



Starting a Future Plan for your Loved One

The Arc of Oregon
The Arc of the United States
December 18, 2019

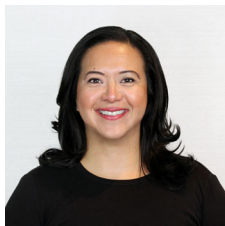
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Presenters



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Objectives for Today

- Why is Future Planning Important?
- How to Start a Future Plan
 - Understand Core Areas of Future Planning
 - Oregon Resources
- The Arc's Center for Future Planning Resources

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What is The Arc?

National Network

The Arc is the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities (I/DD) and their families.

Our network includes over 174,000 employees and volunteers that support 1 million people with I/DD and family members at 660+ chapters nationwide.

Oregon Network

Established in 1954, The Arc Oregon includes 9 local chapters in communities across the state serving people with intellectual and developmental disabilities (I/DD) and their families. To learn more, visit www.thearcoregon.org



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What is Future Planning?



Future Planning is creating a guide for a person with an intellectual or developmental disability (I/DD) to lead a good life as independently as possible. A plan is important throughout all stages of life and especially in the future after the parent or caregiver is no longer able to provide support.

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Question for Webinar Participants

What are the barriers or challenges you face when planning for the future of your family member with a disability?

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Barriers to Future Planning

There are nearly 900,000 families in the U.S. in which an adult with I/DD is living with aging family members and there is no plan in place for the individual's future.

Many barriers exist that can discourage families from future planning, including:

- Lack of Information
- Difficulty addressing emotional issues related to caregiver's mortality
- Unavailability of appropriate services or distrust of the service system
- Difficulty of affording services of attorneys and other professionals

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How to Start a Future Plan: Core Areas of Planning & Oregon Resources

- Expressing Wishes for the Future
- Deciding Where to Live
- Financing the Future
- Supporting Major and Daily Life Decisions
- Employment and Daily Activities
- Making Social Connections
- Health and Wellness

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Including People with Disabilities: Why it Matters

- **Inclusion** of person with disability in decision making
- **Empowerment** of person with disability
- **Person centered** approach Person with disability **Invested** in their services

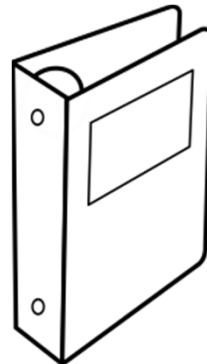
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Expressing Wishes for the Future

Areas To Consider

- Including multiple perspectives and opinions
- Developing a person-centered plan
- Information-gathering
- Sharing values and beliefs



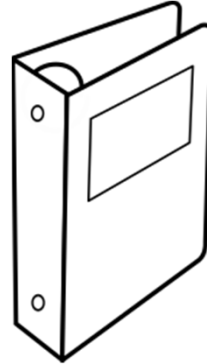
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Expressing Wishes for the Future Oregon Resources

- Person Centered Thinking
<https://www.otac.org/>
- Oregon Self Advocacy Coalition
<http://www.askosac.org/>
- Charting the Lifecourse
<https://www.lifecoursetools.com/>



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Deciding Where to Live

Areas To Consider

- The person with I/DD and the family's wishes for a future home
- Addressing support needs
- Finding housing
- Financing housing
- Understanding formal residential services and supports



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Housing



- Contact your CDDP for housing options
- Housing Voucher programs
<https://www.oregon.gov/ohcs/Pages/housing-assistance-in-oregon.aspx>
- Explore Home Ownership: Community Vision
<https://cvision.org/our-programs/affordable-housing-programs/housing-access-program/>



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Financing the Future

Key Question:

Are funds available to pay for the basic and supplemental needs of a person with an intellectual or developmental disability (I/DD)?

Amounts of money don't matter! Still need to establish:

- appropriate public benefits
- other private resources such as special needs trusts and ABLE accounts.



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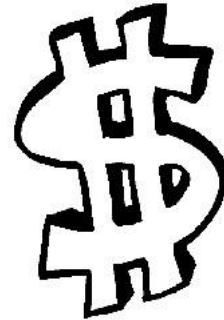




Financing the Future

Areas to Consider

- Learning about and applying for available public benefits and services
- Taking stock of the family member's and family's private financial resources
- Determining whether to create one or more special needs trusts - or pooled trust accounts - for private resources



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Financing the Future

Areas to Consider

- Exploring whether to create an ABLE account
- Deciding whether to consult a special needs attorney and/or financial planner
- Identifying the person (or persons) who will manage or provide support in managing finances in the future



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Financing the Future



- County Self Sufficiency Office
<https://www.oregon.gov/DHS/Offices/Pages/Self-Sufficiency.aspx>
– SNAP
- Oregon ABLE Savings Account <https://oregonablesavings.com/>
- Oregon Special Needs Trust <https://www.oregonsnt.org/>

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Benefit Specialists



- Benefit specialists help individuals with disabilities with questions and problems related to benefits such as Medicare, Medicaid, Social Security, FoodShare, and health insurance.
- Help with common barriers; paperwork, gathering documents; explaining eligibility; appeal options; finding legal representation for folks who need a hearing.
- A State of Oregon Department of Health and Human Services Program.
<https://www.oregon.gov/DHS/EMPLOYMENT/VR/WIN/Pages/index.aspx>

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Supporting Daily and Major Life Decisions

Supported Decision-Making:

- Provides people with disabilities the help and support they need to make decisions about their lives.

