

WEBVTT

1 "Lisa Nothaus" (3565138688)

00:00:00.000 --> 00:00:14.669

To the and new webinar for December, the last 1 of the year real quickly these particular webinars are really focused on providing basic information that we hope families and individuals will find beneficial.

2 "Lisa Nothaus" (3565138688)

00:00:14.669 --> 00:00:20.310

And we hope they are helpful in keeping folks connected to the division and to other related resources.

3 "Lisa Nothaus" (3565138688)

00:00:20.310 --> 00:00:27.240

If you're a person with a developmental disability or a family member. Welcome. We're very glad to have you on the call today.

4 "Lisa Nothaus" (3565138688)

00:00:27.240 --> 00:00:34.620

If you're someone who helps support individuals and families, we hope you will share these Webinars and the information with them.

5 "Lisa Nothaus" (3565138688)

00:00:34.620 --> 00:00:46.380

Scott said they are recorded and they will be available for review on the divisions. Webinar page. You can always guide vote to watch or listen into a recording. If they can't join the live call.

6 "Lisa Nothaus" (3565138688)

00:00:46.380 --> 00:00:55.800

This month we have Becca Matthew, who just joined the call to share information about the Missouri family, the family resource center or often what we call the.

7 "Lisa Nothaus" (3565138688)

00:00:55.800 --> 00:01:03.990

And making those valuable connections to needed information and resources and to other people who share similar life experiences.

8 "Lisa Nothaus" (3565138688)

00:01:03.990 --> 00:01:07.710

We're going to start off with quick introductions.

9 "Lisa Nothaus" (3565138688)

00:01:07.710 --> 00:01:11.250

Um, this slide here.

10 "Lisa Nothaus" (3565138688)

00:01:11.875 --> 00:01:18.325

We're going to talk about them is very family, the family organization, we will review the targeted focus areas.

11 "Lisa Nothaus" (3565138688)

00:01:18.775 --> 00:01:29.605

We will talk about ongoing activities that are available at the, and we're going to talk about making connections, which include connecting to family family for information and resources.

12 "Lisa Nothaus" (3565138688)

00:01:30.000 --> 00:01:34.620

As well, as making connections to others, through the good life groups that they have available.

13 "Lisa Nothaus" (3565138688)

00:01:34.620 --> 00:01:38.850

Oh, I will go ahead and get us started real quickly.

14 "Lisa Nothaus" (3565138688)

00:01:38.850 --> 00:01:49.320

And then I'll turn it over to Becca to share her information. I am Lisa, not house. I live in mid Missouri, and I work for the division of DB, as the supporting family's lead.

15 "Lisa Nothaus" (3565138688)

00:01:49.320 --> 00:01:53.550

My husband and I have 2 adult daughters and 3 grandchildren.

16 "Lisa Nothaus" (3565138688)

00:01:53.550 --> 00:02:03.810

Our youngest daughter has developmental disabilities and receives the services through the system. And I guess we say we've been on this journey together for over 30 years.

17 "Lisa Nothaus" (3565138688)

00:02:03.810 --> 00:02:11.250

And I can say that we learned something new every day is the system evolve and changes. We go through.

18 "Lisa Nothaus" (3565138688)

00:02:11.250 --> 00:02:18.720

Our journey, so we 1st, dip our toes into the service system when the regional office was actually did assessment of their own.

19 "Lisa Nothaus" (3565138688)

00:02:18.720 --> 00:02:23.820

And at that time, 1st step was just a pilot project in the state. So.

20 "Lisa Nothaus" (3565138688)

00:02:23.820 --> 00:02:27.090

Anyway, been around for a while.

21 "Lisa Nothaus" (3565138688)

00:02:27.090 --> 00:02:33.000

And so now that I've dated myself back, I'm going to turn it over to you and let you start.

22 "Bekka Matthews" (373379072)

00:02:33.325 --> 00:02:47.695

Airing all of your information Thank you, Lisa. I'm happy to be here today. Um, 1st of all. My name is Becker Matthews. I actually live in northwest Missouri, but I was born and raised in Southwest Missouri.

23 "Bekka Matthews" (373379072)

00:02:47.695 --> 00:03:01.795

So I've been kind of across the state. Um, I am a sibling in this picture of me shows myself and my 2 siblings. My brother, Jamie has autism, so he's directly under me and then I have a younger sister too. So we, um.

24 "Bekka Matthews" (373379072)

00:03:02.250 --> 00:03:08.160

Kind of I came into this with the sibling, um, perspective so it's kind of a.

25 "Bekka Matthews" (373379072)

00:03:08.160 --> 00:03:18.030

A fun perspective to have, and we really feel in our family that, um, a big part of who we are and and what we've become as people.

26 "Bekka Matthews" (373379072)

00:03:18.235 --> 00:03:32.005

Has a lot to do with having a brother with autism, and just kind of, you know, taught us a lot of things about patients and understanding and acceptance and all that. So, we, we really feel like that was a big part of who we are as people.

