



# Self-Direction Stories




**HI, I  
AM MIRANDA  
CHEN, I LIVE IN BEL-  
MONT MA WITH MY FAMILY.  
I AM 24 YEARS OLD. I GRADU-  
ATED FROM LABBB IN YEAR 2022  
AND ALSO COMPLETED MY 1-YEAR  
FELLOWSHIP AT MASS ADVOCATES AT  
CHILDREN (MAC) FROM APRIL 2023 TO  
APRIL 2024. I ALSO SERVED AS A BOS-  
TON EPIC SERVICE LEADER FROM  
2022-2023. NOW I'M ALSO WORK-  
ING AT CVS AND MARSHALLS ON  
THE PART -TIME BASES.**



**I  
HAVE BEEN  
WORKING AT MAR-  
SHALLS FOR ALMOST 4  
YEARS AND ALSO WORKING  
AT CVS AS A STORE ASSOCI-  
ATE. MY SELF-DIRECTED FUND-  
ING STARTED IN JANUARY 2023,  
WHICH REALLY HELP ME TO EX-  
PLORE MY VARIOUS INTREST  
AND ADVANCE MY JOB  
SKILLS.**



I received the tutoring services for English, Math and Arts funded by this funding. When I worked on several special projects at MAC, I improved my English writing skills a lot and wrote several essays to celebrate national heritage month, disability pride month and talk about my high school experiences and beyond my transition experience. This is the link about what I wrote <http://www.massadvocates.org/news/disabilitypridemonth23>. I participated in 4 different arts show like "Diversity through Art", "Reminiscence", "Fall Art Extravaganza" and "Empowerment though Art" and have my several pieces of arts work exhibited. Math is always my biggest challenging. Now I can work at CVS as a cashier because I am getting much better at my math skills. I also learn how to calculate interest, tips, discounted sale price and the total amount. I am confident that this funding will continue to help me grow, improve my independent living, learning and working skills.



**HOW PDP FUNDING HELPS ME  
TO ACHIVE  
MY LIFE GOALS.**

**BY MIRANDA CHEN  
MIRANDACHEN11@GMAIL.COM  
857-225-9673**



Kevin Anderson lives in Winthrop with his parents. Kevin is very popular and loved.

He is well-known in his community and people

He started PDP self-direction when he graduated high school about 5 years ago. Kevin has 2 support workers who help him with staying focused, staying on task and learning new skills.

They assisted Kevin with obtaining part-time employment at the local grocery store over 5 years ago where Kevin still works today. Kevin also works at an after school program called SPARK. His workers are there if he needs any assistance with job duties or tasks that are new.

Since Kevin is doing great in his jobs, his workers have been able to shift their focus and now assist Kevin with obtaining his driver's license. Sometimes they take him to the Go-Karts so he can get comfortable behind a wheel. They are also working with Kevin to increase his cooking and budgeting skills.

Kevin has used his allocation to assist with the cost of Karate. He attends 3 days a week and has earned his black belt. Kevin is very proud of his accomplishment. Kevin's goals are to be able to teach Karate, obtain his driver's license, buy his dream car of a Volvo S60 Jet red, and to find a girlfriend. Kevin also has a YouTube channel as he reviews movies at [KevinAnderson.jrtv](http://KevinAnderson.jrtv).



## PDP FUNDING

KEVIN ANDERSON

My name is Amy Polewarczyk. I am 26 years old. I live in Sterling, MA with my family. I also have two cats. I named them Peanut and Scooby.

I do a program model called Self-Direction. I love doing Self-Direction because I get to plan what I like to do and what is important to me. My family and my two self-direction staff help me carry out my dreams and goals.

I like to be busy, and I like to try new things. I do adaptive water skiing and kayaking, bowling, hip hop dance, and at Seven Hills, I do the Just Us Women program.

I also have my own card business. It's called Amy's Note Cards. I make my own note cards and sell them at Meadowbrook Orchard in Sterling. I also sell them at the Sterling Street Market which is held outside, on the Sterling Common, on Saturdays. I like my card business. I like meeting people and making new friends.



My family and self-direction staff help me to set up and sell note cards, organize, do inventory, and purchase new supplies for my business. My self-direction staff also bring me out into the community. We go shopping, go to the gym, take walks, go to the movies, and we explore my town. I am currently also volunteering at our library.

I love what I am doing. My life is awesome.



**PDP FUNDING BY AMY POLEWARCZYK**

**PDP  
FUNDING HELP  
ME ACCOMPLISH MY  
DREAM.**



BRIAN VILLANI IS A STRONG, CONFIDENT YOUNG MAN WHO HAS NEVER LET CEREBRAL PALSY DEFINE HIS LIMITS. LIVING INDEPENDENTLY IN HIS OWN APARTMENT WITH A COUPLE OF ROOMMATES, BRIAN THRIVES IN THE VIBRANT COMMUNITY OF DOWNTOWN BOSTON. HE WORKS AT US BANK, WHERE HIS DEDICATION AND POSITIVE ATTITUDE MAKE A SIGNIFICANT IMPACT.



BRIAN'S TRUE PASSION LIES IN THE WORLD OF SPORTS, PARTICULARLY BOSTON SPORTS. HIS DREAM IS TO

BECOME A SPORTS BROADCASTER, A GOAL HE HAS BEEN PURSUING SINCE HIS HIGH SCHOOL DAYS WHEN HE

REGULARLY BROADCASTED SPORTS EVENTS. BRIAN IS EAGER TO REIGNITE HIS BROADCASTING CAREER AND SHARE HIS LOVE AND INSIGHTS INTO SPORTS WITH

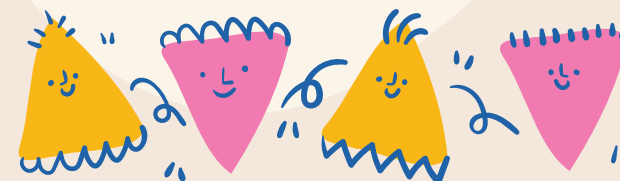
Stay tuned for exciting sports content from Brian Villani, as he works towards his dream of becoming a renowned sports broadcaster.

THE DEPARTMENT OF DEVELOPMENTAL SERVICES'S SELF-DIRECTION PROGRAM HAS BEEN INSTRUMENTAL IN HELPING BRIAN VILLANI FULFILL HIS DREAMS. BY ALLOWING HIM TO DIRECT HIS OWN FUNDING, THE PROGRAM HAS EMPOWERED BRIAN TO HIRE THE SUPPORT STAFF HE NEEDS TO ACHIEVE HIS GOALS. THIS PERSONALIZED APPROACH HAS ENABLED BRIAN TO LIVE INDEPENDENTLY, EXCEL IN HIS JOB AT US BANK, AND ACTIVELY PURSUE HIS PASSION FOR SPORTS BROADCASTING. THE PROGRAM'S FLEXIBILITY AND FOCUS ON INDIVIDUAL NEEDS HAVE PROVIDED BRIAN WITH THE RESOURCES AND AUTONOMY TO NAVIGATE HIS LIFE WITH CONFIDENCE AND DETERMINATION, BRINGING HIM CLOSER TO REALIZING HIS DREAM OF BECOMING A SPORTS BROADCASTER.



## PDP FUNDING

BY BRIAN VILLANI





Dylan W. Kubis, who has Down Syndrome, began looking into the Department of Developmental Services' self-direction program in 2019. The program gives people with special needs alternatives to what the department calls traditional supportive services — where a qualified service provider organizes a variety of supports like housing, employment and day programs for that person.

From this search Dylan with the help of DDS and his parents, Dylan has established DWK Inspirational, Sensational, Photography. Over the past 4 years Dylan has published 3 books (working on his fourth), photographed hundreds of locations in the United States and Italy and sells his fine art photography at dozens of regional (Berkshire County), New England, Farmer's Markets, Art & Craft Fairs, and via the multiple exhibits that he has offered in the area.



**As a 32-year-old photographer Dylan and his Dad just released “Two Guy - Four Eyes,**

**Our journey through Italy”, a 45-page book illustrating their 3-week trip to Italy.**

**Recently Dylan has introduced “Berkshiregraphs” and beyond, fine art photography by Dylan W. Kubis. As a longtime resident of Sheffield, Dylan has created photographs of the Berkshire’s for many years. He is calling the photographs he creates of our magical county “Berkshiregraphs”!**

**“For me they are more than just photos, they are a visual, emotional, textural, inspirational, sensational, interpretation of a county that is desirable to live within, loved by the many visitors that return season after season, year after year to be part of our unique hometown”, Dylan said. just photos, they are a visual, emotional, textural, inspirational, sensational, interpretation of a county that is desirable to live within, loved by the many visitors that return season after season, year after year to be part of our unique hometown”, Dylan said.**



## **PDP FUNDING**

**DYLAN W. KUBIS  
ASSIGNMENTS, FINE ART,  
INSTRUCTION**

**99 MAIN STREET #342  
SHEFFIELD, MA 01257-0423**

**DYLANWK@DWKFINEARTPHOTOS.COM  
917.597.1891**

# DWKISPHOTOGRAPHY.COM

- **DWK INSPIRATIONAL, SENSATIONAL PHOTOGRAPHY – A BRIEF HISTORY**
- **AS A TEAM WE LISTED MY STRENGTH, WEAKNESS AND DESIRES**
- **FROM THIS EVALUATION MY BUSINESS WAS BORN**

[www.dwkisphotography.com](http://www.dwkisphotography.com)

