a staff that we hired, that didn't have reliable transportation as long as they could get to our house, they could then use that card to take Ben out in about in the community. So, that would be an asset that he would have as part of his personal strengths and assets.

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Another thing that we think about is technology, and I think especially with the pandemic, if it's taught us nothing else, it's that we need and we can use technology in so many different ways.

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And so how can we use technology to help support person? And, you know, I think about Ben and.

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00:15:52.433 --> 00:16:02.423

He's probably never going to get enough funding to have 24 hour around the clock care, but he needs support of some kind pretty much around the clock.

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00:16:02.423 --> 00:16:08.153

So, even while he's still living at home, we can put things in place that will help him.

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00:16:09.028 --> 00:16:16.109

To someday be supported in 24 hour care, but without having a paid person, always there.

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00:16:16.943 --> 00:16:17.183

So,

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00:16:17.183 --> 00:16:17.903
for instance,

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00:16:18.683 --> 00:16:21.024
we bought a ring camera for our front door,

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00:16:21.024 --> 00:16:24.203
we're getting ready to add another 1 to our back door with a spotlight
that,

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00:16:24.203 --> 00:16:24.474
you know,

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00:16:24.474 --> 00:16:26.274
somebody comes in the backyard and,

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00:16:26.303 --> 00:16:26.783
you know,

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00:16:26.813 --> 00:16:30.323
might be an intruder or whatever we'll light up and scare them off but,

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00:16:30.714 --> 00:16:31.583
on the front door,

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00:16:31.583 --> 00:16:32.363
it really helps like,

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00:16:32.363 --> 00:16:35.094
when Ben stays home for short periods of time by himself,

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00:16:35.514 --> 00:16:37.104
if somebody comes to the door,

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00:16:37.553 --> 00:16:37.793
you know,

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00:16:37.793 --> 00:16:40.764
we can respond to that before he goes to open the door.

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00:16:40.764 --> 00:16:49.134

Because, you know, even though we've told him not to open the door, unless he knows he's there for not not to open up. It's stranger you never know what he's going to do.

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00:16:49.913 --> 00:17:02.754

And so that that technology can help support him to be home for alone for short periods of time and us feel safe about it. And there's so many other ways we can use that kind of technology that we're just now getting into other things.

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00:17:02.754 --> 00:17:16.794

You know, like, giving them a medication, you know, W, we're looking at getting some sort of technology that will distribute his medication so that he can be more independent and that without having us have to get it out for him all the time. So, technology is going to be part of our life 1 way or the other.

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00:17:17.189 --> 00:17:29.308

And then community resources, the places we go in the communities, the groups, we might belong to the things out there in the community that anybody can use just because they're part of that community.

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00:17:29.308 --> 00:17:42.173

So, an example with Ben would be when he was in high school, as part of his transition program he learned to ride our local bus. It's called the omnibus. It's kind of like an outside bus, but it's not exclusively for older people.

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00:17:42.683 --> 00:17:56.364

Um, so if you get a punch card, you can hopefully now they've got more, um, you know, with with some kind of technology or whatever. But, um, at the time, it was a punch card, and he learned to ride this local bus that can take him all kinds of places around our local community.

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00:17:56.699 --> 00:18:06.179

That's something that anybody in the community can use, just because they're a member of that community. So that's something that can definitely be a support for him.

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00:18:07.314 --> 00:18:19.013

And then finally looking at eligibility supports, but as important as DD supports our through the division, we also should look at lots of other kinds of supports things maybe that are based on diagnosis.

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00:18:19.554 --> 00:18:32.814

Maybe, it's based on things like age or gender geography where you live your income level, your employment status things like section 8, housing, special education is an eligibility support food stamps.

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00:18:33.384 --> 00:18:37.794

So many different things that people might be eligible for that. We just don't always think about.

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00:18:38.098 --> 00:18:53.068

And so what we want to do is have all of these things work together so that, that people can have the supports that they need without relying just on eligibility based supports. I'm going to just walk you through a couple of quick examples.

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00:18:53.693 --> 00:19:08.453

Um, but the thing to remember, too, about this store that I want to make sure, I say, is that it doesn't matter where you put things. It doesn't matter if you ever fill it out. It's the thinking and the more you use this thinking, the more it'll just become automatic.

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00:19:08.903 --> 00:19:21.683

If your problem solving or are trying to think about supports for somebody. You'll just automatically flip through all these different kinds of supports and say are. We are we at least seen. If they have supports in those areas, or how we can help them build things.

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00:19:23.003 --> 00:19:32.933

And it doesn't matter where you put things, or where your brain even puts things if you're not filling it out. So, you know, if I'm talking about a relationship support, that might also be something that's in the community.