Guardianship:

- Guardian has legal and decision-making control for beneficiary
- Full or partial
- Laws vary by state



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Supporting Daily and Major Life Decisions

Areas to Consider

Setting up informal and formal supports for decisions:

- Informal support: advice, communication assistance, apps or other technology
- Formal support: representative payees, advanced directives, power of attorney OR guardianship (as last resort)



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Guardianship & Supported Decision-making in Oregon



- The Arc Oregon Guardianship Advocacy and Planning Services <https://thearcoregon.org/what-we-do/programs/gaps/>
- Guardian Partners Guardian Resources <https://guardian-partners.org/guardianship-resources/>
- Explanation of Supported Decision Making from Disability Rights Oregon <https://droregon.org/alternatives-guardianship/>

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Employment & Daily Activities

Areas to Consider

- What jobs and activities are important to the person with a disability?
- What supports, if any, are needed to ensure that the person's preferred job and activities will continue?
- Making access to preferred activities and employment sustainable

January

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25	26	27	28	29	30	31

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Vocational Rehabilitation Services



Vocational Rehabilitation (VR) helps people with disabilities obtain employment.



Intake Appointment Line:
503-945-5880

Link for Intake Service Questionnaire:

<https://www.oregon.gov/DHS/EMPLOYMENT/VR/Pages/Client-Information.aspx>

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Making Social Connections


Areas to Consider

- Finding friends and supporters:
 - Shared interests
 - Faith communities, community centers
- Strengthening existing connections: bring them into the circle of support



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Making Social Connections Oregon Resources


- Your local park district
- Recreation Centers
- Family Network
<https://www.ocdd.org/families-supporting-families/>
- Oregon Family Support Network
<https://www.ofsn.org/>
- Disability orientated or specific agencies.
Autism Society of Oregon, Northwest Down Syndrome Association, United Cerebral Palsy



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Health and Wellness

Issues Families Consider

- What supports are needed to ensure optimal delivery and engagement in health-related services and activities?
 - Designated healthcare advocate
 - Patient navigator
- Sustainable health and wellness practices



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Health and Wellness Oregon Resources

- Oregon Medicaid <https://www.oregon.gov/oha/hsd/ohp/pages/benefits.aspx>
- Oregon DHS Medical Assistance: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Medical-Assistance.aspx>
- Advanced Directives <https://www.oregon.gov/oha/PH/ABOUT/Documents/Advance-Directive.pdf>
- Oregon POLST <https://oregonpolst.org/>
- Oregon Office on Disability and Health <https://www.ohsu.edu/oregon-office-on-disability-and-health/toolkit>

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Health and Wellness Oregon Resources

- Special Olympics Oregon <http://www.soor.org/>
- Camp Kiwanis <https://mhkc.org/>
- Local Parks and Recreation District
- Recreation Centers
- Senior Centers

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Community Developmental Disability Programs


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Community Developmental Disability Programs (CDDPs) are the first place to go to get accurate, unbiased information on all aspects of life related to living with a developmental disability.


Services at a CDDP:

- Information about local services and resources
- Assistance in finding services to match your needs
- Residential Options Counseling
- Employment Options and Services
- Day Program Options and Services
- Health and Wellness

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Brokerages


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Brokerages are an alternative to CDDP services and can provide the same supports and services. Individual's choose which brokerage is the best fit for their supports.

Services at a Brokerage:

- Information about local services and resources
- Assistance in finding services to match your needs
- Residential Options Counseling
- Employment Options and Services
- Day Program Options and Services
- Health and Wellness

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Find a CDDP




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To find your local CDDP, find your county on the following list:

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/county-programs.aspx>

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The Arc's Center for Future Planning

The Center for Future Planning aims to support and encourage adults with intellectual and developmental disabilities (I/DD) and their families to plan for the future.

The Center provides reliable information and practical assistance to individuals with I/DD, their family members and friends, professionals who support them and other members of the community on areas such as person-centered planning, decision-making, housing options, and financial planning.

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The Arc's Center for Future Planning Website

Learn <i>about future planning</i>	Build <i>your future plan</i>	Find <i>a professional</i>	See <i>how others have planned</i>	Get <i>help for urgent needs</i>
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futureplanning.thearc.org


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Questions?




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Thank You

Please complete our survey at the conclusion of this webinar

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Provided Resources

- Copy of PowerPoint
- Oregon Resources Guide
- The Center for Future Planning website
<https://futureplanning.thearc.org/>
- Supported Decision Making One Pagers

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