

WEBVTT

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00:00:01.014 --> 00:00:15.595

All right, well, thanks cat and welcome everybody. We're so glad you joined us today. We have a lot of good information to share the topic as cat shared is an introduction to the charting the live course trajectory tool for planning.

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00:00:17.998 --> 00:00:31.134

I am Lisa, not house and I am the supporting family's lead here at the division of DD and I'm also a parent. I'm a wife, and I'm a grandma, which they actually call me Nana. I have 2 adult children and 3 grandchildren.

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00:00:31.254 --> 00:00:37.164

My youngest daughter has a developmental disability and actually receive services through the division of DD.

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00:00:37.859 --> 00:00:41.850

And is cat shared, um, or you saw on the front page?

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00:00:41.850 --> 00:00:49.409

That Jane saint John is joining me on the webinar today and I'm going to let her introduce herself here in just a few minutes.

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00:00:49.409 --> 00:00:56.789

Today's webinar agenda includes a brief overview of charting the live course framework.

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Exploring a tool that was developed for planning called a trajectory tool.

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We'll take a look at some examples of a trajectory planning tool in use and then we're gonna look at some more resources around charting the live course, and planning tools. We have a lot of great information to share and not a lot of time.

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00:01:16.165 --> 00:01:21.685

So, I'm gonna go ahead and turn it over to Jane. And if you're ready, Jane, I'll let you I'm going to pass the.

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00:01:21.989 --> 00:01:26.849

Slides to you and you can control and.

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00:01:26.849 --> 00:01:32.694

You're up thankfully so everybody at least the Sam Jane St John.

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00:01:32.965 --> 00:01:43.075

Um, I'm also the mom of a young man who is 32, just turned 32 and has a developmental disability and these are some of the pictures of my family I have been as a twin.

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00:01:43.075 --> 00:01:51.265

So, Ben has a twin named Matt, and then I have an older stepson, and they are both the older ones. Well, the older 1 and matter of both married.

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00:01:51.265 --> 00:02:04.375

So, I have daughters in law, and then I have a new granddaughter that just came into our family through my son, Zach, getting married to his mom. And then I have 2 other grandchildren that are not biologically related to me. And, of course, the doggie.

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00:02:05.969 --> 00:02:19.110

It might have been Tom. I forgot him. Um, I work at Casey and do all kinds of things around life course. So I'm just gonna move on from there and keep moving here. Because, as Lisa said, I have a ton to present and not a lot of time to do it.

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00:02:19.585 --> 00:02:28.044

So I want to give you a really brief overview of what triangle life course is this is a framework that we created really? With people with disabilities in mind.

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00:02:28.074 --> 00:02:40.764

But we learned really quickly that it applied to all people and all families of all ages and all abilities and it's really designed to help you share your ideas your hopes, your fears. Um.

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00:02:41.099 --> 00:02:51.330

Figure out, what's possible in life have high expectations sometimes even have difficult conversations to navigate the future to advocate for your vision.

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00:02:51.330 --> 00:03:01.319

To problem, solve communicate plan and explore a variety of supports, um, we're going to talk about the trajectory of today, which does a lot of those things.

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00:03:03.060 --> 00:03:08.789

And let's see if we can keep moving here. There we go. So, let's get into the framework and principals now.

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00:03:08.789 --> 00:03:23.550

It all starts with our core belief that all families are all people and their families have the right to live love work, play, learn, and pursue their life aspirations in their community. We always come back to that. That's our true north.

22

00:03:25.344 --> 00:03:34.884

And, oh, this is a, this is supposed to be a buildable slide, but it's not going to. So I'm just gonna really quickly go over everything that's on here. Um, about the life. Course it starts with.

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00:03:34.914 --> 00:03:43.074

If you look really in the middle of that star, instead of circles, there's kind of a blue circle with, with little images of what what you think might be people.

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00:03:43.645 --> 00:03:48.925

It's really about the person in the context of their family and their communities.

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00:03:48.925 --> 00:04:00.985

So, everything we do is thinking about not just the person, but also their family, and how they're in contact with their family, how they interact with their family, how they live and grow with their family, how they interact with their community and so forth.

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00:04:01.319 --> 00:04:15.750

The next circle out is really the life domains, and those are really just the parts of life that we all have, what we do during the day, whether we go to school or work, where we live, how we get around in our community.