27 "Bekka Matthews" (373379072)

00:03:32.035 --> 00:03:33.895

Um, my sister and I both feel that way so.

28 "Bekka Matthews" (373379072)

00:03:34.650 --> 00:03:46.710

That's kind of a little bit about me. I do have 5 kids, and I work as an information and referral specialist from Missouri family to family. I've been with Missouri family to family as a contractor through the peer.

29 "Bekka Matthews" (373379072)

00:03:46.710 --> 00:03:59.130

A specialist program, um, for about a year and then I came on of staff as an information referral specialist about a year ago. So, a couple years with misery, family to family.

30 "Bekka Matthews" (373379072)

00:03:59.965 --> 00:04:12.415

So now, I will tell you a little bit about Missouri family to family. Um, we have been a center, we were established as a Missouri developmental disability resource center over 30 years ago.

31 "Bekka Matthews" (373379072)

00:04:13.075 --> 00:04:20.575

We continue to have a partnership between Missouri, developmental disabilities Council, and the Institute for human development.

32 "Bekka Matthews" (373379072)

00:04:21.120 --> 00:04:30.479

Um, we, uh, give a lot of information we work for opportunities for leadership and peer support and I'll tell you a little bit more about those.

33 "Bekka Matthews" (373379072)

00:04:30.479 --> 00:04:44.399

I have pillars that we have. Um, oops, I missed that 1. um, so this is kind of our way that we can contact and this actually might have been better near the end but, um, people can come to us, of course, through our website.

34 "Bekka Matthews" (373379072)

00:04:44.399 --> 00:04:47.579

Um, and then email.

35 "Bekka Matthews" (373379072)

00:04:47.579 --> 00:04:51.569

You can always email us. We are active on social media.

36 "Bekka Matthews" (373379072)

00:04:52.074 --> 00:05:06.774

Both Facebook, and we do have an Instagram now so we have tried to share things that are important to families and individuals so that we can help reach out and do some outreach there. And then, of course professionals can, um.

37 "Bekka Matthews" (373379072)

00:05:08.549 --> 00:05:22.284

Can can call us anytime to and we get a lot of calls for, um, doctors, teachers, you know, people who are are looking for help with their, um, clients or students or families that they know of through their position.

38 "Bekka Matthews" (373379072)

00:05:22.284 --> 00:05:36.354

So, we get a lot of professionals. Um, anyone is eligible, and that's a big thing for Missouri family to family. We don't have, um, it doesn't have to be it could be a family member. It can be an individual with disabilities. It can be parents, caregivers.

39 "Bekka Matthews" (373379072)

00:05:36.569 --> 00:05:45.894

Service providers, you can call if you're a friend or a neighbor, um, everybody is eligible and we also don't, um, of course, we don't charge.

40 "Bekka Matthews" (373379072)

00:05:46.164 --> 00:06:01.044

There's no financial, um, or relational or geographic or statewide, but we also have calls from people without from outside the state who are maybe going to move to Missouri. We've had people call who live in another state that have a, a loved 1 in Missouri.

41 "Bekka Matthews" (373379072)
00:06:01.044 --> 00:06:03.924
So, there are no barriers to, um.

42 "Bekka Matthews" (373379072)
00:06:04.199 --> 00:06:11.159
To getting help from Missouri, family, family, and, and we don't, you know, diagnosis.

43 "Bekka Matthews" (373379072)
00:06:11.159 --> 00:06:15.389
You don't have to have a specific diagnosis for assistance.

44 "Bekka Matthews" (373379072)
00:06:15.389 --> 00:06:26.039
So, and and even people, sometimes you don't have a diagnosis have called and and we try to help everybody as best. We can of course, we focus more on, um, intellectual and developmental disabilities.

45 "Bekka Matthews" (373379072)
00:06:27.414 --> 00:06:39.984
The 5 pillars of Missouri family to family are, um, information referrals so we're going to try to directly match people with needs of those research sources available. Um, direct information, immediate help.

46 "Bekka Matthews" (373379072)
00:06:39.984 --> 00:06:53.364
We kind of use, uh, we kind of is not really the right word. We do use the, um, charting the life course framework. And so we go through that and and try to think outside the box, you know, not just eligibility things. But what in your community can help you?

47 "Bekka Matthews" (373379072)
00:06:53.424 --> 00:06:55.854
Um, what relationships do you have that you can get help.

48 "Bekka Matthews" (373379072)
00:06:56.039 --> 00:06:56.909
We try to.

49 "Bekka Matthews" (373379072)
00:06:56.994 --> 00:07:05.424
Even in information referral, we try to touch on all of those parts of the support system. So, um, we also help with navigation.

50 "Bekka Matthews" (373379072)
00:07:05.424 --> 00:07:13.824
So a lot of emotional support all of our employees with, um, Missouri family to family have lived experience. We've got some.