# WHAT IS DWK**IS**PHOTOGRAPHY.COM



## **STAGE ONE**

**CLASSIC CARS**



## **STAGE TWO**

**NATIONAL PARKS**



## **STAGE THREE**

**PROFESSIONAL ASSIGNMENTS**

[www.dwk\*\*IS\*\*photography.com](http://www.dwk<b>IS</b>photography.com)



# THE BEAUTY OF THE AMERICAN SOUTHWEST





# **THE BERKSHIRES – MY VISION, MY VOICE – VOLUME ONE**

[www.dwkISphotography.com](http://www.dwkISphotography.com)



TWO GUYS FOUR EYES



A  
Son  
and Father  
Photographic  
Journey  
through  
Italy

Dylan W. Kubis and Thaddeus B. Kubis  
MAGNIFICO ITALIA, BELLA TERRA

# TWO GUYS FOUR EYES – OUR JOURNEY THROUGH ITALY

[www.dwkISphotography.com](http://www.dwkISphotography.com)



# **MY ACCOMPLISHMENTS**

**THIS PRESENTATION**

**BERKSHIRE GROWN**

**STANTON HOME**

**PRODUCTION ASSISTANCE TRAINING AT BCC**

**[www.dwkISphotography.com](http://www.dwkISphotography.com)**

**TUESDAY NOVEMBER 26<sup>TH</sup> BOOK SIGNINGS AT BRIDGES**  
**SATURDAY, JANUARY 18<sup>TH</sup> BOOK SIGNING AT BARNES & NOBLE**  
**APRIL 2025 HANCOCK SHAKER VILLAGE SOLO EXHIBIT**

**[www.dwkISphotography.com](http://www.dwkISphotography.com)**



## STAGE FOUR

### THE UNITED STATES OF AMERICA BOBSLED ASSOCIATION

- **ASSIGNED TO PHOTOGRAPH 4 EVENTS BOBSLED TRIALS**
- **[HTTPS://WWW.USABS.COM/](https://www.usabs.com/)**
- **BOBSLED AND SKELETON TRIALS: SEPT 30 - OCT 5**
- **2024 USA PUSH CHAMPIONSHIPS: NOVEMBER 8/9TH**
- **USA CHAMPIONSHIPS: MARCH 2025**
- **WORLD CHAMPIONSHIP APRIL 2025**

**[www.dwkISphotography.com](http://www.dwkISphotography.com)**



# **BENEFITS - ACHIEVING MY DREAM**

- **PROFESSIONAL SUCCESS**
- **TRAVEL**
- **SOME DAY TO BE ABLE TO LIVE INDEPENDENTLY**

[www.dwkISphotography.com](http://www.dwkISphotography.com)

# WHAT THE FUTURE OFFERS

- **INTRODUCING IN 2025 THE SHEFFIELD CLASSIC CAR WEBSITE, BOOK AND MERCHANDISE**
- **EXPANSION IN 2025 TO EXHIBITING AT ARTS & CRAFTS EVENT IN NEW ENGLAND**
- **PUBLICATION OF EXPANDED SIGNATURE SERIES OF REGIONAL GREETING CARDS**
- **PUBLICATION OF VOLUME 2 THE BERKSHIRES AND BEYOND**
- **A ROAD TRIP TO THE NORTHWEST OF THE UNITED STATES AND YES A NEW BOOK BASED ON THIS TRIP**
- **TO BE ASSIGNED AS AN ONSITE PHOTOGRAPHER FOR THE 2026 WINTER OLYMPICS IN MILAN**

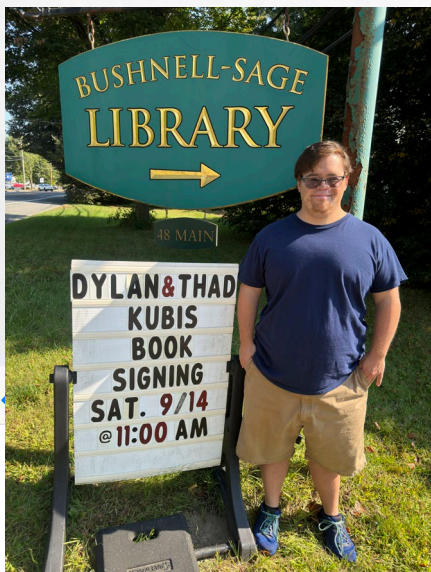
[www.dwkIsphotography.com](http://www.dwkIsphotography.com)

# THANKS

- **THANKS TO THE ENTIRE DDS TEAM FOR DEVELOPING, AND SHARING THIS SELF-DIRECTION PROGRAM**
- **THANKS TO MY FAMILY FOR THEIR BELIEF IN ME AND THEIR NEVER-ENDING SEARCH FOR A SELF-DIRECTED PROGRAM, ONE THAT WOULD ALLOW ME TO BE ME, CREATE, AND GAIN FAME AND FORTUNE.**
- **THANK YOU FOR ATTENDING**

[www.dwkISphotography.com](http://www.dwkISphotography.com)





## Announcing The Great Sheffield Classic Car Project!



The first generation of the Ford F-Series is a series of trucks that was produced by Ford Motor Company from the 1949 to the 1952 model years. What Classic Car will you include in this project?

<https://sheffieldhistory.weebly.com>  
[www.dwkisphotography.com](http://www.dwkisphotography.com)  
[www.tbkphotos.com](http://www.tbkphotos.com)

Long-time **Sheffield** residents, Son & Father photography team, Dylan W. and Thaddeus B. Kubis, are seeking Classic Cars owners or Classic Cars garaged in Sheffield/Ashley Falls, MA.

### The Plan:

**Step One:** Gather contact information from interested owners to participate in this **no charge or obligation** community project.

**Step Two:** Arrange on location photography session (spring 2025) of locally owned or garaged Classic Cars.

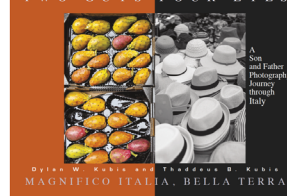
**Step Three:** Develop the design and creation of *The Great Sheffield Classic Car Project* (TGSCCP) book and 2026 calendar.

**Step Four:** Offer the book, calendar via local sourcing including the Sheffield Stone Store, The Sheffield Historical Society, local bookstores and online.

**Step Four:** All proceeds (less any approved and verified costs) will be donated to the Sheffield Historical Society.

**The details:** email your questions or classic car specifics and contact information to [info@tbkphotos.com](mailto:info@tbkphotos.com) or call Thad at 917.597.1891.

### TWO GUYS FOUR EYES

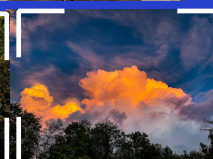
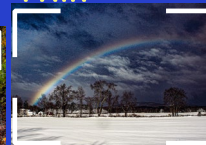
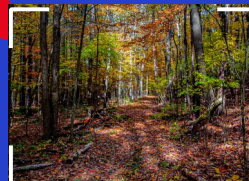


Photographers Dylan W. Kubis and his father Thad took a three-week trip of a lifetime through Italy. Their individual views of their trip have been chronicled in a gorgeous book of their photos, **Two Guys Four Eyes**, now available at the Independence Café - A Unique Boutique.

**Save the Date:** Meet Dylan and Thad Tuesday, November 26th during race-gear pick-up for the Rockland Road Runners Turkey Trot for the Marissa Fund; \$5.00 of each purchase of Two Guys Four Eyes on November 26th will be donated back to the Marissa Fund.

On Sale at the  
SHEFFIELD  
FAIR

## Sheffield Signature Series



Dylan W. Kubis [WWW.DWKISPHOTOGRAPHY.COM](http://WWW.DWKISPHOTOGRAPHY.COM)

Copyright 2024 Dylan W. Kubis

[www.dwkisphotography.com](http://www.dwkisphotography.com)







## Holiday Gift Guide

### Dylan W. Kubis: A life-long passion and of Classic Cars!

"Inspirational, Sensational and Imaginative." This is how Dylan Kubis, photographer, describes his work. You may have seen Dylan at the many Old Yankee Street Rod and Classic Cruiser Club events. Dylan is not only an ac-

tive member, but he also is supporting event photographer, providing for the many members customized Classic Car Greeting Cards, Posters, T-shirts and much more. Dylan's depictions of classic cars are visually arresting, and

he has had many projects assigned to photograph the rare and classic cars of many local owners.

At age 29, Dylan is an entrepreneur, this is perhaps more remarkable because Dylan, who resists being pigeonholed and categorized, is also a Down Syndrome Ambassador who has faced many challenges in his life. "People with disabilities are often put into categories," says Dylan. "I seek to break

out of these." Dylan also acts as a spokesperson for those with disabilities. He created a Zoom presentation for the 1,500 member Mass DDS (Disability and Services) Empowerment Group.

Summing up his philosophy on life, Dylan says, "I would like to be an advocate for others and an Ambassador to those who are unaccustomed to people with special needs. I also want to show everyone that there is no reason why you cannot start a career that could allow you to fulfill your dreams."

Click on the link to arrange a personalized photo session or to order customized holiday Classic Card greeting cards, t-shirts, car show posters and other items: [www.dwkisphotography.com](http://www.dwkisphotography.com). Dylan can be reached at [dkubis@gmail.com](mailto:dkubis@gmail.com) and via Instagram at DWK Photos.