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00:04:15.750 --> 00:04:29.519

Healthy living, you know, how we, how we are able to to stay healthy, healthy and stay healthy social and spirituality, which is really about our contacts and our social and spiritual contacts and life.

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00:04:29.519 --> 00:04:43.559

And then safety and security, how we stay safe and how we prepare for things like disasters and emergencies an advocacy and engagement. How we

advocate for what we need the next bring out is what we call our 3 buckets.

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00:04:44.394 --> 00:04:58.314

Which are discovery and navigation, so that's really information and knowing what's out there and how to how to get it and how to use it and how to how to find out, you know, how you're what you're eligible for and where you're where you're eligible and all those different kinds of things.

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00:04:59.514 --> 00:05:13.074

The orange part of that ring is connecting and networking, and that's things like parent parent, peer to peer support, talking to people that that have similar experiences in networking with them. And then, finally, the green part of that ring is goods and services.

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00:05:13.254 --> 00:05:16.553

It's the stuff that we all need to be successful in our lives.

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00:05:17.363 --> 00:05:23.843

And then finally, we're going to bounce out to the star and we'll talk about the start, I believe next month, sneak rate right?

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00:05:23.843 --> 00:05:34.283

But the star is really helping us think about lots of different kinds of supports and not just relying on only supports from DD, which are wonderful. But.

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00:05:34.588 --> 00:05:49.043

They're not meant to provide everything and so how can we use those supports that we get from DD if we get them and enhance them by using things like our personal relationships things in the community technology and our own assets and strengths in life

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00:05:49.553 --> 00:05:53.394

and then along the bottom you see that images down their little circles.

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00:05:53.728 --> 00:06:02.639

Those represent the different stages in life that we all go through and those stages build upon 1 another. So each stage of life prepares us for the next 1.

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00:06:02.639 --> 00:06:07.829

And then finally that arrow represents the trajectory, which we're going to talk about. Now.

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00:06:12.838 --> 00:06:21.718

So, it all starts with a vision for a good life. And so just in your head think about what makes a good life for, you.

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00:06:21.718 --> 00:06:27.899

What makes life worth living what makes you want to get out of bed in the morning? What are the things that you really want out of life?

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00:06:29.399 --> 00:06:37.168

We also think about things that you don't want, and that might sound counterproductive, but.

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00:06:37.168 --> 00:06:46.528

You need to know where you don't want to go. So, in case you start heading that way you'll recognize it and sometimes, you know, as parents and family members.

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00:06:47.004 --> 00:06:58.163

For people with disabilities, we may not know exactly what we want or we may not have been thinking about what's really possible for us. And so sometimes you have a clearer vision of what you don't want.

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00:06:58.524 --> 00:07:10.014

I know when my son Ben was younger, I could have told you clearly the things that we didn't want for him, but I wasn't sure what we should hope for wish for have a vision for. And so we started there.

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00:07:10.254 --> 00:07:15.413

And then from that, we could think about okay, well, if I don't want this, what's the opposite that I do want? Right?

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00:07:15.838 --> 00:07:22.019

And so it's okay to start with either what you want, or what you don't want, but you want to explore both of those.

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00:07:23.699 --> 00:07:37.374

So, when you look at this next slide, you see that that arrow line, um, going up and that's our trajectory. And trajectory just means a path. It's the way we get somewhere or the path that something takes to get to where it's going.

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00:07:37.673 --> 00:07:42.053

So, if you think about it's baseball season, right? If you think about throwing a baseball.

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00:07:42.329 --> 00:07:55.348

When the pitcher throws the baseball, he's usually aiming at the catcher's glove right? And so hopefully he gets somewhere close to hitting that glove and getting it right where he wants it but if he didn't have that to aim for, and he just threw the ball randomly.

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00:07:55.348 --> 00:08:08.129

It could go into left field or it could go behind him, or it could go anywhere. And so knowing where he wants to aim is very important for his trajectory and his path to get that ball where it's going. It's the same with our life.

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00:08:08.129 --> 00:08:22.168

We need to think about where we want to go and then we think about how do we want to get there and that trajectory is going to help us get there that lower line that looks like kind of a dash or a dotted line. That's really helping us think about.

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00:08:22.168 --> 00:08:34.229

What happens? Or how do we recognize when our trajectory starts moving towards things that we don't want in life? And so again, we want that vision for what we don't want so that we can think about gosh.

