

PA FAMILY NETWORK: SUPPORTING FAMILIES THROUGHOUT THE LIFESPAN

Who We Are

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Vision for Equality

Serving People with Disabilities and Their Families



WHAT WILL WE TALK ABOUT TODAY?

Supporting Families

Pa Family Network

- Transformational Change;
- LifeCourse Framework & tools;
- The importance of supporting a vision;
- Strategies for engaging teams;
- How you can use this in your role.





Core Belief:
All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.

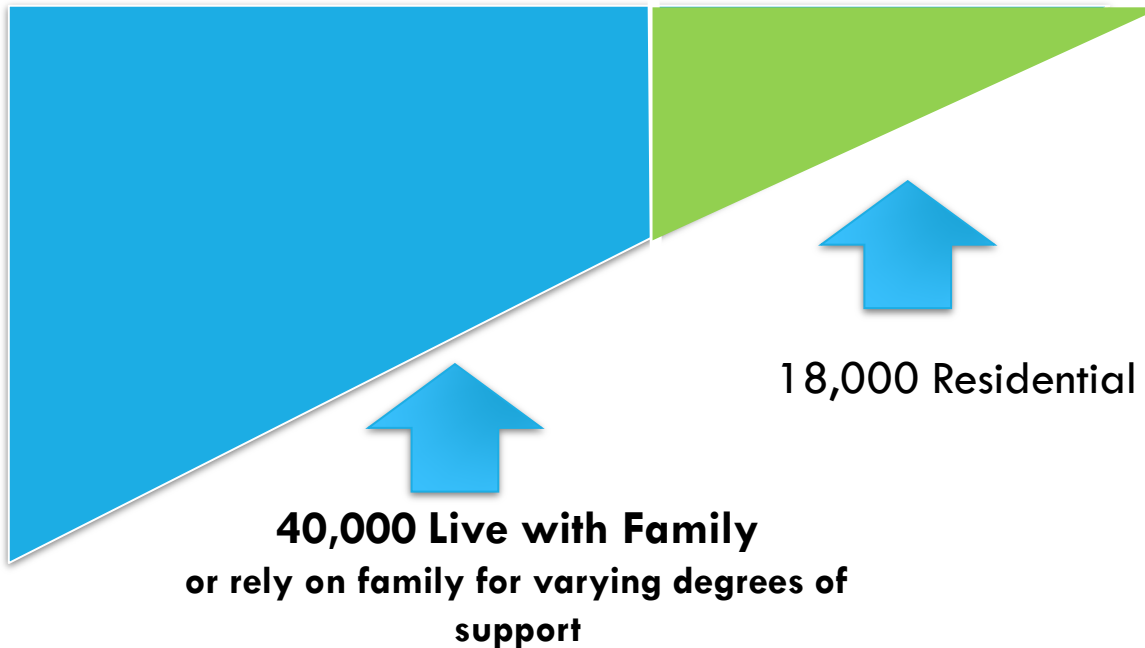


Transformational change is a fluid process



PENNSYLVANIA
COMMUNITY  OF PRACTICE
FOR SUPPORTING FAMILIES

58,000 Receive ID/D Services in PA



PENNSYLVANIA COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES

We Joined the National Community of Practice in July 2016:

- PA Family Network
- “Regional Collaboratives” across PA
- Support Self-Advocates United as One
- Involve the PA Sibling Support Network and Ambassadors
- Teach concepts of Person-Centered Thinking
- Renew waivers to reflect supporting families and everyday lives
- Continually learn and share learning with all who touch families’ lives