**DYLAN W. KUBIS**

**[WWW.DWKISPHOTOGRAPHY.COM](http://WWW.DWKISPHOTOGRAPHY.COM)**

DYLANWK@DWKFINEARTPHOTOS.COM

**[DKUBIS@GMAIL.COM](mailto:DKUBIS@GMAIL.COM)**

**FACEBOOK: INSTAGRAM:**

**[HTTPS://WWW.INSTAGRAM.COM/DWKPHOTOS/](https://WWW.INSTAGRAM.COM/DWKPHOTOS/)**



**[www.dwkisphotography.com](http://www.dwkisphotography.com)**



# How I got Help From These Services

By Miranda Chen.



# About Myself

Hi I'm Miranda Chen. I'm 24 years old. I work at CVS in Belmont Center and Marshalls in Watertown MA. I also served as a 2022-2023 Boston EPIC service leader. I also completed my 1-year fellowship at Mass Advocates for Children (MAC).



# What I learned from English

I received the tutoring services for English, Math, and Arts. What I learned from my English tutor is:

- I did some mock interviews
- I learned how to use descriptive writing
- I learned how to do reading comprehension
- I also did some Accuplacer reading comprehension/ writing
- I also did some public speaking
- I learned how to write stories
- I learned how to write professional emails





# What I learned from Math

I received the tutoring services for English, Math , and Arts. What I learned from my math tutor is:

- I learned how to calculate Slope
- I learned how to calculate word problems
- I learned how to calculate interest, tax and tip
- I learned how to calculating average and median
- I learned how to calculate percentage and fractions
- I learned how to Isolate a variable
- I learned how to use distributive property and foil method



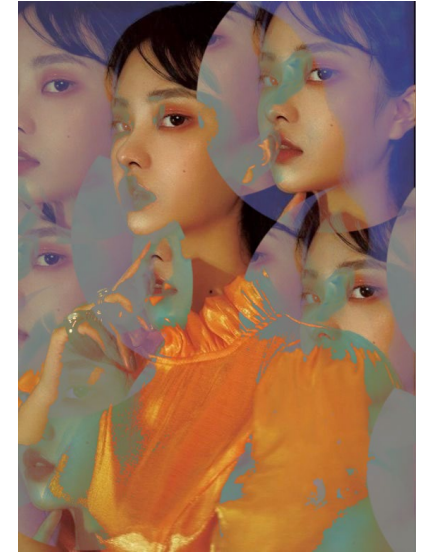
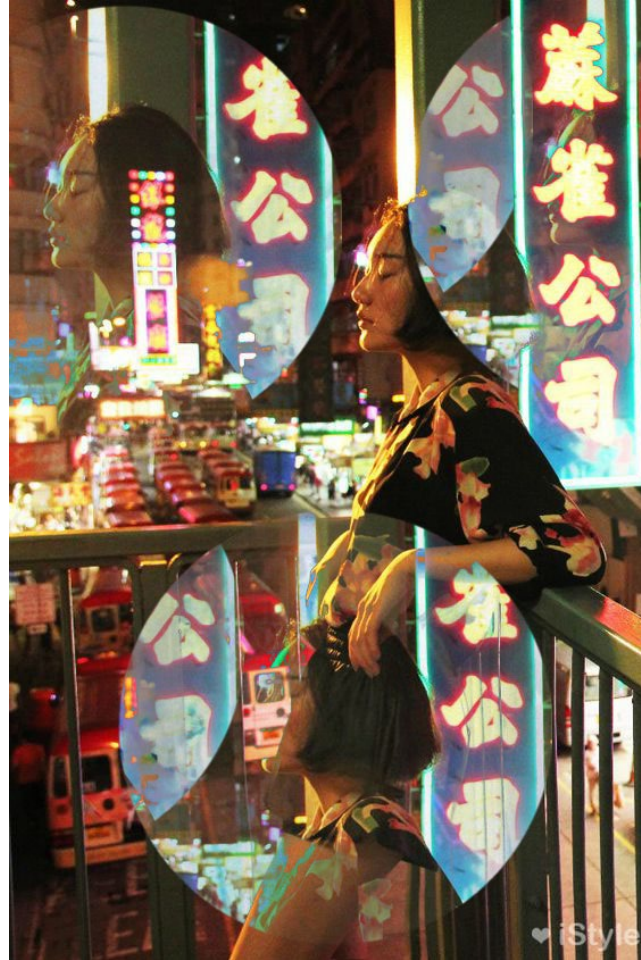
# What I learned from Art

I received the tutoring services for English, Math, and Arts. What I learned from my Arts Tutor is:

- I learned how to do Kaleidoscope
- I learned how to do glitch art
- I learned how to draw the cartoons
- I learned how to draw characters on adobe indesign such as pokemon, and hello kitty
- I learned how to do origami
- I learned how to do pixel art
- I also learned how to make stickers



# Some of my art





Kevin Anderson



Scooby and Peanut

My name is Amy. I am 26 years old.  
I live in Sterling with my mom and dad.  
I have 2 cats.

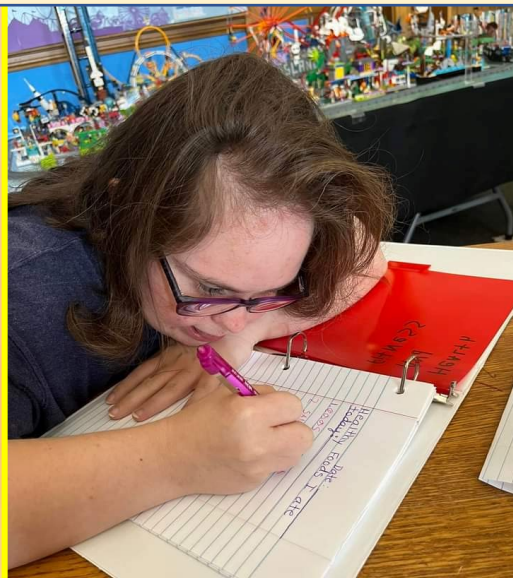




**Camp Grotonwood**

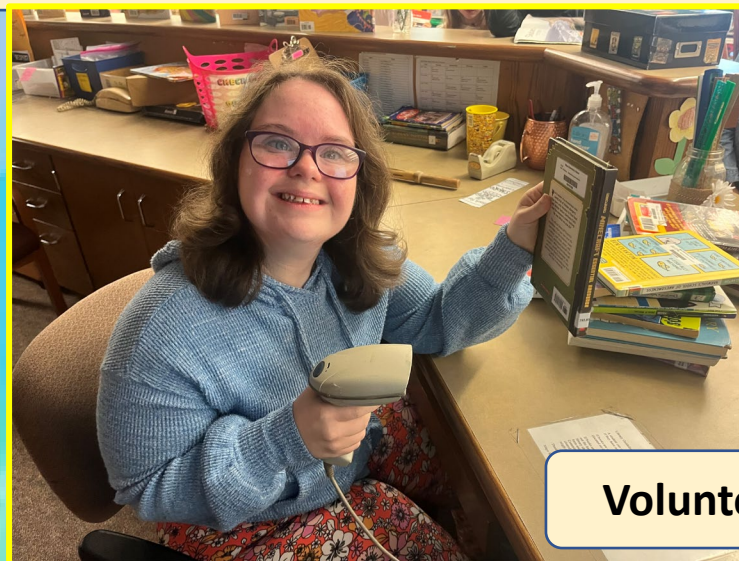


**I love water sports!**



**Working on my book of goals**

There are lots of ways I use Self Direction.  
Today, I want to tell you about my card business!



**Volunteering at the library!**







In covid, I started painting.  
I take a picture and use the app Zazzle.  
It makes cards with my paintings.  
I put ribbon around the card and sell it.





Here I am at  
Sterling  
Street  
Market!



I sell my cards at Meadowbrook and  
Sterling Street Market.





I work with Stephanie.

We count the cards I sell.

I use my calculator to add up the money I made.

I write it in my notebook.

Maureen from Meadowbrook gives me the money I made.

I put new cards to sell in the box.



Do you have any  
questions about  
my cards?







Scooby and Peanut

My name is Amy. I am 26 years old.  
I live in Sterling with my mom and dad.  
I have 2 cats.

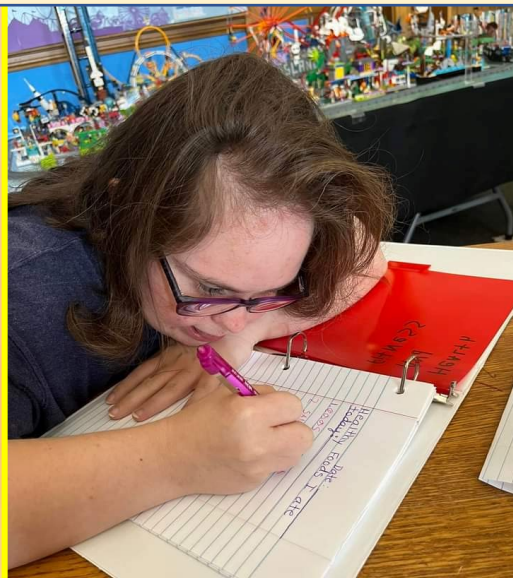




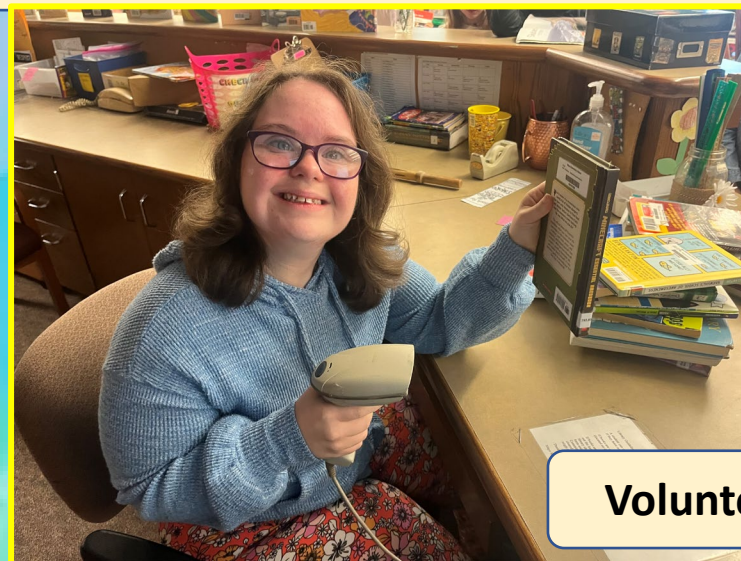
**Camp Grotonwood**



**I love water sports!**



**Working on my book of goals**



**Volunteering at the library!**





In covid, I started painting.  
I take a picture and use the app Zazzle.  
It makes cards with my paintings.  
I put ribbon around the card and sell it.