51 "Bekka Matthews" (373379072)
00:07:14.129 --> 00:07:26.669

With disability themselves, some have children and, of course, like my cell phone a sibling. So, and then we, we try to figure out, you know, what problem is the most.

52 "Bekka Matthews" (373379072)

00:07:26.669 --> 00:07:30.659

The most need right now, but then we also try to help through that.

53 "Bekka Matthews" (373379072)

00:07:30.659 --> 00:07:35.639

That whole process of navigating, like, families might call when they're.

54 "Bekka Matthews" (373379072)

00:07:35.639 --> 00:07:46.499

1st diagnosed, or they might call when they're going through a transition or, you know, there might be a crisis, but then we can help them through other things. So the navigation really helps them across the.

55 "Bekka Matthews" (373379072)

00:07:46.499 --> 00:07:52.349

Across the thing, and, um, across the life course in navigating those barriers and trying to.

56 "Bekka Matthews" (373379072)

00:07:52.349 --> 00:08:02.669

To walk through the life with them. Um, we have family leadership development so we, we try to empower families to be leaders and advocates, um.

57 "Bekka Matthews" (373379072)

00:08:02.669 --> 00:08:06.539

There are different types of things that we.

58 "Bekka Matthews" (373379072)

00:08:06.539 --> 00:08:19.679

We kind of help with the late educational advocacy project. We encourage people to do ambassador training through charting the life. Course, you know, just those different types of things that because we believe that family leadership.

59 "Bekka Matthews" (373379072)

00:08:19.679 --> 00:08:23.279

Can help families live? Um, they're good life.

60 "Bekka Matthews" (373379072)

00:08:23.279 --> 00:08:28.589

Peer to peer match is something that we have had in the past and we're working on.

61 "Bekka Matthews" (373379072)

00:08:28.589 --> 00:08:42.479

Um, rebuilding our family leadership or peer to peer, uh, match program. So if you are a family member, or, um, an individual, you want to be a peer, we'd love to hear from, you.

62 "Bekka Matthews" (373379072)

00:08:42.479 --> 00:08:51.869

But if you are looking for somebody, we do have some people in our system that we can match with right now, but we're trying to build that program and and really make it.

63 "Bekka Matthews" (373379072)

00:08:51.869 --> 00:09:00.779

Top notch, so that families can know that if they call Missouri family, the family, they, if they and they need peer support or want it, they're going to be able to get that.

64 "Bekka Matthews" (373379072)

00:09:00.779 --> 00:09:12.839

Education and communication is our last pillar and of course, we've got like, the good life groups that we're going to talk about a little bit more in a minute, um, specific topics for planning for family.

65 "Bekka Matthews" (373379072)

00:09:12.839 --> 00:09:21.569

Leadership we share experience and learned experiences. We do put out the good life Gazette that will have information.

66 "Bekka Matthews" (373379072)

00:09:21.569 --> 00:09:32.549

Lots of information honestly, and it changes each month. So the good luck, because that is always a good a good place to get resources to. We have our website which we're.

67 "Bekka Matthews" (373379072)

00:09:32.549 --> 00:09:36.059

Going to be growing and, um, we just try to.

68 "Bekka Matthews" (373379072)

00:09:36.059 --> 00:09:40.949

Really do a lot of, um, education for our.

69 "Bekka Matthews" (373379072)

00:09:40.949 --> 00:09:52.254

You know, people who call we also have leap, which is the lay advocate, educational, advocacy, pro project and, um, that's a training that you can go through online at your own pace.

70 "Bekka Matthews" (373379072)

00:09:52.254 --> 00:10:05.934

It's a really great program learns a lot about, um, that educational advocacy we use, which is a video program, and you can watch these short clips of videos, and they're kind of fun lots of different topics.

71 "Bekka Matthews" (373379072)

00:10:05.934 --> 00:10:10.944

You can build a circle of support there and find different ways to connect.

72 "Bekka Matthews" (373379072)

00:10:10.949 --> 00:10:21.629

With people, and then, of course, life course connect, which is where they we now have apps for both Android and iPhone. You can log on to the life. Course.

73 "Bekka Matthews" (373379072)

00:10:21.629 --> 00:10:36.474

Um, connect and you can fill out your life course, or chart your life course on your app, or on the computer and share it to other with other people. So, um, really works well, for families who are sharing that, um.

74 "Bekka Matthews" (373379072)

00:10:37.379 --> 00:10:44.489

With each other, we want to enhance our.

75 "Bekka Matthews" (373379072)

00:10:44.489 --> 00:10:49.739

Um, I mean, we want to meet the needs of self advocates and families in Missouri.

76 "Bekka Matthews" (373379072)

00:10:49.739 --> 00:11:00.384

We want to enhance those in our programs navigation and the peer mentor matching, and we use everything with charting the life course framework and tools.

77 "Bekka Matthews" (373379072)

00:11:00.384 --> 00:11:08.694

So when we, when you call in, you're gonna get, um, 1st, of all we're all trained, and it was charging life course ambassadors.