We are all family members

Family Advisors throughout Pennsylvania

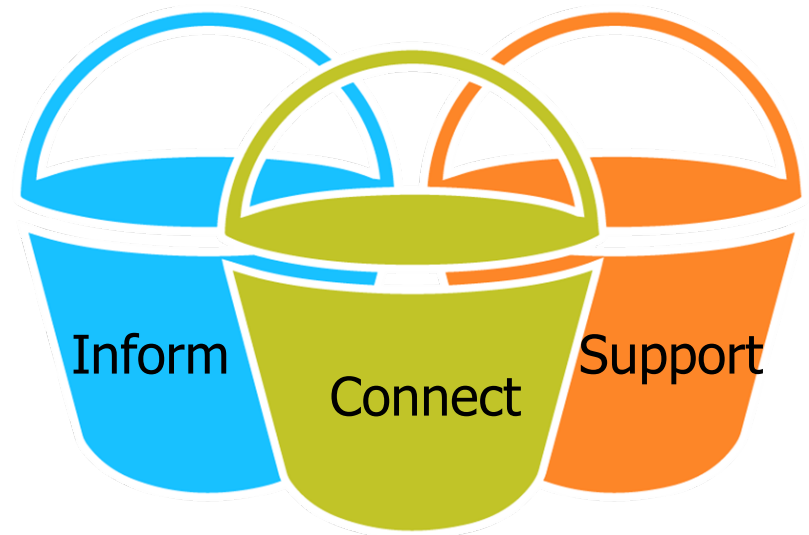
- Advisors bring their personal experiences and knowledge
- Work in collaboration with stakeholders for positive change

Supported by the Office of Developmental Programs



What we do:

- Workshops for families across the state
- Individual & small group mentoring
- Help families connect and support each other
- Help families find resources and supports in their community



Lived Family Experience



Our Workshops:

- Creating a Vision for a Good Life
- Creating a Vision for Life After High School
- ODP Waiver Renewal: Supporting Families and Everyday Lives (Limited Availability)



Our Workshops Continued...

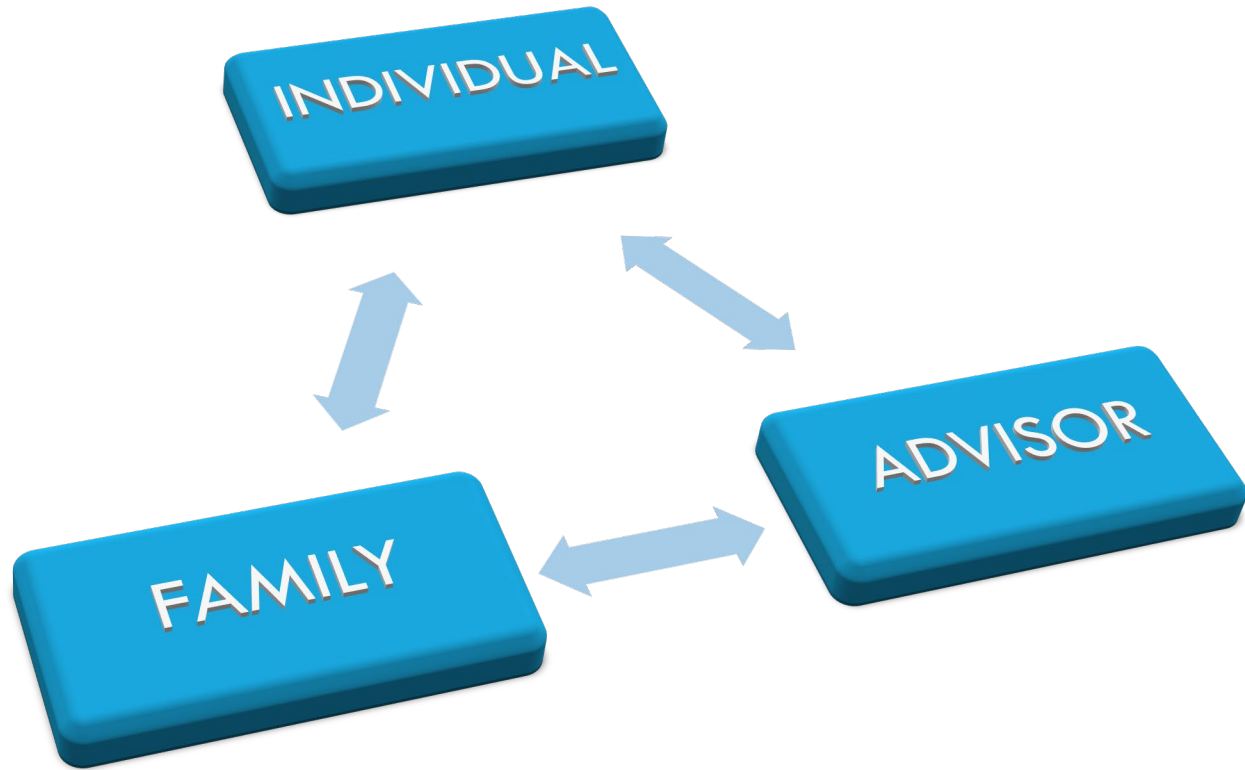
- Healthy Relationships and Sexuality
- Safety in the Community
- Peace of Mind Planning- Long Term Planning for a Good Life