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00:08:35.274 --> 00:08:44.604

You know, if I, if I start hitting that direction, or things are happening, and I'm like, Where's that going to take me? Is that gonna take me towards the bubble of things? I do want, like our friends family money.

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00:08:45.114 --> 00:08:59.634

I bet most of you said, these same things in your head, a job that you like, having a home, you know, if your faith life is important, taking vacations, your health choice, freedom. Some people say chocolate. You can say anything there, whatever your good life is.

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00:09:00.683 --> 00:09:13.524

But you also want to recognize when you start going towards the things you don't want and you think, okay, this decision I'm making, or what somebody's trying to get me to do, does that take me towards the things that I want, or what I don't want so that's how the trajectory becomes really important.

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The other thing about trajectory is.

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00:09:16.433 --> 00:09:28.823

It can be for really a long term. Vision is something that you can use to plan for the next year. So you're getting ready to do an or an, or any of the other piece that you have to do for planning.

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00:09:29.514 --> 00:09:37.163

You want to think about ahead of time where do I want to be at this time next year? And then you can start thinking about well, where do I not want to be?

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00:09:37.828 --> 00:09:42.568

And that's going to help you plan how to get there and how to avoid the things that you don't want.

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00:09:46.019 --> 00:09:50.129

So this is an example of ben's good life vision. Um.

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00:09:50.129 --> 00:10:00.479

And so, this is this 1 here is just kind of a combination of, of the things that we know about then. And the things that been says, and I'll show you the tools that really, really separate those things in a minute. But.

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00:10:00.479 --> 00:10:10.198

You know, Ben family and friends is really important to him, getting a tattoo was something that was really important for him and you can see a picture of him doing exactly. That.

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00:10:10.198 --> 00:10:18.719

That's been a few years ago, and he's been waiting for the pandemic to slow down so he can get another 1. he's, he's been physically planning what that might be.

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00:10:18.719 --> 00:10:32.639

Things like watching wrestling in a NASCAR going to concerts, volunteering at the fire station, you know, watching the royals or the chiefs Tiger football that's our local high school.

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00:10:32.639 --> 00:10:40.019

You know, he likes, he likes, let's see a lot. Um, he likes severe every now and then or he likes the idea of a beer. I think more than he actually likes the taste of it.

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00:10:40.614 --> 00:10:54.173

But those are some of the things that are in his good life vision. Some of the things that we know that that Ben doesn't want, or we don't want for him is poor health. Some of the things that run in the family, like diabetes or heart disease. We don't want him to have a guardian.

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00:10:54.173 --> 00:10:56.514

We want him to be able to make his own decisions with help.

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00:10:56.818 --> 00:11:09.028

You know, not having any money that he can spend and and get the things that he wants to get being isolated or segregated, being treated differently. All those things are the things that he doesn't want and what we don't want for him.

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00:11:09.533 --> 00:11:24.024

The red lines that you see on there is really to represent that sometimes, you know, we show the trajectory line as being this wonderful, big straight line that goes towards the things we want. That's not really how life works. You know, life is life is.

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00:11:24.328 --> 00:11:37.769

It changes all the time, right? So your circumstances change, you might move to a different place. You might lose your job. You might get a new job. A pandemic may come along and throw you off of your path towards your good life.

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00:11:38.364 --> 00:11:44.543

And so, we have to think about how do we get back on track towards that? I also didn't finish my thought on the other.

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00:11:44.543 --> 00:11:57.323

I was talking about planning and planning for a year for an, and what I really want you to understand about the trajectory is you can really use this to plan for any length of time. It could be 5 years into the future.

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00:11:57.474 --> 00:12:07.283

It can also be what am I going to do tomorrow? What does my good life look like for tomorrow where do I want to go? What do I want to do? What do I want to avoid and how am I going to have make that happen?

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00:12:08.573 --> 00:12:22.943

It can be for a problem that you're solving or something that's specific that you want to work on. You'll see some examples of that in a minute, but just know that the trajectory can be for something big, something



small, something down the road away or something. That's happening pretty quickly.

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00:12:23.543 --> 00:12:38.063

Very versatile tool and move there. We go. Um, we also have to think about our trajectory across all the different life stages. How are we preparing for those next stages of life?