78 "Bekka Matthews" (373379072)

00:11:09.084 --> 00:11:19.734

And then we use that framework to help walk through the process of finding resources, navigating all of those things. So, you know, it can go as deep as you want, but if you need help.

79 "Bekka Matthews" (373379072)

00:11:19.739 --> 00:11:32.574

Walking through life course connect. We've got somebody who is really well versed in that. Um, if you want to just solve a a temporary problem, we've got that, you know, down. We can really help with that.

80 "Bekka Matthews" (373379072)

00:11:33.204 --> 00:11:44.154

Um, of course, we want to get the number of leaders across the state with a a diverse amount of, um, our different diversity regions, disability, ages, all of that.

81 "Bekka Matthews" (373379072)

00:11:44.699 --> 00:11:55.109

We want to make sure that everybody knows that Missouri family your family is here, and we can help out and then we want to help build leaders because family leaders are the most important.

82 "Bekka Matthews" (373379072)
00:11:55.109 --> 00:11:58.229
Um, we want to connect to peer mentors.

83 "Bekka Matthews" (373379072)
00:11:58.524 --> 00:12:07.404
Offer continue to continuous learning and leadership training for those leaders, um, and link leaders to state and local advisory groups.

84 "Bekka Matthews" (373379072)
00:12:07.404 --> 00:12:16.764
So we want to make sure that people are being involved, not just with their individual family, or Missouri family family, but also those, um.

85 "Bekka Matthews" (373379072)
00:12:17.039 --> 00:12:20.249
Larger groups within the state.

86 "Bekka Matthews" (373379072)
00:12:21.114 --> 00:12:34.914
And then we want to outreach and that was I mean, that's all that we were saying before, is that we really want to make sure that we have a good communication and information network that we can share with others and others can share with us.

87 "Bekka Matthews" (373379072)
00:12:35.184 --> 00:12:49.974
And we can reach out to a lot of families and and really just give people the place to go to find that information. Because I know I'm sure you all have been in that that point where you're needing information. You don't know where to go. They give you a 25 phone numbers to call.

88 "Bekka Matthews" (373379072)
00:12:49.974 --> 00:12:50.244
call

89 "Bekka Matthews" (373379072)
00:12:50.249 --> 00:13:01.229
Call and you try calling them and you're reaching, you know, all different things and then they give you more numbers. So we just want everybody to have a good place that they can go and get good information.

90 "Bekka Matthews" (373379072)
00:13:01.229 --> 00:13:07.679
Um, we also want the good life kids and our social media things to grow and, um.

91 "Bekka Matthews" (373379072)
00:13:08.304 --> 00:13:21.744

That way, people know, we're out there because, you know, a family coming into the system, somebody who's just now been diagnosed. You know, my, my kid was just diagnosed with autism, or my parents have passed away and I have a sibling that has disabilities and I don't know what to do.

92 "Bekka Matthews" (373379072)

00:13:21.744 --> 00:13:33.144

We want them to be able to know that Missouri family family is out there and by, by growing those social media channels and sharing the good life. Because that's a way to get people to know about us.

93 "Bekka Matthews" (373379072)

00:13:33.444 --> 00:13:37.614

And then, of course, we want people to come to the Missouri family to family.

94 "Bekka Matthews" (373379072)

00:13:37.679 --> 00:13:39.324

Trading life course, stakeholder meetings,

95 "Bekka Matthews" (373379072)

00:13:39.324 --> 00:13:53.544

because we want that to be a core of what we do we want we want to be showing the charting life course principles and showing people how we can use that to plan for the good life for our loved ones.

96 "Bekka Matthews" (373379072)

00:13:55.079 --> 00:14:04.529

Um, so this is a an example, like, what it will be like, when you call it, it's a little hard to see, but.

97 "Bekka Matthews" (373379072)

00:14:04.529 --> 00:14:12.504

Basically, you think about your family member, you think about your own life, what does it mean to have a good life? What do you want in your life?

98 "Bekka Matthews" (373379072)

00:14:12.504 --> 00:14:20.634

So, you'll, you'll kind of walk through, like, if you're especially if you're going through navigation you'll talk about what's what's the vision for my family members? Good life?

99 "Bekka Matthews" (373379072)

00:14:20.783 --> 00:14:31.104

Um, what do I want and, and, like, this I has gone through, um, that and then what do I not want? What, you know, what things do I not want in my life.

100 "Bekka Matthews" (373379072)

00:14:32.309 --> 00:14:40.739

What do I not want to see? Or what do I not want? My loved I to see and then you go through the trajectory of it and so this is a little bit.

101 "Bekka Matthews" (373379072)

00:14:40.739 --> 00:14:55.074

Um, different look at the planning of that left side of the trajectory. So, uh, the past life experience that anything that's above that trajectory line, there's things that's taking you towards your good life and anything below the things that are taking you away.

102 "Bekka Matthews" (373379072)

00:14:55.374 --> 00:14:59.664

They might be barriers. They might be, um, problems, but that's kind of how that.