FAMILY SYSTEMS & CYCLES

MENTORING



Our Mentoring:

- Match with Advisor based on geography and/or situation
- Individual meetings to help families build a LifeCourse Portfolio and use other tools
- Small group and team facilitation



Our Mentoring Continued...

- Help families with:
 - Information and navigation through systems
 - Connections to other families and resources
 - Goods and Services that may be helpful





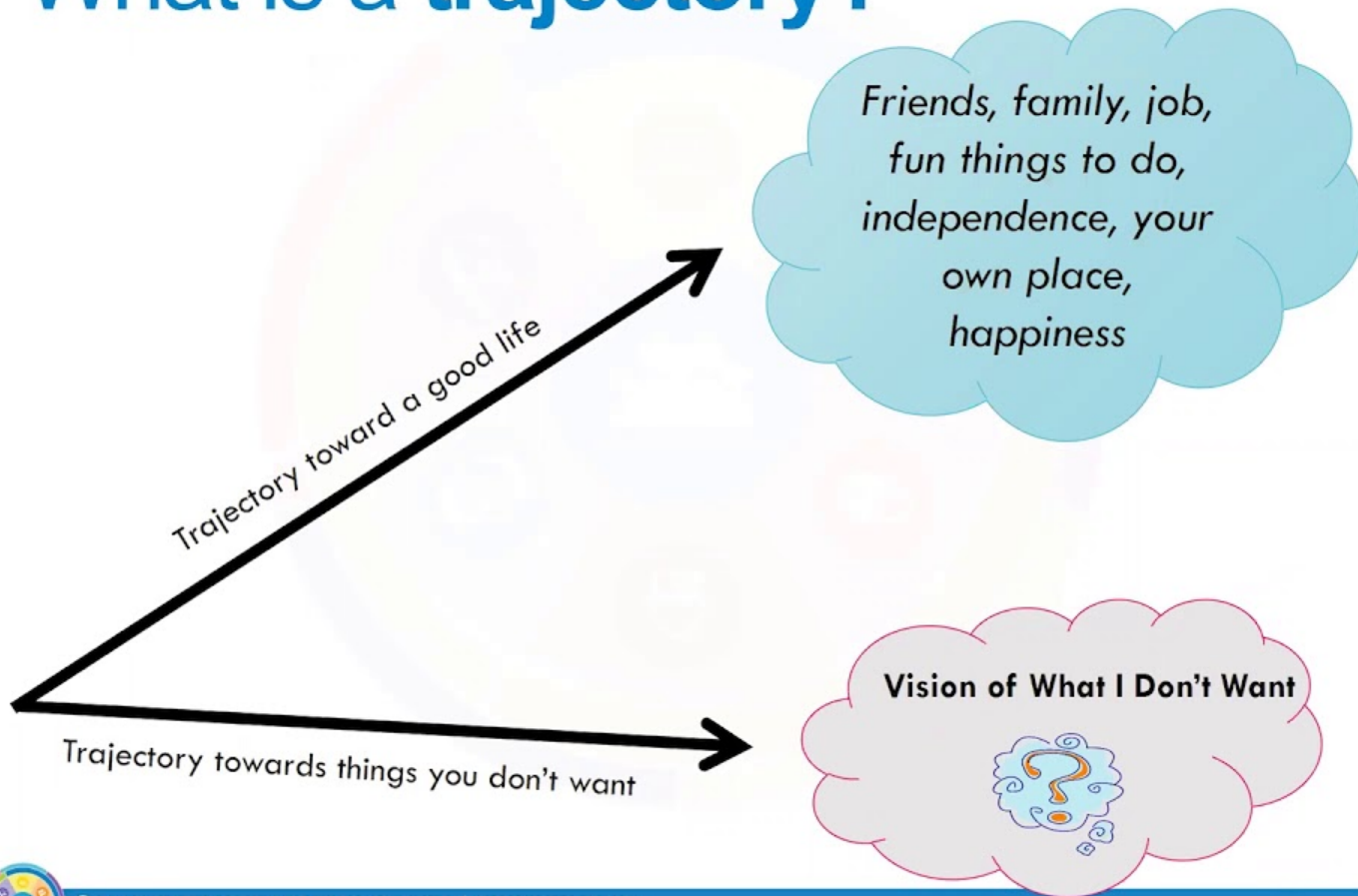
[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