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00:12:38.094 --> 00:12:45.203

And how are we thinking about transitions of life and not just the transition from, from being a student to being an adult?

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00:12:45.264 --> 00:12:54.653

But, you know, even throughout before you get there different transitions throughout school, leaving, early, childhood, and entering school age, going from middle school, to high school.

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00:12:54.984 --> 00:12:55.432

Um,

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00:12:55.764 --> 00:12:58.014

as an adult thinking about,

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00:12:58.014 --> 00:12:59.514

when your parents turned 65,

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00:12:59.514 --> 00:13:00.984

and they become eligible for Medicare,

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00:13:00.984 --> 00:13:10.374

you also might become eligible for Medicare and instead of that can have a big impact on your Medicare or Medicaid services.

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00:13:10.494 --> 00:13:14.813

So things we have to be aware of, as we transition through life and our trajectory.

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00:13:15.958 --> 00:13:29.938

What happens when your parents passed away, you know, as parents thinking about what happens to our kids when we passed away, how do we plan for that? And as a person with the disability getting older and preparing for end of life and what that looks like.

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00:13:31.678 --> 00:13:39.778

We also think about the trajectory across our life experiences. Life experience is what is what helps you move your project.

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00:13:39.984 --> 00:13:53.124

3, I'm going to give you an example. So, if you expect to be someone who that grows up to have a job and be employed you're probably going to have chores as a child and those chores are going to help you learn how to do things.

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00:13:53.124 --> 00:14:06.114

And how to have responsibilities, um, having an allowance and learning about money, and how to take care of your money again, it's going to help you because if you have a job, you're going to get a paycheck. How do you handle your money? And so thinking about all the different.

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00:14:06.448 --> 00:14:13.438

Things in life that we experience and how that's going to help prepare us for the next things that are coming in life.

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00:14:18.024 --> 00:14:31.734

We also have to think about what we call the dignity of risk and the dignity of risk just means that it means that sometimes you take risks. When, when you're having, when you're engaging in life and sometimes you fail and things that you try.

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00:14:31.734 --> 00:14:36.053

And we all do it, right? We all try new things and we, sometimes we fail at them.

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00:14:36.389 --> 00:14:49.379

Unfortunately, when you have a disability, sometimes people take that as to be oh, my gosh. They're never going to be able to do that. They shouldn't be able to do to try that anymore. We have to let people with disabilities have the right to.

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00:14:49.379 --> 00:15:00.538

Live life and make mistakes and if they make a mistake, or they do something, that's something they shouldn't have done. They have consequences for that. They learn from it and they move on.

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00:15:01.043 --> 00:15:09.443

Over protection can have can really lower expectations for people, and it can also make them more dependent, which is really the last thing we want to do.

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00:15:09.624 --> 00:15:20.004

And so we have to find that balance of keeping people healthy and safe, which is always important, but also letting them have some self determination self determination and have that dignity of risk.

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00:15:22.948 --> 00:15:37.344

So, let's dig into what it actually looks like you always want to think about what, why you're doing a trajectory. Are you problem solving? Are you working towards those broad life goals that I was talking about? Or maybe something more short term are you planning your day?

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00:15:37.344 --> 00:15:52.163

To day activities, have you thought about how your past life experiences have either helped, or were barriers to what you wanted? And so those are all important things to keep in mind as you're as you're either doing your own trajectory or supporting someone to do a trajectory.

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00:15:52.528 --> 00:16:02.849

We have lots of different trajectory forms tools and these are just an example of a couple of them, this shows that the planning person.

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00:16:02.849 --> 00:16:16.109

Under planning 1, so that is for an actual person who's doing the planning. So if I'm a self advocate, or if I just want to plan for myself, that's the 1. I'm going to use, but if I'm a family member, and Lisa will tell you as well.

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00:16:16.553 --> 00:16:31.344

A family members, especially when you have a child either, that doesn't use communication. Well, doesn't speak maybe or, you know, doesn't with Ben he speaks, but he may only talk about what he's interested in that day and it might be wrestling. It might be NASCAR.

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00:16:31.344 --> 00:16:32.123

It might be.

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00:16:32.458 --> 00:16:37.349

Who knows what? But that may be the only thing you get him to talk about so if you're planning with him.

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00:16:37.673 --> 00:16:44.484

You're not going to get a ton of information out of him necessarily, unless, you know, just the right questions to ask her, or how to get into what he's into that day.