103 "Bekka Matthews" (373379072)

00:14:59.969 --> 00:15:08.879

Trajectory looks so that's kind of what it looks like. When you call we use these like course, principles and tools and the framework to kind of walk you through.

104 "Bekka Matthews" (373379072)

00:15:08.879 --> 00:15:20.519

And, and you might be in a crisis situation and so we won't do quite as much as the of this. But maybe we'll call it make another time to call where we do a little bit more of the trajectory or the, um.

105 "Bekka Matthews" (373379072)

00:15:20.519 --> 00:15:24.359

Uh, integrated support, start, kind of walk through those things.

106 "Bekka Matthews" (373379072)

00:15:26.219 --> 00:15:33.449

And then this is, um, just to connect with us the, uh, we're here for, um.

107 "Bekka Matthews" (373379072)

00:15:34.224 --> 00:15:46.464

We are, like I said, we're family navigators we do information or referral life course navigation and we can the life. Of course navigation can be on a particular topic or across the lifespan.

108 "Bekka Matthews" (373379072)

00:15:46.464 --> 00:15:52.074

So, um, if anybody wants to put in there, some things that they maybe were are thinking about, like, they would.

109 "Bekka Matthews" (373379072)

00:15:52.439 --> 00:15:56.009

Love to plan on or something. Maybe we can kind of talk a bit about.

110 "Bekka Matthews" (373379072)

00:15:56.009 --> 00:16:01.049

Um, how that goes, if you want, if you want to add something to the chat.

111 "Bekka Matthews" (373379072)

00:16:01.049 --> 00:16:08.849

Um, but but we, we do, you know, we have people call that are in in an immediate crisis, you know, my.

112 "Bekka Matthews" (373379072)

00:16:08.849 --> 00:16:16.349

Using my place to live, or I need help finding a lawyer or, you know, stuff like that and we can't.

113 "Bekka Matthews" (373379072)

00:16:16.349 --> 00:16:22.589

Tell you who to call or or anything like that, but we can help you work through that process. So, um.

114 "Bekka Matthews" (373379072)

00:16:22.589 --> 00:16:26.549

We become we want, um, okay, uh.

115 "Bekka Matthews" (373379072)

00:16:27.114 --> 00:16:40.014

So, that I'm going to tell you about the good life, this 1 says, I must have missed it but how do we access the good life gives it. So I'll tell you about that in just a minute, because there is a website that you can go to that takes you directly to the sign ups for those.

116 "Bekka Matthews" (373379072)

00:16:40.014 --> 00:16:43.344

And I also want to tell you about the good life groups. Um.

117 "Bekka Matthews" (373379072)

00:16:43.739 --> 00:16:47.999

But, um, anyway, so you can become a self.

118 "Bekka Matthews" (373379072)

00:16:47.999 --> 00:16:53.549

Advocate or a family leader in the leadership network, and you can connect with the train peer mentor.

119 "Bekka Matthews" (373379072)

00:16:53.964 --> 00:17:07.284

For advice and emotional support so, um, so those are some ways that you can connect with us we'd love to have you call us or send us an email um, or if you just have something that you want to talk about, or suggest that would be great?

120 "Bekka Matthews" (373379072)

00:17:07.434 --> 00:17:18.984

Um, and you can always like I said, become a self advocate or family leader, because we would love to add you to our leader ship network. Um, we're gonna be building our peer mentor program again.

121 "Bekka Matthews" (373379072)

00:17:18.984 --> 00:17:23.454

And so we want as many peers as want to participate and I've already had.

122 "Bekka Matthews" (373379072)
00:17:23.549 --> 00:17:26.339
People recently that have reached out and.

123 "Bekka Matthews" (373379072)
00:17:26.339 --> 00:17:35.579
And, uh, we want to help other people so that that's always good. If you have that drive in you, that you want to be there for other families, then we would love to connect with, you.

124 "Bekka Matthews" (373379072)
00:17:36.629 --> 00:17:40.739
Um, this is our good life groups, uh.

125 "Bekka Matthews" (373379072)
00:17:41.034 --> 00:17:46.794
Information and so our good life groups are held monthly in their virtual.

126 "Bekka Matthews" (373379072)
00:17:46.794 --> 00:17:57.534
So we have our blast off good life group, which is ages, 13 and under and it's the 1st, Wednesdays launch into life course is for ages 14 to 26. it's the 1st, Fridays the month.

127 "Bekka Matthews" (373379072)
00:17:57.534 --> 00:18:10.734
And then planning forward with life courses, age, 27, and over is the 1st, Monday of the month then later on in the month, we have our adult sibling centers good life group. And that's actually 1 that I lead and it's the 3rd. the third

128 "Bekka Matthews" (373379072)
00:18:10.739 --> 00:18:18.959
Tuesdays, which would be today. Um, we didn't do it this month because we had our we actually did a combined.