WHAT IS TEAM MENTORING?

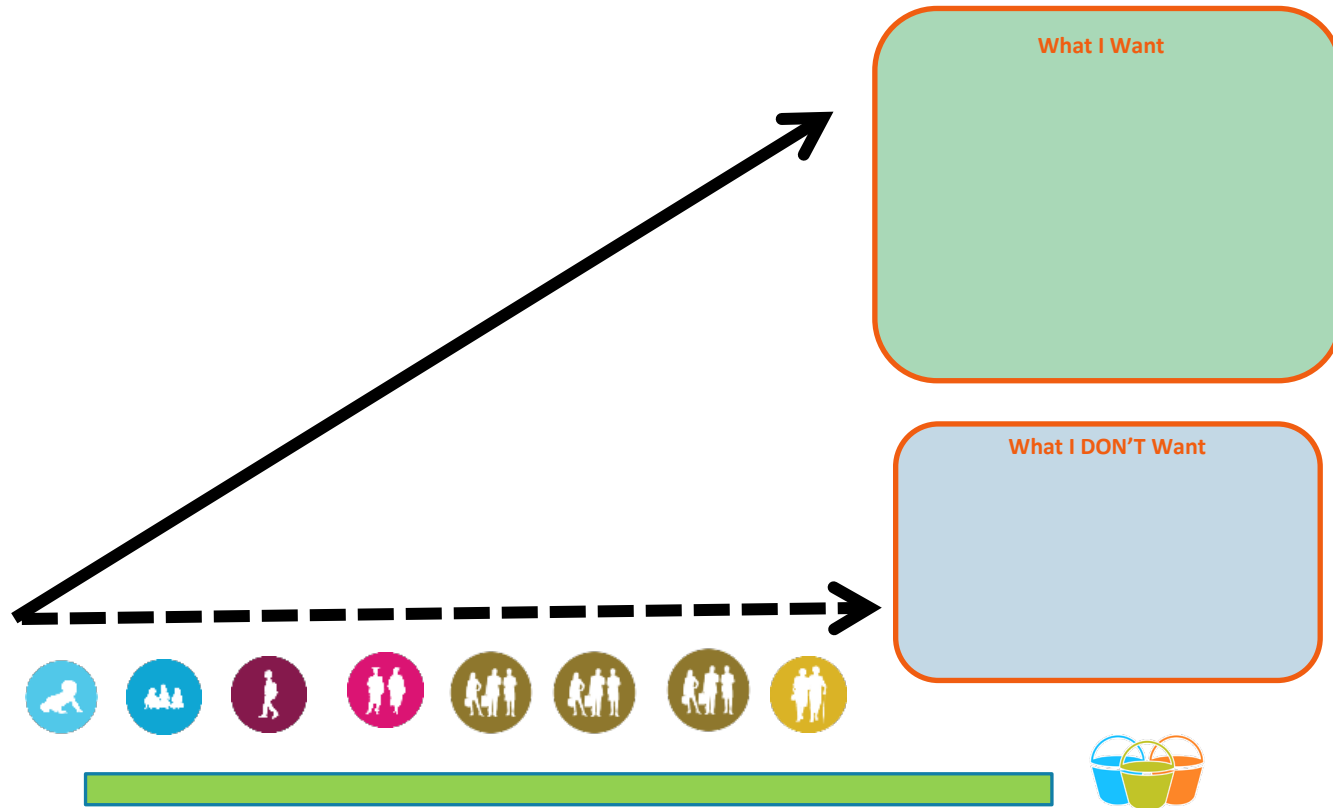
“THE TEAM”