Here I am at  
Sterling  
Street  
Market!



I sell my cards at Meadowbrook and  
Sterling Street Market.





I work with Stephanie.

We count the cards I sell.

I use my calculator to add up the money I made.

I write it in my notebook.

Maureen from Meadowbrook gives me the money I made.

I put new cards to sell in the box.



Do you have any  
questions about  
my cards?







# Brian Villani

---


Sharing my story and how self-direction supported that story



# Self Direction at age 22

- Defined my goals
  - Living in an apartment with others my age
  - Living in an urban area
  - Working in sports or a job to pay the bills to start





What I needed for support to do that

Initial supports have changed over the years depending on goals.

- **Job Coach** - (was Rachel not needed anymore, now using Threshold)
- **Cooking instructor** - (was Leslie needed on and off)
- **Social Coach** - (was Laura - now using Threshold Lifelong Support program)
- **Living Advisor** - (Ashley - laundry, cooking, cleaning, grocery shopping)
- **Mentor** - for specific goals - (Myles - youtube channel)

# My Life Now

- Working for Boston Bruins Heritage Hall Musuem at TD Garden Boston
  - Previously with USbank for 6 years in the mail room
- Living in Cambridge with roommates
  - Have lived in two different apartments since college
- Working on my Youtube Channel
  - Like and subscribe -  
<https://www.youtube.com/channel/UCB6K2F3QYeJbJdlqimQJnXA>



# Golden Eagle Sports



# Person Centered Planning and Charting the LifeCourse



# Person Centered Planning and Charting the Life Course

Kathleen Kelly, Bryan Gregoire, Jackie Doherty,  
David Flaschen Jr., and Deborah Flaschen



## PERSON CENTERED PLANNING

### Why Consider Person Centered Planning (PCP)

- ▶ What: Person Centered Planning (PCP) is an assessment. The objective of the PCP is to develop a person-centered profile of an individual that includes their strengths, experiences, skills, preferences, and support needs. The profile can be used to set goals and objectives that will assist the individual in achieving a successful outcome.
- ▶ How: A meeting is conducted with a select group which should include the individual and their family members and their invited guests who have insight into the individual's history and experience. A facilitator guides the group through a series of person-centered questions to determine what needs to be done to reach the individuals vision.



## The PCP begins with the individual's vision:

- ▶ **What is my current vision for their future?** Do I want to attend college or a training program, do I want to work, where do I want to live, who do I want to live with, what do I want to do with my free time?
- ▶ **Outcome:** Information gathered during the PCP will guide the individual and in setting appropriate goals that connect to the vision statement.
- ▶ **Applications:**
  - Can help with IEP or ISP development
  - Can help with planning for Self-Direction
  - Can assist with redirection when there is a need for a change in service delivery

## I'm Determined One Pager:

- ▶ [https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager Tool IMD.pdf](https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager_Tool_IMD.pdf)



# Charting the Life Course

The Trajectory towards a GOOD LIFE for DJ ARITRO

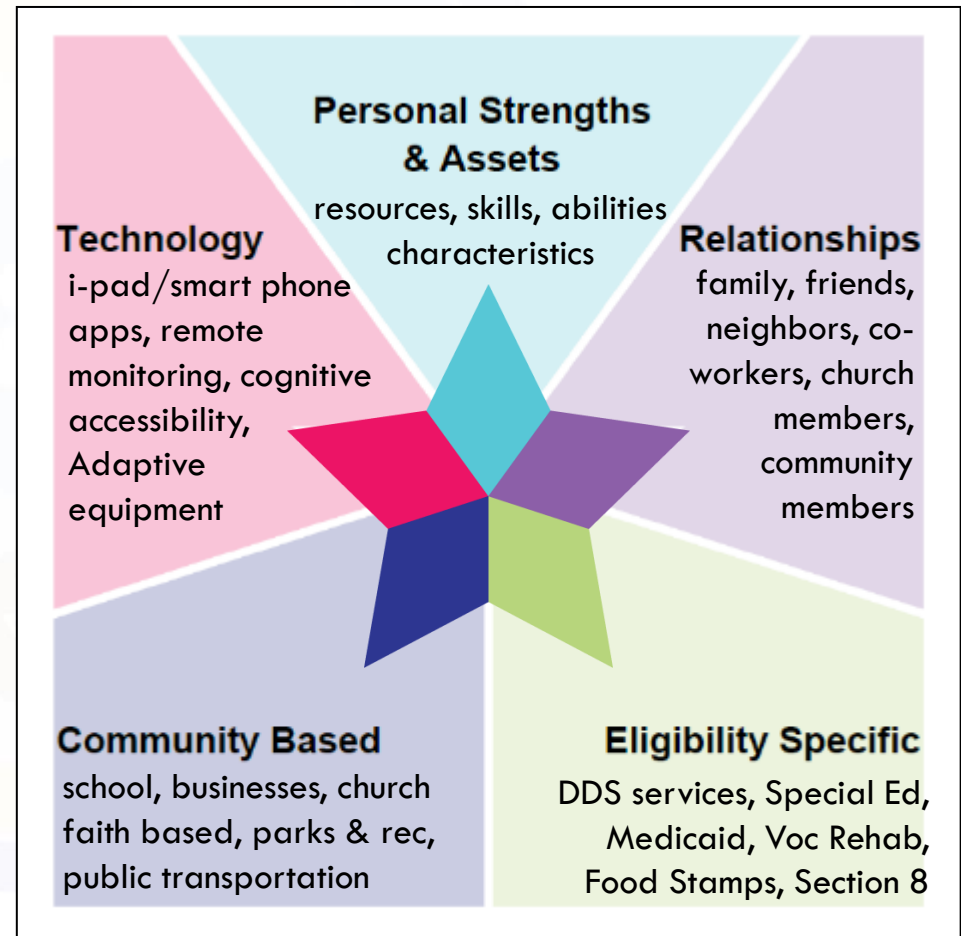
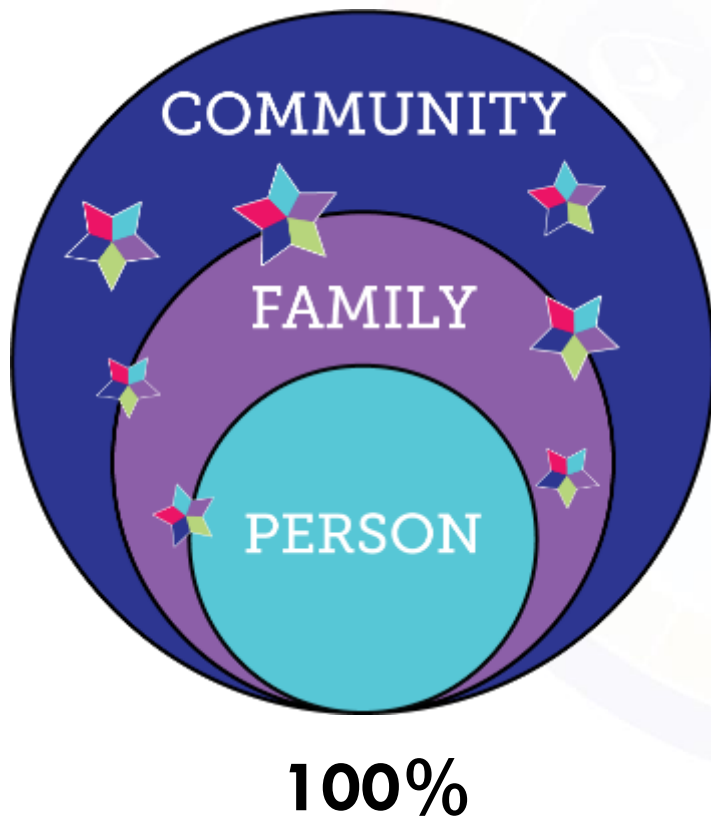