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So, for instance, those acquaintances that Ben sees at the at the community center are relationships supports yes, but they're also based in the community, because that's where the community center is. Right?

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00:19:43.884 --> 00:19:56.963

So, you know, technology may be that gosh, I have a smartphone. That's you know, that's technology and I know how to use it, but it's also a personal asset and strength that I have a cell phone. Right? So things can go in different places.

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00:19:56.963 --> 00:20:01.433

It's really just about getting you to think through this and not necessarily where you put things.

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00:20:01.769 --> 00:20:11.519

So, I'm going to show you, I'll show you examples in a minute. We also want to make sure that we don't just rely on eligibility support for loan.

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00:20:12.263 --> 00:20:23.394

Even if you get them and again, 25% of people, so, 75% of people may not ever get eligibility supports through. But even if you do that alone is not going to build your good life.

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00:20:23.394 --> 00:20:36.203

And this is to really show you don't put all your eggs in 1 basket because if you're basing your good life, only on eligibility supports and maybe all of a sudden, you're not eligible for them anymore. Then what's going to happen to your good life?

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00:20:36.203 --> 00:20:40.943

How are you going to be supported to get to your good life? And so you don't want to just rely on that 1 thing.

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00:20:42.834 --> 00:20:57.324

The same thing with relying on family I think sometimes the I hate the word burden, but sometimes the burden gets put on the families because family's doing everything. They're doing. Great. But what happens when something happens in that family? Somebody gets sick. Somebody dies.

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00:20:58.403 --> 00:21:12.233

So you have to make sure that you're not just relying on 1 kind of support. Don't put all your eggs in just 1 basket, spread them out of those different baskets. And so if something happens in 1 of them, you still got the other ones to pick up the slack, which is represented by the star here.

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00:21:12.233 --> 00:21:18.503

So you want that star and then you want lots of different kinds of support. So that not just 1 thing is helping you get to your good life.

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00:21:20.398 --> 00:21:32.423

So some examples of course, we have the start tool if you haven't seen this before, go check it out on our website it's really easy to use it again. It's really just to help you think through these types of supports.

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00:21:32.423 --> 00:21:42.713

It's not something you have to fill out, but I think sometimes it's really good to go ahead and write the things in each section because it can help you identify where the gaps are as well. Right?

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00:21:43.019 --> 00:21:43.558

So,

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00:21:43.794 --> 00:21:45.713

if you're not really using technology or not,

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00:21:45.834 --> 00:21:47.453

not looking at technology,

147

00:21:47.693 --> 00:21:49.644

that might be something that's revealed when you,

148

00:21:49.673 --> 00:21:55.884

when you fill the star out and then you can start working on that area it helps to identify maybe some of the goals that you want to work on is like,

149

00:21:56.183 --> 00:21:59.753

I want to build my personal assets and strengths to be able to do more things.

150

00:21:59.993 --> 00:22:07.763

I want to build my technology. I want to have more relationships. How am I going to do that? I'm going to get out in the community. Right? So, it all, it all works together.

151

00:22:08.038 --> 00:22:16.078

Different ways you can use the star principle or tools just really exploring figuring out, you know.

152

00:22:16.078 --> 00:22:24.354

What you might be able to use like, I just talked about kind of mapping and identifying where the gaps might be. It's great for problem solving.

153

00:22:24.534 --> 00:22:36.054

Put anything in the middle of that star, and I guarantee you, you can go around that start and find some kind of ideas or resources around that

star. Maybe things you don't have yet but things you could could possibly work on using his resources.

154

00:22:36.659 --> 00:22:49.259

It's great for planning. It's great for thinking about long term or short term. You know, you can look at the star, you know, for looking down the road into the future. You can look at how you're using it to get through your day to day life.

155

00:22:50.963 --> 00:23:01.973

This was just an example of how you can plan a ride to work. Right? You might be able to use your neighbors or Co workers, maybe somebody from your church, somebody from your family that can drop you off on their way to their job. Right?

156

00:23:01.973 --> 00:23:05.273

So any kind of ideas like that personal assets,

157

00:23:05.273 --> 00:23:06.263

and strengths would be,

158

00:23:06.292 --> 00:23:20.933

maybe I can follow a bus route I can learn how to ride the bus and technology using Google Maps using your smartphone wayfinding all kinds of way finders and things on your smartphones in the community,

159

00:23:20.933 --> 00:23:21.173

you know,

160

00:23:21.173 --> 00:23:21.953

is there a share?

161

00:23:21.953 --> 00:23:25.973

Right? Can you use a ride sharing program like Uber, Lyft? Um.