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00:16:44.754 --> 00:16:53.004

So, sometimes getting information from the family can be really important, and that's why we created a family perspective tool for the trajectory.

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00:16:53.004 --> 00:17:06.624

So, that families can give their input and that you could tell the difference between what the person says, or what Ben says in this case, or what mom says or dad says, what we think is a good life for him, or what we would like to see for him in the future.

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00:17:08.993 --> 00:17:22.554

So, this is the family perspective trajectory we did for Ben and some of this is stuff that we know about him, and we know is important to him but other things are really important to us things. Like, you know, I really want him to be. Okay.

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00:17:22.554 --> 00:17:28.733

And to thrive, even after we, my husband and I are no longer able to take care of him, we're no longer around.

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00:17:30.233 --> 00:17:38.213

We want them to have choice and stability and friends and family that care about him and somebody to spend birthdays and holidays with.

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00:17:38.213 --> 00:17:51.983

And the things we don't want is things I mentioned earlier, having poor health or being lonely, or alone on holidays or birthdays, especially or not having any friends or family, that lover care about him or that. He loves and cares about.

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00:17:52.614 --> 00:18:02.003

We also have taken some time to think about things in the past that have helped get us towards those goals for Ben and things that have gotten in the way. And you can see those on that left hand column.

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00:18:02.338 --> 00:18:09.778

And again, I'm not going to go through every detail of all these examples because you're going to have access to look at them through the, through the slides that we're.

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00:18:09.778 --> 00:18:18.114

In a chair, this is how Ben actually expresses his vision and trajectory. Um, Ben doesn't read or write functionally.

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00:18:18.114 --> 00:18:26.273

He, he reads and writes words or he reads words but he doesn't really put together, like, full sentences, paragraphs, that kind of thing. He doesn't really right.

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00:18:26.304 --> 00:18:41.064

Um, and so getting him to talk often involves using pictures of things that that he recognizes are that are important to him and so creating a trajectory that has some words on it. So that people can help maybe stimulate conversation with him. But also.

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00:18:41.963 --> 00:18:56.003

He could look at that picture and say, hey, those are my friends. Yeah I like to hang out with my friends, or it was really important to me to graduate from high school with my class and get my diploma. I love hanging out with the firefighters and going to the fire station and volunteering there.

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00:18:56.183 --> 00:19:09.713

My family's really important to me. So these tools in a format, that makes sense for him, enable him to, for instance, when we hire a new staff, or when we're interviewing staff, he can sit down and talk to them about what's important to him.

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00:19:10.074 --> 00:19:19.193

He can talk about his life. He can talk about the things that bother him and he really doesn't like, and we can see how they interact with him as well. So we use this a lot of different ways.

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00:19:21.413 --> 00:19:26.993

This is a way that we use the trajectory in self, directing Ben services.

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00:19:27.023 --> 00:19:37.554

Um, I'm his representative pay and so, um, he and I are responsible for making sure that he has good staff and so after a while of having several staff, that, you know, they come and go.

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00:19:38.034 --> 00:19:47.933

Um, we really started thinking about what did we like, and what what did we not like about each and every 1 of those staff, and it really helped us develop this vision for what good staff is for Ben.

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00:19:47.933 --> 00:19:53.483

So, it helps us really hire people that are more in line with what he wants and what we went for him.

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00:19:55.044 --> 00:20:08.693

You know, we also thought about what were some of the things that we really didn't like about staff that we've had in the past past he had 1 staff. That was really bossy and she thought she was the boss of him when, in fact, he worked for, or she worked for him. Not.

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00:20:08.693 --> 00:20:15.653

He, she wasn't the boss of him. He was the boss of her and really thinking about some of the past things that really worked. Well.

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00:20:15.989 --> 00:20:25.739

We had some staff that were really just good self starters and always thinking creatively and doing really cool stuff. You know, we also have staff that we're kind of.

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00:20:25.739 --> 00:20:29.669

Um, you know, that didn't do the things we wanted them to do.

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00:20:29.669 --> 00:20:33.028

They didn't help connect him to other people.

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00:20:33.028 --> 00:20:41.788

And so this has been something that really we go back to them. We re, rethink it and we add to it and we really consider it when we're hiring staff.

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00:20:45.058 --> 00:20:58.739

This is an example of how we kind of cope with covet and help Ben cope with, you know, he went from being very active and busy and going out in the community all the time to being home all the time for, for a period of a long period of time.