# Trajectory towards Good Life



# LifeCourse Integrated Supports STAR





# Creating a Vision for a Good Life - Aritro



***Vision for what I want***

***“To be a DJ***

***To choose my own schedule***

***To spend time with my family***

***To earn money”***

***Vision of What I Don't Want***

***“To be stuck inside.***

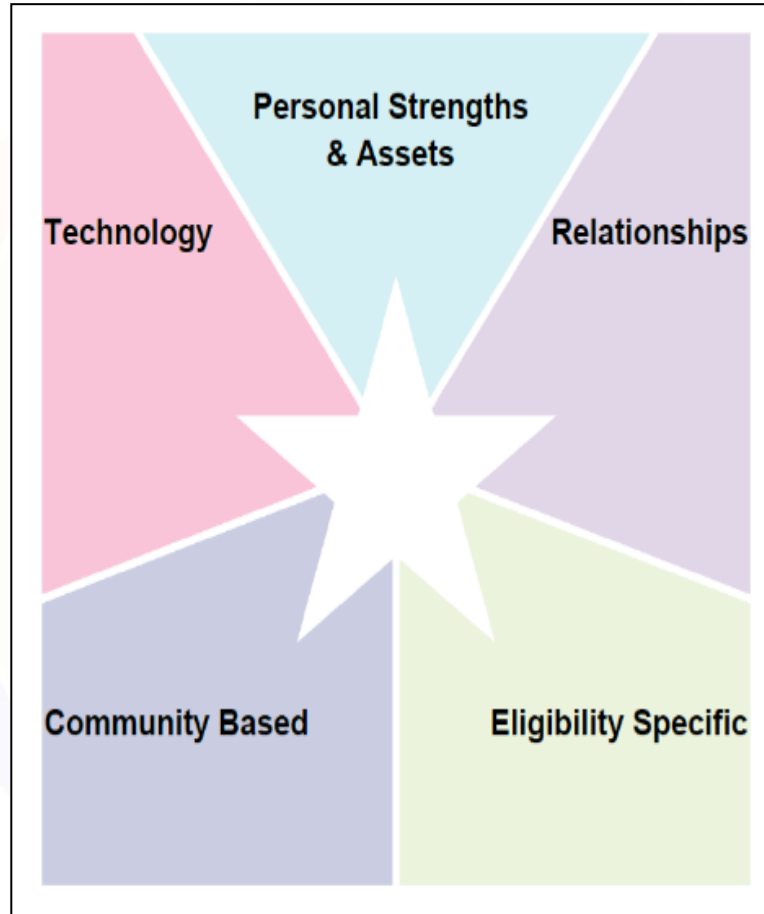
***To do the same thing every  
day. To have to do the same  
thing as everyone else.”***



# Aritro's Integrated Support Star

Computer  
Facetime  
Thumbtack  
Messenger  
Zoom

CABI  
Autism  
Resource  
Center  
Guitar Center



Reliable  
Hard working  
Music Lover  
Driven to become a good DJ

Mom and Dad  
Dj Santos  
Folks at Guitar Center  
Sean @ QCC  
Classmates

DDS Eligible  
Family Support Center  
PDP staff Jessica & Sean





# Aritro is happy with his GOOD life!



My **GOOD** life includes:

- ⦿ Becoming DJ Aritro
- ⦿ Volunteering
- ⦿ Autism Resource Center
- ⦿ QCC- Working towards a degree
- ⦿ Going to the Gym
- ⦿ International Sunday with DJ Santos
- ⦿ Daily living activities
- ⦿ Spending time with friends and family



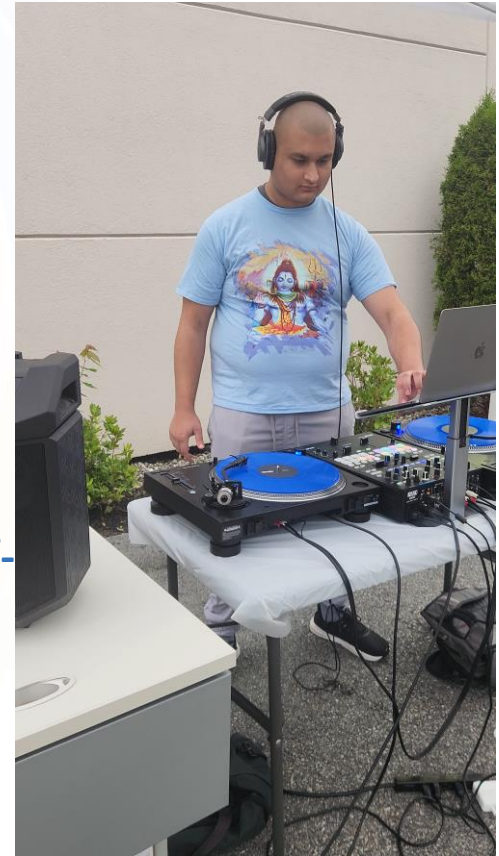
# LifeCourse Educational Materials





# Want to Learn More?

- © Lifecoursetools.com has lots of instructional videos and free downloads
- © CtLC in Mass website with videos:  
<https://thearcofmass.org/lifecourse>
- © CtLC “LifeCourse in Action” calls:
  - ★ To access webinar recordings please use this link:  
[LifeCourse in Action Webinar Recordings](#)
  - ★ Register using this link:  
[https://communityinclusion.zoom.us/meeting/register/tJluf-qtqjMuHtJEKhbKIP\\_Mt3cXouN1nV-z#/registration](https://communityinclusion.zoom.us/meeting/register/tJluf-qtqjMuHtJEKhbKIP_Mt3cXouN1nV-z#/registration)
- © Try it out on yourself first!





**The Department of Development Services  
determines the services and supports  
you receive based on your  
Individual Support Plan (ISP)**





# **The ISP is your plan for a good life.**

It starts with a vision for your future  
that includes your strengths  
and what you need to be successful

.



# Smart Goals and Objectives make Your Vision Possible

**S**pecific **M**easurable **A**chievable **R**elevant  
**T**imely



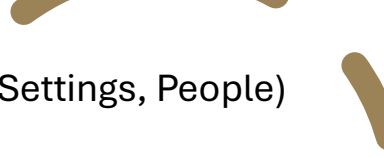


# Who is on Your ISP Team..

- YOU: The Person receiving the supports and services
- Guardian (if you have one), Family, and Allies
- DDS Service Coordinator
- Service Providers and Other Caring Professionals



# What are Key Parts of the ISP?

- 
- I. **Vision Statement**
  - II. Current Supports (Services, Settings, People)
    - a. Home/Community
    - b. Employment/Day
    - c. Health and Dental
    - d. Adaptive Equipment/Assistive Technology
    - e. Clinical
  - III. Safety and Risk
  - IV. Legal/Benefits/Financial
  - V. Successes/Positive Events, Challenges, Emerging Issues and Unmet Needs
  - VI. **Goals to Support Your Vision and Objectives for Achieving Them**



# An ISP that works for you ...



Imagines your future based on your strengths and interests.



Sets goals and objectives that make your vision possible.



Provides the funding, supports and services you need to be successful.



Allows choice for activities you enjoy and skills you want to develop.



# Don't Wait to Begin Planning

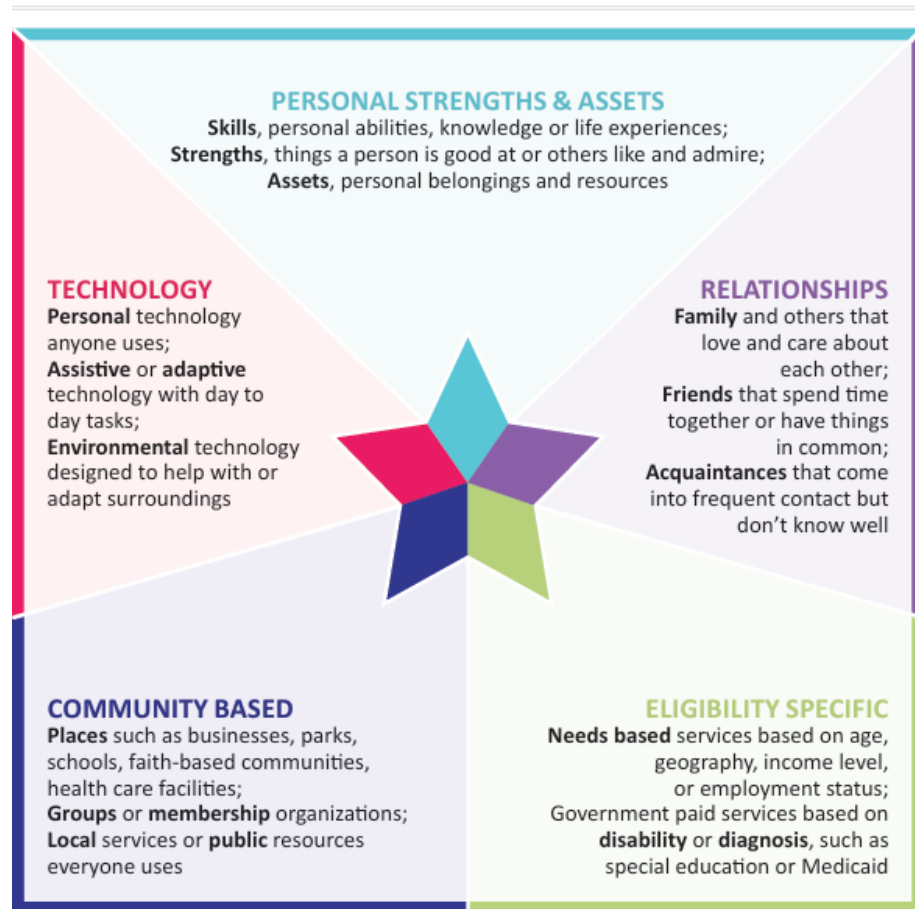
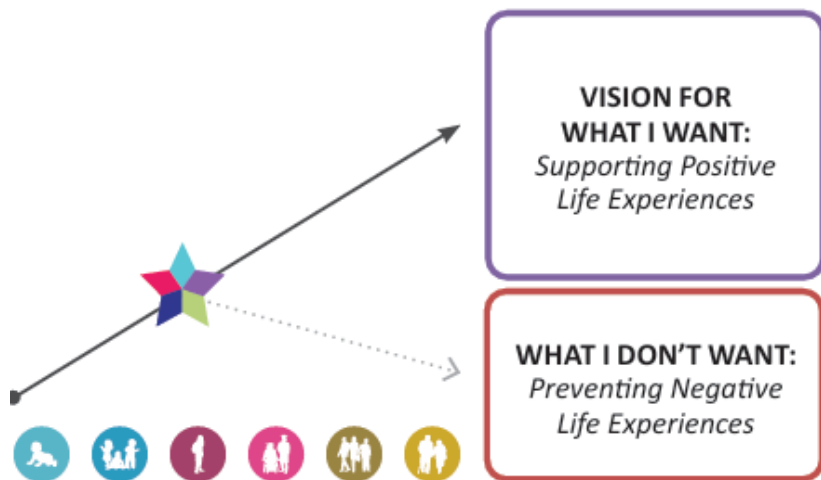
- Knowing what you want for your life takes time.
- Discuss your hopes and what's important to you with your Family and Allies ***before*** the ISP meeting.
- If it's your first ISP, think about what you enjoyed about school, how you like to spend your time, and what skills you want to work on.
- If preparing for an ISP review, consider last year's vision and goals. Are you making progress? What could be better?
- Tools that can help you organize the information.