129 "Bekka Matthews" (373379072)
00:18:18.959 --> 00:18:32.399
Holiday program, so for December, that's what we did, but, um, I can speak to the good the adult sibling centered good life group and and basically they all kind of run the same. We always have.

130 "Bekka Matthews" (373379072)
00:18:32.399 --> 00:18:46.619
Some charting life course tools. Um, maybe 1 or 2 that we kind of give an example. So you, you learn about the charting life course principles and framework and then it's a great place to connect with other families. So.

131 "Bekka Matthews" (373379072)
00:18:46.619 --> 00:18:53.129
What we decided to do the sibling center group focused on adult siblings, just because there are a lot of.

132 "Bekka Matthews" (373379072)
00:18:53.129 --> 00:18:57.719
Siblings out there that, um, like like, in my situation where.

133 "Bekka Matthews" (373379072)
00:18:57.744 --> 00:19:11.454
My parents are aging and and we need support to try to figure out what will be what will it be like, in the future? How are we going to care for our brother? Um, what do our parents want? How do we have those conversations?

134 "Bekka Matthews" (373379072)
00:19:11.814 --> 00:19:13.644
So sometimes that's a tough.

135 "Bekka Matthews" (373379072)
00:19:13.979 --> 00:19:16.979
Um, tough thing is like, you might.

136 "Bekka Matthews" (373379072)
00:19:16.979 --> 00:19:31.469
Know that your parents kind of want this or that, but you don't want to necessarily start that conversation. So our adult sibling centered good like group, give siblings a safe place to talk to 1 another, and kind of share those things about.

137 "Bekka Matthews" (373379072)
00:19:31.469 --> 00:19:38.069
You know, I'm frustrated with this, or this is growing really well, and I wanted to share it with everybody because.

138 "Bekka Matthews" (373379072)
00:19:38.069 --> 00:19:48.479
You know, it works that way. So, and for me, I work also as my brother's a personal care assistant sometimes that sometimes I share my experience as his, um.

139 "Bekka Matthews" (373379072)
00:19:48.984 --> 00:20:00.804
His assistant, or sometimes I share things about, um, our past and and what worked for us as we were growing up. Um, you know, every, once in a while we'll have have a touch on that.

140 "Bekka Matthews" (373379072)
00:20:00.804 --> 00:20:12.264
And so then it's kind of fun when we look back as adult siblings and talk about those things that that we learned or even, like, my sister sometimes will come on. And she and I both will share.

141 "Bekka Matthews" (373379072)
00:20:12.839 --> 00:20:17.819
The different take of having a sibling with a disability. So that's kind of how we.

142 "Bekka Matthews" (373379072)

00:20:17.819 --> 00:20:26.129

How the sibling centered? Good Life group goes. Um, the, the other ones are all very similar. Each month has a topic. Um.

143 "Bekka Matthews" (373379072)

00:20:26.964 --> 00:20:32.634

We did, you know, we do social and spirituality, uh, healthy living I think is the 1 that's coming up.

144 "Bekka Matthews" (373379072)

00:20:33.114 --> 00:20:44.094

Um, we'll talk about day supports or, um, community living and so there's a lot of different topics each month, or each month will be 1 topic, and they're different each month.

145 "Bekka Matthews" (373379072)

00:20:44.394 --> 00:20:51.444

And then we always cover, like course tools and we always have time to talk to 1 another. So, um.

146 "Bekka Matthews" (373379072)

00:20:52.434 --> 00:21:02.634

When you are on, if you have a family, if you think, oh, man, this this parent, and I really connect, like, we have a very similar situation. It's a good way to make those connections.

147 "Bekka Matthews" (373379072)

00:21:02.634 --> 00:21:14.484

You can pop in the chat, or you can share email addresses or phone numbers or whatever. Um, so that's a good way to to share that. And we usually have question answer periods and stuff like that. So that.

148 "Bekka Matthews" (373379072)

00:21:15.204 --> 00:21:26.784

We kind of get to know each other some groups have consistent attendees that attend every month. Some kind of are different each month. So you might need a different person. Each time you're there. So it's kind of a good way.

149 "Bekka Matthews" (373379072)

00:21:26.784 --> 00:21:30.654

And it does connect all across the state so you might, you know.

150 "Bekka Matthews" (373379072)

00:21:31.319 --> 00:21:41.009

Find someone the last 1 we had, I actually had a, um, a sister from California, but her, her sibling with a disability lived in.

151 "Bekka Matthews" (373379072)

00:21:41.009 --> 00:21:55.559

Kansas City, um, but she tapped into the good life group because her sister who's caring for the sister with the disability was needing

something. So, um, she came to the good life group and made all those connections and it was a really good way to kind of.

152 "Bekka Matthews" (373379072)
00:21:55.559 --> 00:21:58.919
To reach out and and, um.

153 "Bekka Matthews" (373379072)
00:21:58.919 --> 00:22:06.599
We really share our strengths and our frustrations and that's kind of a a good safe place to do that. Um.