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00:21:00.298 --> 00:21:05.189

And so we really thought about, how are we going to help him stay busy and not be bored.

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00:21:05.189 --> 00:21:11.489

How are we going to help them? Stay healthy inactive stay connected, stay in some kind of a routine.

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00:21:11.489 --> 00:21:17.489

How are we going to deal with possible obstacles and barriers to him having a good life during this period of time?

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00:21:18.509 --> 00:21:23.638

This is how we really planned for respite during coven.

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00:21:23.638 --> 00:21:35.219

But you can use it for recipe at any time. I mean, it's really thinking about our vision together for what good respite is. So that mom and dad can take a break and Ben can take a break from us. So.

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00:21:35.219 --> 00:21:44.818

What does it look like for both of us together to have a good life or each of us to have a good life within together? How do we have good rest? But that's it advantageous for both of us.

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00:21:47.364 --> 00:21:59.903

So, a few more examples, this is just an example of somebody that's getting ready to move to a new place and so they really thought about what they wanted didn't want. What's gone well, in the past. What's been a barrier and you've been thinking about going forward?

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00:22:00.413 --> 00:22:02.423

What are some of the things they need to do to get to that?

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00:22:02.699 --> 00:22:16.614

That new place, and what they really want in that this is someone planning for an active retirement, um, you know, and thinking about gosh, now that I'm not going to be working anymore. What do I want this to look like what's important to me?

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00:22:16.794 --> 00:22:21.384

What needs to be in place? Um, and what do I want to make? Sure it doesn't happen.

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00:22:23.574 --> 00:22:26.784

This is someone really thinking about a personal disability,

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00:22:26.784 --> 00:22:28.854

thinking about what employment looks like for them,

139

00:22:28.854 --> 00:22:29.364

what they want,

140

00:22:29.364 --> 00:22:34.044

and what they don't want and some of the things along that that timeline of what they've done,

141

00:22:34.703 --> 00:22:34.884

like,

142

00:22:34.884 --> 00:22:37.854

having tours and responsibilities having high expectations,

143

00:22:37.854 --> 00:22:40.074

having a part time job in high school and so forth.

144

00:22:40.439 --> 00:22:47.068

Um, this is just planning for good decision making. It's kind of a general example.

145

00:22:47.068 --> 00:22:54.358

And again, I'm not going to go through these in detail because I'll run out of time and I want you to, to be able to to see everything. This is planning for good health.

146

00:22:56.249 --> 00:23:09.388

This is just to show you that. You don't have to have a trajectory on you to do a trajectory. Anybody can draw a box or a circle, draw another 1 underneath of it and draw a line. In this case. They use sticky notes to do a trajectory. Which I thought was really.

147

00:23:09.388 --> 00:23:12.479

Creative so I wanted to show you that.

148

00:23:12.479 --> 00:23:20.489

We have lots of other kinds of trajectories and different domains and for different purposes. So I encourage you to explore a Web site and look for those.

149

00:23:20.489 --> 00:23:30.659

Couple of other things I want you to look for. If you go to the website, we have what are called our life domain quick guides. You might have heard some of this call them 4 pagers because they're 4 pages.

150

00:23:30.659 --> 00:23:43.229

And it gives you some ideas at the different stages of life and it goes all the way from early childhood up to aging of what are the life experiences that I need to be thinking about in each of the life domains.



151

00:23:45.808 --> 00:24:00.173

And then this is the life domain vision tool. This really helps you if you're really struggling with your vision for a good life, it helps you break down based on each of the life domains kind of what you want in each of those life domains and what your good life looks like.

152

00:24:00.923 --> 00:24:04.943

So it's a way to really for you to narrow winter to help somebody narrow in on what they want.

153

00:24:06.628 --> 00:24:12.088

So some final thoughts try using the trajectory in your own life if you haven't already.

154

00:24:12.173 --> 00:24:26.064

Or in your professional role, or both don't worry about doing it wrong, just try it through the dark. There's really no right or wrong. It's, it's just there to help guide your conversations and guide your thinking. It's less about filling it out than about the process.

155

00:24:26.064 --> 00:24:28.644

And about thinking, and having good conversations.

156

00:24:28.979 --> 00:24:34.259

And again, exploring lifecourse tools dot com to find all these different tools.