# Planning Tools Can Help

## Charting the LifeCourse Trajectory and Integrated Star



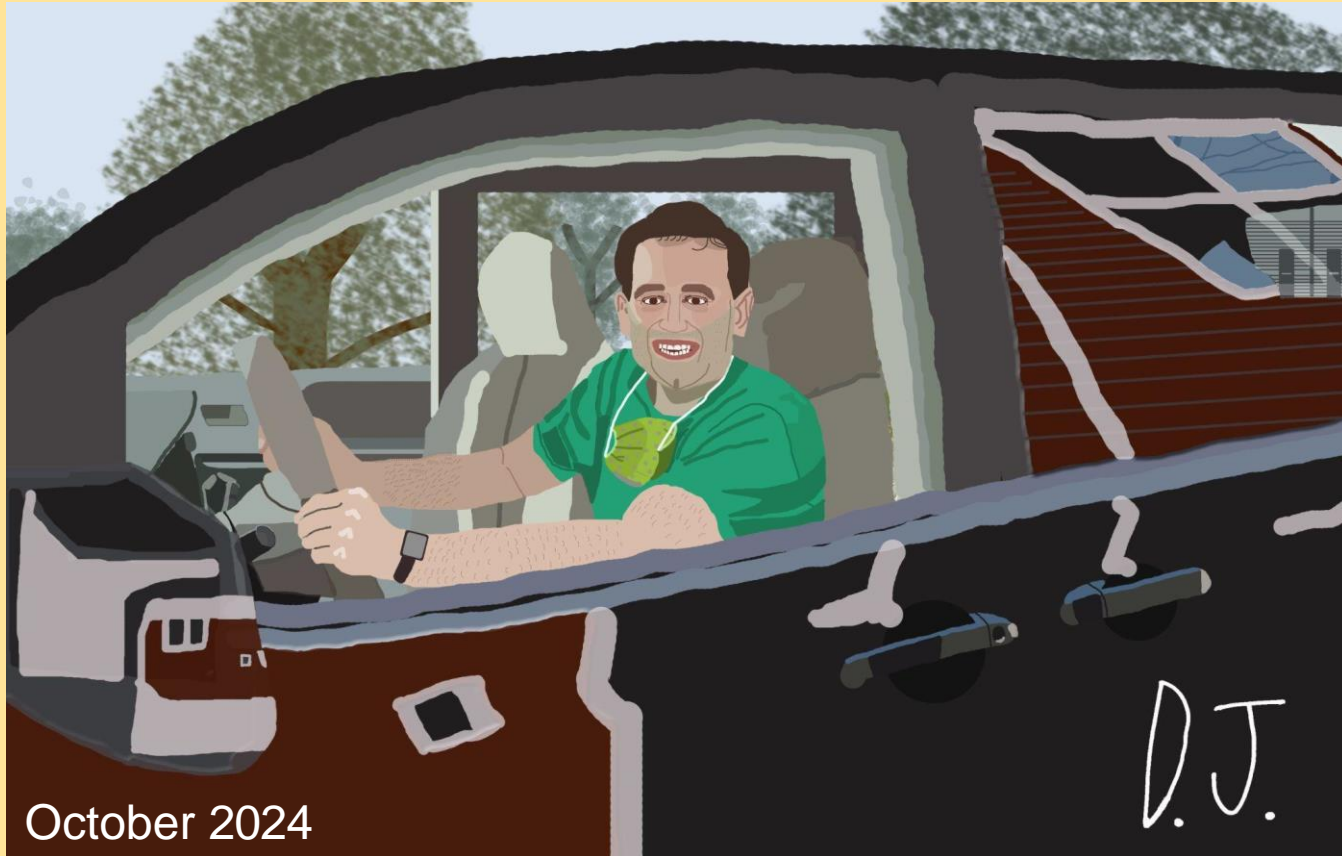
# **The ISP is Your Plan**

Take the lead in deciding  
your vision for the future and  
the supports you need  
to make your vision come true!





# ***MY SELF-DIRECTED LIFE***



# ***WHAT IS MOST IMPORTANT TO ME***

- ☐ My family
- ☐ My friends from
  - ☐ 3LPlace
  - ☐ Brookline
  - ☐ My home
  - ☐ All sorts of other places





# ***MY FAMILY***





# ***MY FAMILY***





# ***MY FAMILY***



# MY FAMILY



1:58 PM Wed May 24

Assistive Express

94%

david-jenkin-steward-jr. is so excited for memorial day because i am going to a cookover. sleeping and cooking in the kitchen at moms and dads. on saturday i sam and vania are going to the symphony-concert to see and hear the walt-disney's princesses and on sunday we like to go to the beacon-hill book store were going to see the movie-theater about walt-disney's live-action the little mermaid!.



# MY FRIENDS



# ***MY FRIENDS***





# ***MY ROOMIES AT HOME IN SOMERVILLE***





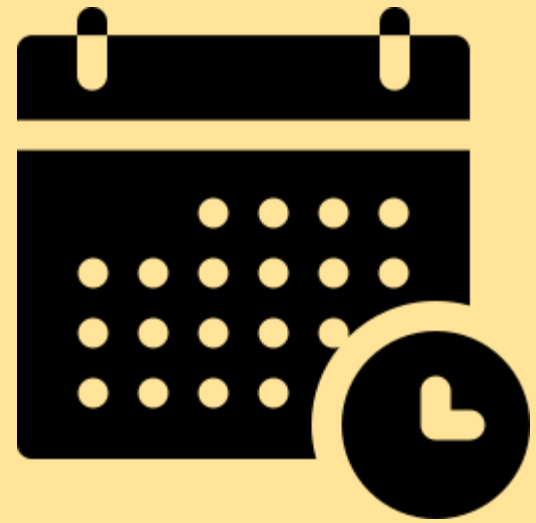
# 3LPLACE



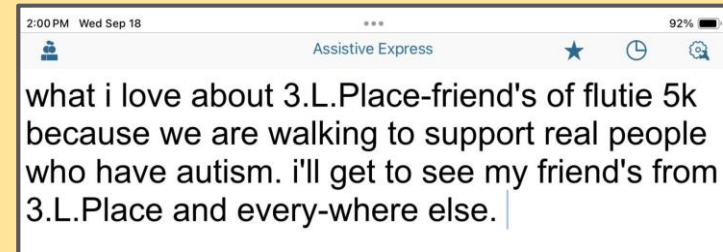


## ***WHAT I DO EACH WEEK***

- ☐ I go to 3LPlace.
- ☐ I go rock climbing with Jen.
- ☐ I practice music with Dianna.
- ☐ I exercise with Margot.
- ☐ I practice my writing with Kathy.
- ☐ I do artwork with Laurie.
- ☐ I do computer art with Adrian.
- ☐ I zoom with my friend Ali in New Hampshire.