154 "Bekka Matthews" (373379072)
00:22:06.599 --> 00:22:20.999
And with that, let's see, I'm gonna open it up for questions, but I'm also going to post in the chat a website and that is our link tree address or unless it's already in there. Um, and in that, um.

155 "Bekka Matthews" (373379072)
00:22:20.999 --> 00:22:26.729
It's called the link tree. You click on it. You can sign up for the good life. Is that the life course newsletter?

156 "Bekka Matthews" (373379072)
00:22:26.729 --> 00:22:33.659
Um, and any of the good life groups that you want to come to. So, sometimes, um.

157 "Bekka Matthews" (373379072)
00:22:33.659 --> 00:22:41.789
We're not super strict on age to, like, if your child is maybe 14, but you think you would.

158 "Bekka Matthews" (373379072)
00:22:41.789 --> 00:22:44.879
Like, to start that middle group.

159 "Bekka Matthews" (373379072)
00:22:44.879 --> 00:22:58.224
It's that's absolutely okay. Um, you know, if you're in that transition period, and you want to go to the older 1 or if, or if there's a topic that we advertise and you think, man, I'd like to know about that with planning forward.

160 "Bekka Matthews" (373379072)
00:22:58.254 --> 00:23:02.724
You can absolutely come to the planning forward 1 even if your loved 1 is.

161 "Bekka Matthews" (373379072)
00:23:02.879 --> 00:23:06.719
You know, in a a younger age range. So, um.

162 "Bekka Matthews" (373379072)

00:23:06.719 --> 00:23:11.669

That's kind of how we work it, so it's not super strict, but I will put that in the, in the.

163 "Bekka Matthews" (373379072)

00:23:11.669 --> 00:23:16.799

Links, and if anybody has any questions, I would be happy to answer.

164 "Lisa Nothaus" (3565138688)

00:23:26.369 --> 00:23:32.159

I have not received any questions in the chat box yet, except for the 1 about the good life cause that.

165 "Lisa Nothaus" (3565138688)

00:23:32.159 --> 00:23:35.249

Okay, say that, uh.

166 "Lisa Nothaus" (3565138688)

00:23:35.454 --> 00:23:50.274

When I looked back over the years, and I said earlier that we would kind of been involved in this situation, um, when my daughter was 1st born. So she's 35 ish again dating myself that the family the family has been around.

167 "Lisa Nothaus" (3565138688)

00:23:50.274 --> 00:23:51.744

And in some. some

168 "Lisa Nothaus" (3565138688)

00:23:52.049 --> 00:23:59.489

Aspect from the very beginning, and I will say that the connection piece I think is so important.

169 "Lisa Nothaus" (3565138688)

00:23:59.489 --> 00:24:12.359

I can remember back when we were 1st, starting on this journey and I know everybody has their own story, but connecting to other people that have similar lived experiences. Um.

170 "Lisa Nothaus" (3565138688)

00:24:12.359 --> 00:24:26.994

I am beyond thankful to the moms that reached out to me in the very beginning. They kind of helped pull me up and get me on the right path and have been such a valuable resource for me even now over the years connecting to other families.

171 "Lisa Nothaus" (3565138688)

00:24:27.144 --> 00:24:30.474

And and like, you with your siblings, you know, connecting to people that.

172 "Lisa Nothaus" (3565138688)

00:24:30.779 --> 00:24:38.039

I have been there done that, or can help you plan prepare for the future is so important.

173 "Lisa Nothaus" (3565138688)
00:24:38.039 --> 00:24:49.079

In my opinion that that's why I love what family the family does making those connections. These good life groups are available. Like you said, they're virtual. So it just takes a little bit of time on your.

174 "Lisa Nothaus" (3565138688)
00:24:49.079 --> 00:25:02.009

On your end to join in when the sessions are available, you don't have to get out and travel if you don't want to. And I think there's a big emphasis these days on the, the social isolation. It's so easy to, um.

175 "Lisa Nothaus" (3565138688)
00:25:02.009 --> 00:25:07.349

Find yourself maybe distance from some of your.

176 "Lisa Nothaus" (3565138688)
00:25:07.349 --> 00:25:12.809

Typical group that you used to have. I know like, you know, speaking for myself that.

177 "Lisa Nothaus" (3565138688)
00:25:12.809 --> 00:25:16.379

When my family started going through this, I, I had.

178 "Lisa Nothaus" (3565138688)
00:25:16.379 --> 00:25:25.949

Enough brand, but they couldn't relate. Um, I was experiencing things that they had not experienced. So connecting to people that had some of that valuable.

179 "Lisa Nothaus" (3565138688)
00:25:25.949 --> 00:25:32.219

Leadership and guidance was just beyond beneficial to me, and my family at that time. So.

180 "Lisa Nothaus" (3565138688)
00:25:32.219 --> 00:25:39.269

The other thing is through Facebook, I think I dropped that link into the chat as well and.