157

00:24:36.324 --> 00:24:48.203

I wanted to give you a couple of resources are Missouri family to family hosts. Good Life groups for lots of different age groups. They have them for early childhood. They have them for school age and transition.

158

00:24:48.443 --> 00:24:57.653

They have what's called planning forward for adulthood, aging, and they also have 1 for siblings and these are just people getting together. It's over lunch.

159

00:24:58.134 --> 00:25:05.604

It's once a month, and they talk about using the life course, and how that works for them and how they can have a better.

160

00:25:05.909 --> 00:25:09.239

Life with using the tools in different ways.

161

00:25:10.648 --> 00:25:23.963

And then this is a, a, um, something that anybody can do in Missouri. So it's, it's an opportunity for you to learn more about the life course actually about how to use it. Um, you may have heard of the ambassador series, which is a little bit more intense.

162

00:25:24.173 --> 00:25:37.703

This 1 is more about helping you build your skills and so there's 4 different sessions. This is all free to you for living in Missouri. You get to do this for free. Um, and so it's about a 2 hour long session.

163

00:25:37.733 --> 00:25:48.413

Each time there's 4 sessions starting on May 4th, going through June 15th. You can register. Um, I see that Lisa, I think, is dropping stuff in the chat. So, check that out.

164

00:25:48.413 --> 00:26:02.574

Um, but know that you have to, you should attend all 4 if at all possible. Um, and there's no homework in each of the sessions. You learn more about, um, something about the life course and then you go into breakout rooms and you actually practice using it.

165

00:26:02.574 --> 00:26:07.044

And so you get to put your hands on the tools and really talk through them. So it's really, kinda cool.

166

00:26:08.874 --> 00:26:10.644

Okay, I think I've got 1 more slide.

167

00:26:11.243 --> 00:26:24.354

If you want more information about any of the things I just shared with you about the, the foundational skill building series, or about how to get to the tools or about the good life groups contact our family to family.

168

00:26:24.473 --> 00:26:37.644

They are also really good about helping you walk through a trajectory or a star if you want to try doing it and you want some help, they can help you do it and I think that's all I have. If we have questions, or I'm going to turn it back over to Lisa.

169

00:26:38.009 --> 00:26:41.578

Um, to to share anything that she has.

170

00:26:42.719 --> 00:26:46.798

And I didn't see any questions pop up, but let me make sure I didn't miss anything.

171

00:26:47.483 --> 00:26:59.874

I didn't see anything either going so fast, but again, this is just what, your whistles so if you want to learn more again, that foundation is skill, build these series will dive even deeper and learn.

172

00:26:59.903 --> 00:27:05.273

You'll have, you'll learn more about the trajectory and 1 of the sessions and then the other sessions you learn about other things.

173

00:27:05.969 --> 00:27:09.959

Great Thank you so much. If you'll advanced 1 more slide.

174

00:27:09.959 --> 00:27:14.038

Oh, I sure will. There you go.

175

00:27:14.038 --> 00:27:27.058

Yeah, thank you. We just have the, the next date set for the next webinar and is Jane shared we're going to touch base on the support star that you heard her referenced to earlier, which will.

176

00:27:27.058 --> 00:27:30.058

Correlate very well with the trajectory tool so.

177

00:27:30.203 --> 00:27:38.034

Thank you all for attending Thank you, Jane. So much good information. I encourage everybody to go out to the website and do some exploring out there.

178

00:27:38.304 --> 00:27:50.693

Um, I put the links in the chat for the primary website, and then to the 1 that you were talking about the exploring the stages, um, with the little booklets and everything. That's what the 2nd link was.

179

00:27:50.693 --> 00:28:04.314

So, and again, um, we, this was recorded. It will be available later on the division webpage for the webinars so you can go back and watch that and get the transcript as well. So thank you all very much.

180

00:28:04.344 --> 00:28:06.804

I hope you found the information to be very helpful.

181

00:28:07.138 --> 00:28:21.118

Um, I love these tools are great for planning, not just with, with my family members that has a disability, but it, it works for everybody across the board. I've used them with my mom and myself actually. So it's good information. Good stuff.

182

00:28:21.118 --> 00:28:24.148

Thank you all very much and we'll see you next time.

183

00:28:24.148 --> 00:28:26.435

Bye everybody, thank you.