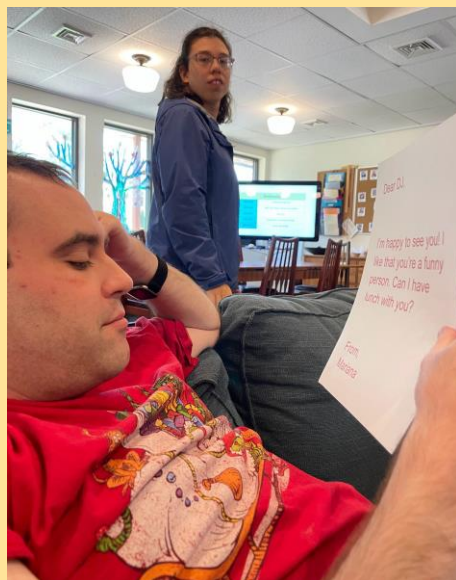


# 3LPLACE



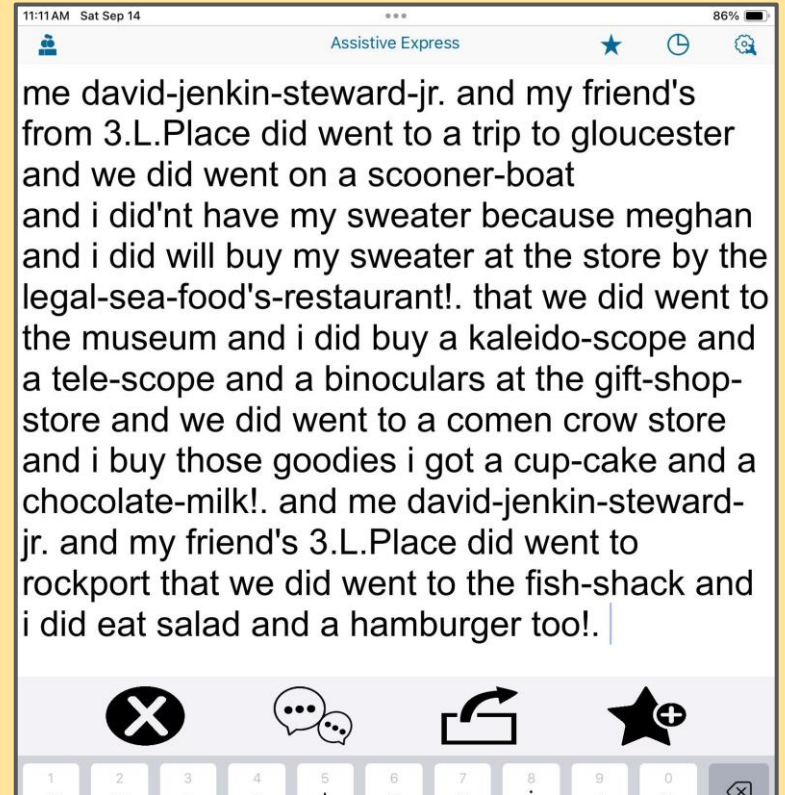


# 3LPLACE





**3LPLACE**





# ***ROCK CLIMBING WITH JEN***

2:24 PM Wed Aug 14



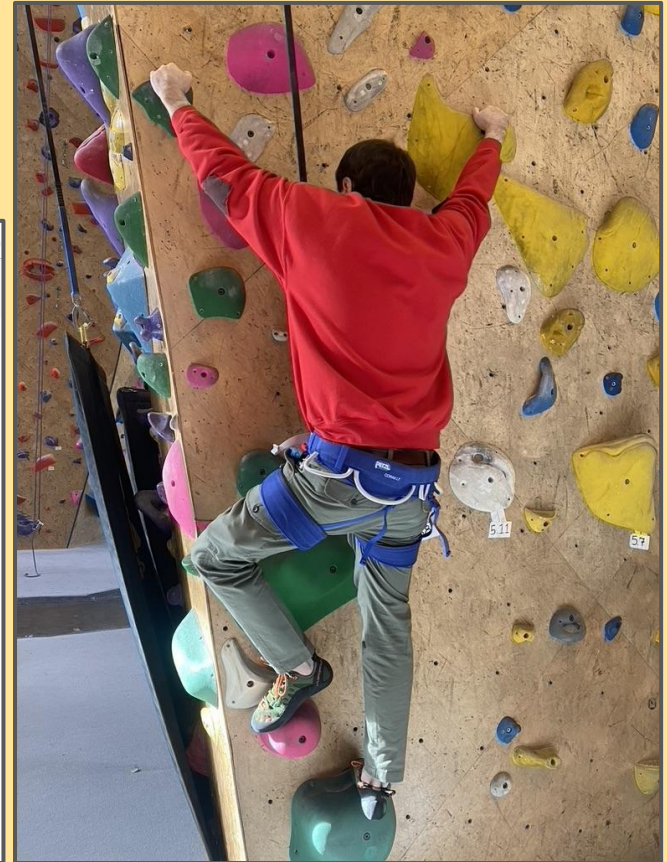
83%



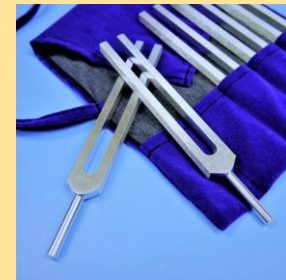
Assistive Express



i sleep and shower and eat then go to see my friends at 3.L.Place mom is coming to see me and go in the community!. i make beautiful art to share my talent. i do rock climbing and go to best brother's because we travel the world i did buy a stork-card and a toy-guitar at the book store and a toy store too! i have a new music teacher named dalanie!.



# ***COMMUNICATION WITH KATHY***





# MY ART



2:01 PM Wed Mar 13

Assistive Express

90%

me david-jenkin-steward-jr. is an artist uncharastic due to his unique autistic view of art and social worlds that are humatarian and compassioned to being accepting of everyones unique competency. i want the world to be kinder and connected to our collaborative lifetime. no. the thing that influences me is my own observations around me and supportive believers that i matter. i just love having art to communicate my wordly dreams. and maybe one day will have acceptance that autism has some gifts. i make my art to use as my voice to share connected wisdom and truth. |

# MY ART





# MY ART



# MY RECENT ART SHOW





# MY ART WEBSITE [DJFLASCHENART.COM](http://DJFLASCHENART.COM)

## DJ FLASCHEN



Self Portrait of Artist

[ABOUT DJ](#) [PORTFOLIO](#) [HOW TO ORDER](#)

### MEET DJ—THE ARTIST BEHIND ALL THINGS STORK (AND BEYOND)!

I am a talented young fellow, a multi-media artist; a mixed medium sculptor; a hand-building ceramic artist; a creator of dynamic, tiny, yet highly detailed imagery. While I draw on all media, Photoshop is my preferred media choice.


My ambitions include: writing and illustrating children's books, building an entrepreneurial business using my vibrant Photoshop creations. I have always loved the Stork image, and envision developing a line of products using my various storks.







Your support of my work means more to me than you will know. Consider purchasing some of my work that is available. I'm also happy to custom create imagery as well as custom orders.










# MY ETSY SITE


<https://www.etsy.com/shop/DJFlaschenArt>

 Categories


     


 Gift Mode  Etsy Design Awards  Home Favorites  Fashion Finds  Registry  Gift Cards






**DJFlaschenArt**  
Shop organic onesies, tshirts and thank you cards by DJ  
Somerville, Massachusetts  
3 Sales



DJ Flaschen  
 Contact

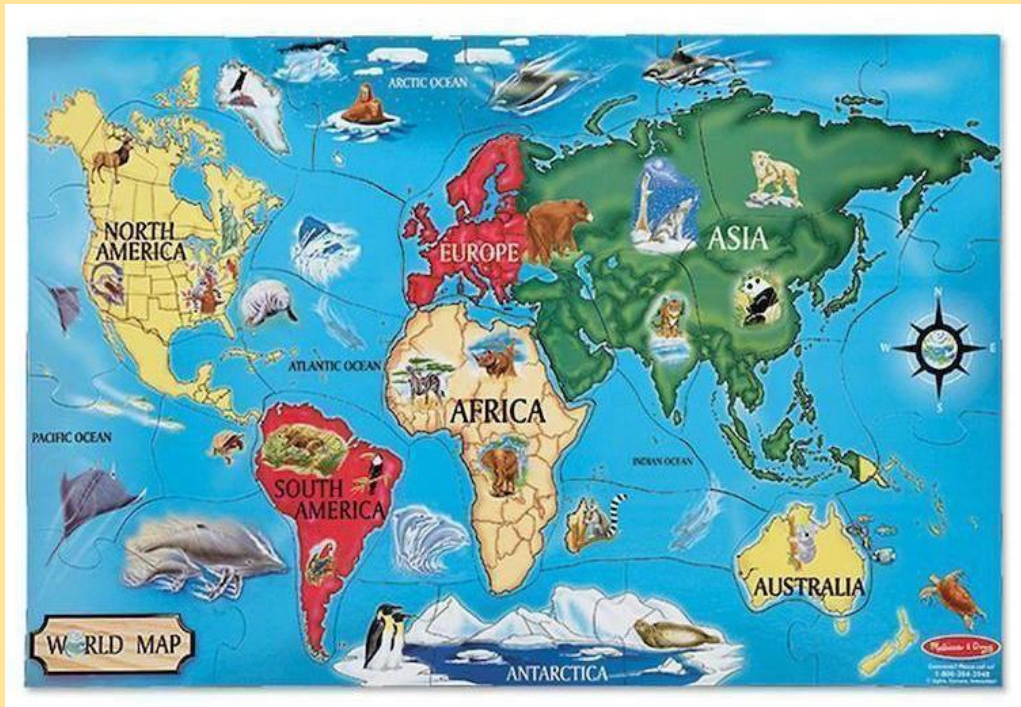




# ***AROUND THE WORLD WITH DJ***

## **18 COUNTRIES:**

- Argentina
- England
- Ireland
- France
- Spain
- Italy
- Switzerland
- Costa Rica
- Iceland
- Greece
- Turkey
- Israel
- Jordan
- Singapore
- Thailand
- New Zealand, South Island
- Russia
- Vancouver and Whistler Canada