162

00:23:26.278 --> 00:23:38.848

And then think you're eligible for, um, you know, through either supports through the division or through whatever, other kinds of things that you might be eligible for. So, that's how you can plan a right to work.

163

00:23:38.848 --> 00:23:46.439

We call this the Shelly example, because she doesn't really like to cook that much. So, could she learned to cook.

164

00:23:46.439 --> 00:23:52.259

Apparently, she could learn a little bit because she learned how to make banana bread during the pandemic. But.

165

00:23:52.463 --> 00:23:59.364

Not not a lot of cooking there, but she knows someone who can cook for and that would be her husband. That's a relationship.

166

00:23:59.993 --> 00:24:10.673

She's really good at using technology to call an order something or to order something online and go pick it up going out in a local restaurant that's in the community. And then, you know.

167

00:24:11.098 --> 00:24:19.288

People might have eligibility supports to help pay for the food or different government programs that can help with with getting food. They can then learn to cook.

168

00:24:21.294 --> 00:24:35.334

This is similar to the trajectory that we talked about last time during the pandemic. We really started thinking about what would happen if we weren't around. And what kind of supports when people need to know about that Ben has available.

169

00:24:35.334 --> 00:24:50.304

And so we made a list of people that that know Ben well, that if somebody had to come in and be a substitute caregiver for us, they could call his brothers or or 1 of his staff at his past staff. That was really close to him, or close family members or friends. Um.

170

00:24:50.933 --> 00:25:05.574

People that could help them problems. So, like Shelley or Julie or Jenny, that I work with, um, I looked at all kinds of things in the personal assets and strengths, like our life insurance policies and annuities. And we have a notebook that we keep with lots of information for somebody in there.

171

00:25:05.574 --> 00:25:19.374

People need to know about that if they're going to help take care of and our house is paid off things like that assets that we have, how Ben uses technology we listed all of those things and then things that he does in the community that we would want to make sure continues.

172

00:25:19.554 --> 00:25:21.354

Even if we weren't able to support him.

173

00:25:21.808 --> 00:25:27.898

This is how we use the star for hiring staff again. Similarly we use.

174

00:25:27.898 --> 00:25:40.284

The trajectory to really help us think about good staff. This is the way that we really think about, what are the assets, or what are the, the support or, you know, type of things that a person has that would make them ideal staff.

175

00:25:40.284 --> 00:25:52.824

So, if they know a lot of people or they have good community connections, that's good for Ben because they can, they can connect him to more people. We want them to be outgoing and adventurous and a self starter and their personal assets and strengths.

176

00:25:53.064 --> 00:26:01.943

We want them to be good at technology, so they can help help them get better at technology. We want them to be familiar with the community so they can get him out in about, in lots of different ways.

177

00:26:02.189 --> 00:26:16.888

This is just another 1. I'm not going to go through it, but it's an idea for respite that we use during covet, but it's really a good way for people to think about short breaks. Even if they don't have paid staff to do that different ways. They can, they can get a break.

178

00:26:18.594 --> 00:26:29.814

This is just a way that to look at the start in in, like, a day to day or week to week type of thing. So, looking at this, when, when Ben 1st got out of school, this was really his life, right?

179

00:26:29.844 --> 00:26:42.203

He had green paid services there for, like, 40 hours a week and then he had mom and dad the rest of the time, but over time, and through lots of trial and error. Um, we've been able to put more color in his life.

180

00:26:42.233 --> 00:26:53.903

And so he uses community supports, uses other family and friends beyond just us, he's building his personal assets and his community, his things in the community. So, um.

181

00:26:54.209 --> 00:26:57.538

You can see how much it's changed over the course of time.

182

00:26:57.538 --> 00:27:12.233

And making that life more colorful we also have a split star that you can use to plan for the future. So, you can think about what are the assets that I have now around the star and what are things that I want to have for the future that I'll need for the future for my good life.

183

00:27:14.064 --> 00:27:27.354

We also have what we call starter stars, or, like, call them cheat sheets. These are all available on our website. And so somebody put the life course tools website in the, in the chat. So, check that out. Go to the star has its own section.

184

00:27:27.354 --> 00:27:30.173

It has a whole section, so if you scroll down through the library.

185

00:27:30.449 --> 00:27:43.828

You'll see the star section and all of the different starter stars are there. And so these are just examples of ones healthy living once employment supports one's respite options. And then this is for supported decision making.

186

00:27:45.173 --> 00:27:57.953

Um, I'm going to skip the things to keep in mind. You guys will have access to all of this I would say just if you haven't used the star, try using it in your own life, or in your professional role, if you're professional don't worry about doing it wrong. Just try it.