181 "Lisa Nothaus" (3565138688)
00:25:39.269 --> 00:25:47.609

Folks can follow along you guys do a lot of great postings you post the events that are coming up across the state not not just family a family, but.

182 "Lisa Nothaus" (3565138688)
00:25:47.609 --> 00:25:53.729

You do the good life is that you drop that in there. You do the good life group sessions.

183 "Lisa Nothaus" (3565138688)
00:25:53.729 --> 00:26:00.449
I know the website has a calendar, you can go in and look at events that are posted there as well. So.

184 "Lisa Nothaus" (3565138688)
00:26:00.449 --> 00:26:04.559
It's a resource that's there and it's accessible at our fingertips.

185 "Lisa Nothaus" (3565138688)
00:26:04.559 --> 00:26:09.929
Um, it's just getting that information out into the hands of the individuals and families that we serve. So they know what it's there.

186 "Lisa Nothaus" (3565138688)
00:26:09.929 --> 00:26:22.169
I think it's good stuff and I love the idea that the peers that you guys have, the navigators that you have your information referral specialist, you guys are all family members or individuals with disabilities. So.

187 "Lisa Nothaus" (3565138688)
00:26:22.169 --> 00:26:28.619
Right off the bat you call the 800 number, you're connecting to a pier, so to speak right off the bat. So.

188 "Bekka Matthews" (373379072)
00:26:28.619 --> 00:26:33.569
Yeah, sometimes it's hard for us to separate ourselves from being the peer.

189 "Bekka Matthews" (373379072)
00:26:33.569 --> 00:26:41.219
Like, right, uh, we have that conversation a lot. Like, what we want to do is be pure mentors to everybody that calls but of course, we can't.

190 "Bekka Matthews" (373379072)
00:26:41.219 --> 00:26:48.869
Can't do that. So, um, yeah, definitely we, we all share our lived experience. Um, and and that's kind of.

191 "Bekka Matthews" (373379072)
00:26:48.869 --> 00:26:52.739
The passion, right? That's why we got into this so that we can help others.

192 "Bekka Matthews" (373379072)
00:26:52.739 --> 00:27:00.839
And their in their life, and they're, they're, uh, walk in their journey. We want to help others.

193 "Bekka Matthews" (373379072)
00:27:00.839 --> 00:27:13.619

Find stuff, and sometimes it's what we didn't have, you know, things that we didn't have that we would like to provide for others. And sometimes it's things that have really worked for us. And so we all really do. Um.

194 "Bekka Matthews" (373379072)

00:27:13.619 --> 00:27:18.119

I feel like my team, the team members do a very good job helping.

195 "Bekka Matthews" (373379072)

00:27:18.119 --> 00:27:22.919

Families with their straight line, I mean, I think we share our strength really well.

196 "Bekka Matthews" (373379072)

00:27:24.599 --> 00:27:33.864

I agree I agree. And I did, I did put that link tree in the chat. So you're welcome to go to that.

197 "Bekka Matthews" (373379072)

00:27:33.864 --> 00:27:45.054

And, uh, we, we really if, if there's something if you want, like I said before, if you want to be a peer mentor, or if you have something that you would like us to share on our social media. Um, I'm glad you mentioned that.

198 "Bekka Matthews" (373379072)

00:27:45.054 --> 00:27:53.604

Lisa that we, we do try to really, um, share stuff across the state because that's the whole goal is that we want to link people.

199 "Bekka Matthews" (373379072)

00:27:53.849 --> 00:28:05.999

Across the state with the resources and the knowledge and, um, the, the activities, the things that will help them grow as as strong families and individuals. So that's really what we want to do.

200 "Lisa Nothaus" (3565138688)

00:28:07.199 --> 00:28:14.849

Yeah, good stuff. All right well, I'm not seeing anything else in the chat. Um.

201 "Lisa Nothaus" (3565138688)

00:28:14.849 --> 00:28:18.419

So, I'll, we'll just do right along 2.

202 "Lisa Nothaus" (3565138688)

00:28:18.419 --> 00:28:27.719

If you guys will mark your calendar, we have January 24th. 2023 is the next Mo DVD and the webinar.

203 "Lisa Nothaus" (3565138688)

00:28:27.719 --> 00:28:31.229

130 to 1, try to do a lunch and learn style.

204 "Lisa Nothaus" (3565138688)

00:28:31.229 --> 00:28:37.889

Webinar, so folks can get good information in a short period of time and maybe not mess up their dates too much. But.

205 "Lisa Nothaus" (3565138688)

00:28:37.889 --> 00:28:41.789

Again, wish you all a very, very happy.

206 "Lisa Nothaus" (3565138688)

00:28:41.789 --> 00:28:46.889

Mary holiday season, they say they warm and we'll see you in January.

207 "Bekka Matthews" (373379072)

00:28:46.889 --> 00:28:52.049

Thanks back. I appreciate your time. Thank you for having me. I appreciate it.

208 "Lisa Nothaus" (3565138688)

00:28:53.579 --> 00:28:55.092

By everyone.