What is a trajectory?



What is your vision of an everyday life for your family member with a disability?



CHARTING the LifeCourse



Life Trajectory Worksheet: Family

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.

- Selling my artwork & Drawing Playbill covers
 - Working at a pizza shop part time
 - Participating in our Community Theater
 - Attending art classes two days a week
 - Saving money for things I Want
 - Trying new hobbies
 - Taking care of my Self-Care
 - Shopping & Budgeting
 - Exercising at the gym
 - Learning communication not compliance
- Isolated in School
 - No job experiences
 - Paid Only Relationships
 - Summers spent in school
 - Disability specific activities
 - Others helping with Self-Care
 - Participating in therapies ALL the time
 - People doing things FOR Me not WITH Me
 - No Community Based Instruction in my school
 - Life driven by data instead of balanced w/experiences



VISION for a GOOD LIFE

- Time with Family and Friends
- Living where I Choose with Who I choose
- A job I Love
- Happiness
- Trips to the beach and different hotels
- Income to live comfortably
- Healthy Relationships
- Time to focus on art and hobbies
- Being involved in Community Theater
- Good physical & behavioral health
- Choice & Control

What I DON'T Want

- To be lonely or afraid
- To be isolated
- Lack of Choices & Control over Life
- To be abused and/or neglected
- Illness
- Poverty
- To be bored
- To be unhappy



19 Years Old

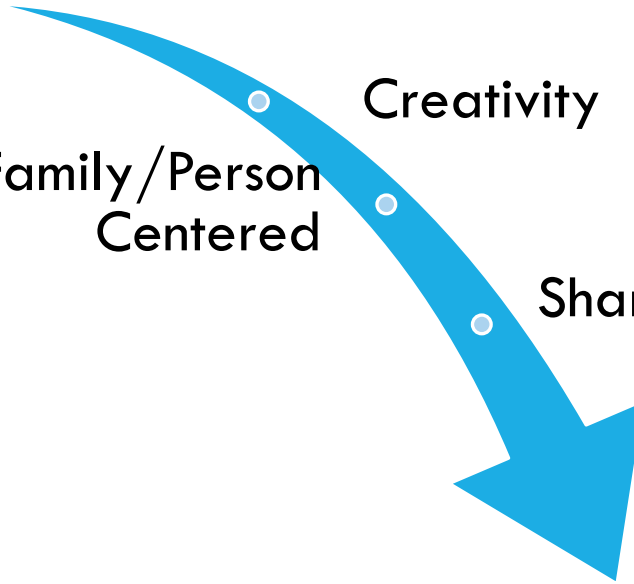
Collaboration

Creativity

Family/Person
Centered

Shared Vision

Everyday Life



Our Outreach:

- Presentations and outreach tables at local and state conferences (Across the Life Stages)
- Facebook, Twitter, and Constant Contact messaging
- Presentations about who we are and what we offer to boards, groups and organizations who support families



Our Collaborations

- State CoP Team member
- Work Closely with Office of Developmental Programs (ODP)
- Co-Present with ODP Staff
- Advisors serve on Local CoP Teams
- Worked with Self Advocate organization
- Seat at the Information Sharing and Advisory Committee
- Writing a Resource Book for self advocates and families



PA Family Network in Action





Family Network

Supporting Families Throughout the Lifespan

1 – 844 – PA Family

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www.visionforequality.org

THANK YOU!