187

00:27:58.134 --> 00:28:09.653

It'll, it'll just help you think more broadly, you can think about different ways to start, can be used and please go explore the website and look at that star section. So I've got about 2 minutes left.

188

00:28:09.894 --> 00:28:17.544

Don't forget about our good life groups with Missouri family to family as well. They're free and available to anybody. We have them for all these different age groups.

189

00:28:18.118 --> 00:28:23.939

And this is Missouri family, the family's contact information. And if you have questions, we have 2 minutes.

190

00:28:27.148 --> 00:28:37.409

All right, well, I'm not seeing anything in the chat box. Um, I did drop the link to the webinar page for the, at the division where you can go back and.

191

00:28:37.884 --> 00:28:40.584

Listen to other recorded webinars that are there.

192

00:28:40.943 --> 00:28:44.574

I've also dropped the link to the life course tools and as James said,

193

00:28:44.574 --> 00:28:48.023

go and explore and if you will go to that website,

194

00:28:48.023 --> 00:28:48.953

lifecourse tools,

195

00:28:48.953 --> 00:28:50.483

dot com and hover,

196

00:28:50.723 --> 00:29:01.554

you'll see a library link and all of those tools that James has talked about will pop up for you that you can go and click and explore even further lots of examples on there.

197

00:29:01.584 --> 00:29:05.394

Lots of good information Jane, thank you so much for joining us.

198

00:29:06.209 --> 00:29:10.858

Um, I'm going to have you advance a slide 1? Okay.

199

00:29:11.394 --> 00:29:26.094

There you go. All right and we're doing that. So the next 1 yeah. Mark your calendars uh, the next mode and new webinar is scheduled for June 28th 1230 to 1 and again, if something else comes through.

200

00:29:26.094 --> 00:29:32.604

Oh, I do see, here's a question. What resources can be linked linked for when they become elderly?

201

00:29:34.318 --> 00:29:39.719

That might be a good webinar topic and I think, you know.

202

00:29:40.223 --> 00:29:52.013

I think you just have to keep exploring all those different resources as as we go through those different stages. But, you know, the star can be

used at any age and so, you know, really thinking about are there, other systems of support out there.

203

00:29:52.013 --> 00:30:03.294

You know, such as the triple A's and that kind of thing, and, you know, how you can keep those relationships going, you know, and later in life as well. And and that could often be like a goal to work on.

204

00:30:03.294 --> 00:30:11.663

It's like, well, you know, my friends are dying, or my parents are gone now, you know, but how might, how am I keeping relationships in my life? Um.

205

00:30:12.384 --> 00:30:23.064

You know, looking at things in the community that are that are more elderly friendly. Um, and then, of course, technology, I think, as as we age is going to be key for I speak for all of us as we age. Right?

206

00:30:23.064 --> 00:30:24.114

And because I'm getting there,

207

00:30:25.044 --> 00:30:25.433

you know,

208

00:30:25.433 --> 00:30:31.134

that that I think you can just keep going around that star and trying to find ideas and and then taking it for,

209

00:30:31.134 --> 00:30:31.314

like,

210

00:30:31.314 --> 00:30:32.064

specific,

211

00:30:32.094 --> 00:30:32.334

you know,

212

00:30:32.334 --> 00:30:33.084

if I'm moving,

213

00:30:33.233 --> 00:30:33.653

let's say,

214

00:30:33.653 --> 00:30:34.253
let's,

215

00:30:34.314 --> 00:30:34.584
you know,

216

00:30:34.584 --> 00:30:35.064
for instance,

217

00:30:35.064 --> 00:30:39.804
if a person who's aging needs to move out of the current current place
that they're living,

218

00:30:40.463 --> 00:30:40.703
you know,

219

00:30:40.703 --> 00:30:42.953
using that start to really think about.

220

00:30:44.034 --> 00:30:58.433
How can they find a new place to live and what are the different things
they can use around the start and make sure that they they have a good
place to live right? So taking those individual problems and plugging
them into that, as people are agent can be helpful.

221

00:30:58.824 --> 00:31:06.713
Right? And I'll just throw in real quickly that when my mom had a major
life change later in life, after she had retired, moved to a new town.

222

00:31:06.743 --> 00:31:20.094
Um, we actually used the star concept and helping her plan around what
community things that she could do, and how she was going to feel her
day. So, and my mom does not have a disability. So that was just a
testament to that.

223

00:31:20.094 --> 00:31:34.943
The tools can be used for anybody in the planning process, so alright.
Cool. That's exactly right. That's exactly right. Alright. Well, we are
out of time today. Um, catch you a minute over appreciate everybody being
on. We hope to see you next month.

224

00:31:35.189 --> 00:31:39.395
Thank you. Bye. Bye.