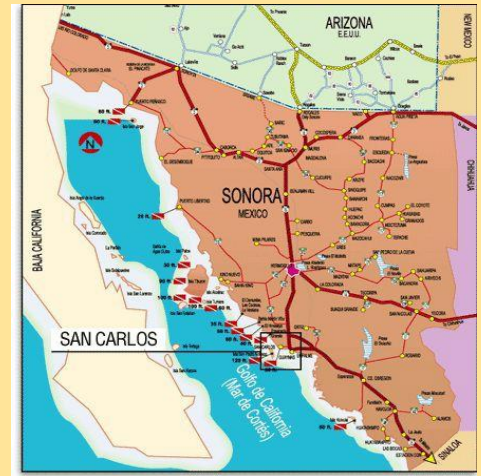


# MY TRAVEL – PORTO, PORTUGAL

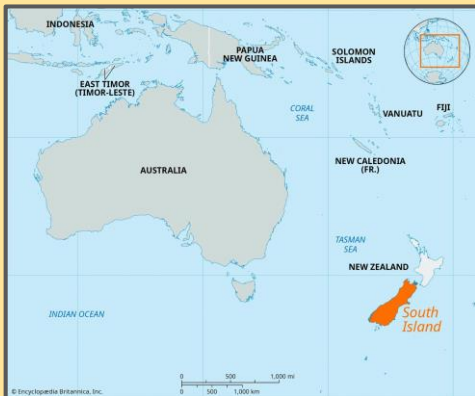




# ***MY TRAVEL – SAN CARLOS, SONORA, MEXICO***



# ***MY TRAVEL – SOUTH ISLAND, NEW ZEALAND***





# AROUND THE STATES WITH DJ



## 20 STATES:

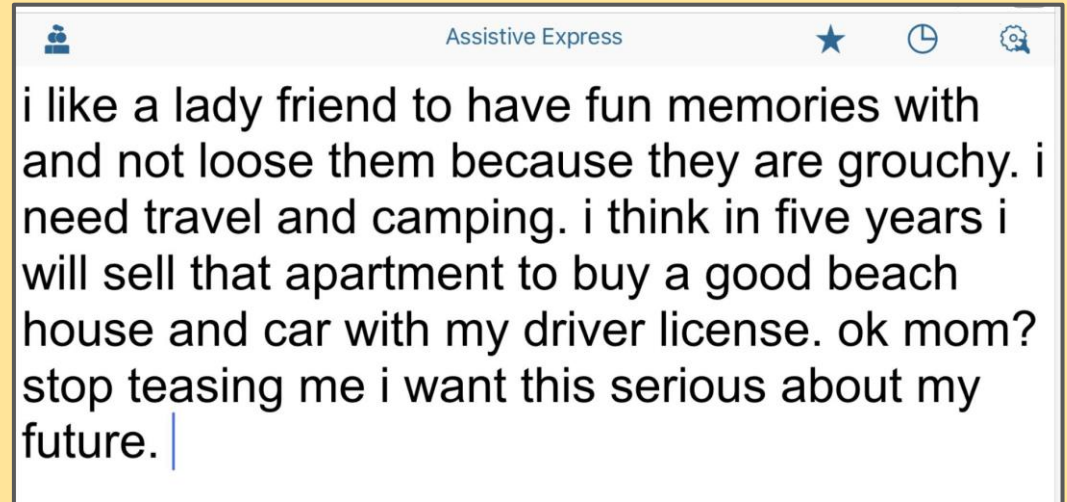
- Alaska
- Hawaii
- Washington State
- California
- Nevada
- Utah
- Colorado
- New Mexico
- Illinois
- Wisconsin
- New York State
- Massachusetts
- Maine
- New Hampshire
- Vermont
- Washington DC
- Maryland
- Florida
- Montana
- Idaho

## A photograph of two men fishing from a wooden pier. In the foreground, a man wearing a red baseball cap, a blue t-shirt, and a black fishing belt is looking towards the water. In the background, another man wearing glasses, a light green t-shirt, and white shorts is holding a fishing rod and looking at the water. A large, silver, dome-shaped lamp is mounted on a pole next to them. The pier is made of wooden planks, and the water is blue with some ripples. In the distance, there are green hills and a clear blue sky with some clouds.





# MY FUTURE



Name: \_\_\_\_\_

Date: \_\_\_\_\_



# One-Pager

Answer each of the four parts in this One-Pager. Your answers will help you create your **SPIN**, or your **S**trengths, **P**references, **I**nterests, and **N**eeds. Give it to your teachers and employers so you can help them understand you and your needs and you can be successful!

## My Strengths

## My Preferences

## My Interests

## My Needs



Resource provided by I'm Determined, a state-directed project funded by the Virginia Department of Education.  
©2006-2022 I'm Determined. All rights reserved.

Scan code for more guidance, videos, and examples.  
For additional resources visit [www.imdetermined.org/resources](http://www.imdetermined.org/resources).







## Vision and Goals for Self-Direction

**John is 24 years old with a diagnosis of Autism**

### **Vision**

John would like to develop and practice the skills necessary to pursue work in the field of food and hospitality. John would like the opportunities to further develop and practice daily living skills that are necessary to be as independent as possible. It is important that John has opportunities to develop and maintain social relationships with appropriate peers and will need support services to live, work and volunteer in the community.

### **Goals:**

Using **Individual Employment Supports**- John will explore careers in his field of interest (food service and hospitality). He will refine interpersonal skills in an environment that includes co-workers, supervisors and the public. John wants to strengthen his skills in food prep and be provided with opportunities for securing employment in his chosen fields.

Using **In-Home Support Services** – John will need assistance with money management, paying bills, meal planning, and shopping. He will further need assistance with making appointments, schedules and learning household maintenance. John would like to eventually live in an apartment/housing situation with peers.

Using **Peer Mentorship** – John would like to utilize a peer mentor. His mentor could help him develop interests and friendships in the community. A peer mentor could also assist John access meaningful and appropriate leisure activities that interest him.

### **Other Information:**

- John would like to learn how to take an Uber independently
- John would like to get a Serve Safe Certificate
- John does not like to be near dogs and is on a gluten free diet



## Vision and Goals for Self-Direction

### Sarah is 23 with a diagnosis of Autism, CP, and a Visual Impairment

#### Vision

Sarah would like to develop the skills to be as independent as possible. She would like to eventually move away from his parents and live with her peers in a supported setting where she can continue to develop her ADL's, remain healthy, engage with her peers in recreation and leisure pursuits, and find a meaningful job that she enjoys. Sarah is also interested in learning how she can utilize assistive technology to improve her independence.

#### Goals

##### Independent Living:

Using **Individual Home Supports**, Sarah would like to develop and practice her ADL's including getting out of bed, getting dressed, taking medications, performing personal hygiene, and preparing healthy meals. Sarah would also benefit from support from a BCBA to assist her in dealing with his frustration tolerance at home.

##### Leisure/Recreation:

Using **Adult Companion Services**, Sarah would like to develop a regular leisure and recreation routine that includes inclusive fitness classes, arts and crafts, painting, cooking, and other preferred activities.

##### Employment:

Using **Individual Employment Supports** or through a **CBDS Program**, Sarah would like to explore opportunities for a part time or volunteer job. She is interested in working with animals and possibly volunteering at an animal clinic or shelter.

##### Other:

1. Health is an immediate issue as Sarah has regressed physically since graduating from High School.
2. Sarah needs updated Occupational and Speech goals
3. Sarah and her family would like to understand her autism diagnosis and how it impacts her
4. Transportation is a major issue for Sarah as she requires a chairlift
5. Sarah does not do well in large groups and is afraid of alarms and thunder.



Community  
Connections: Finding  
Our People Where We  
Live

[illegible]

# Neighbours Inc....Our Journey with Self Direction



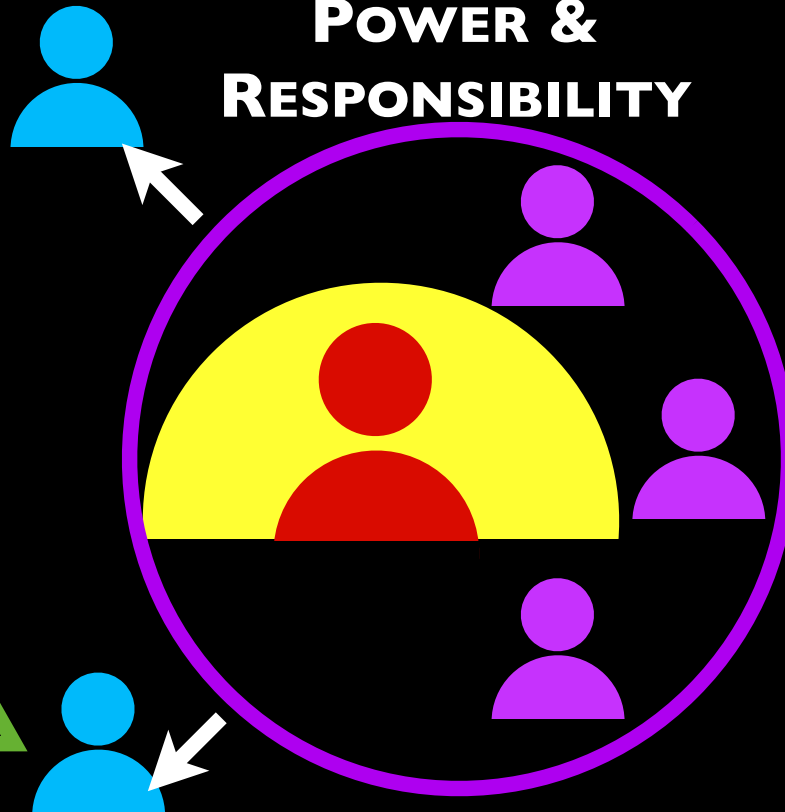
**POWER &  
RESPONSIBILITY**



**Agency & Staff**

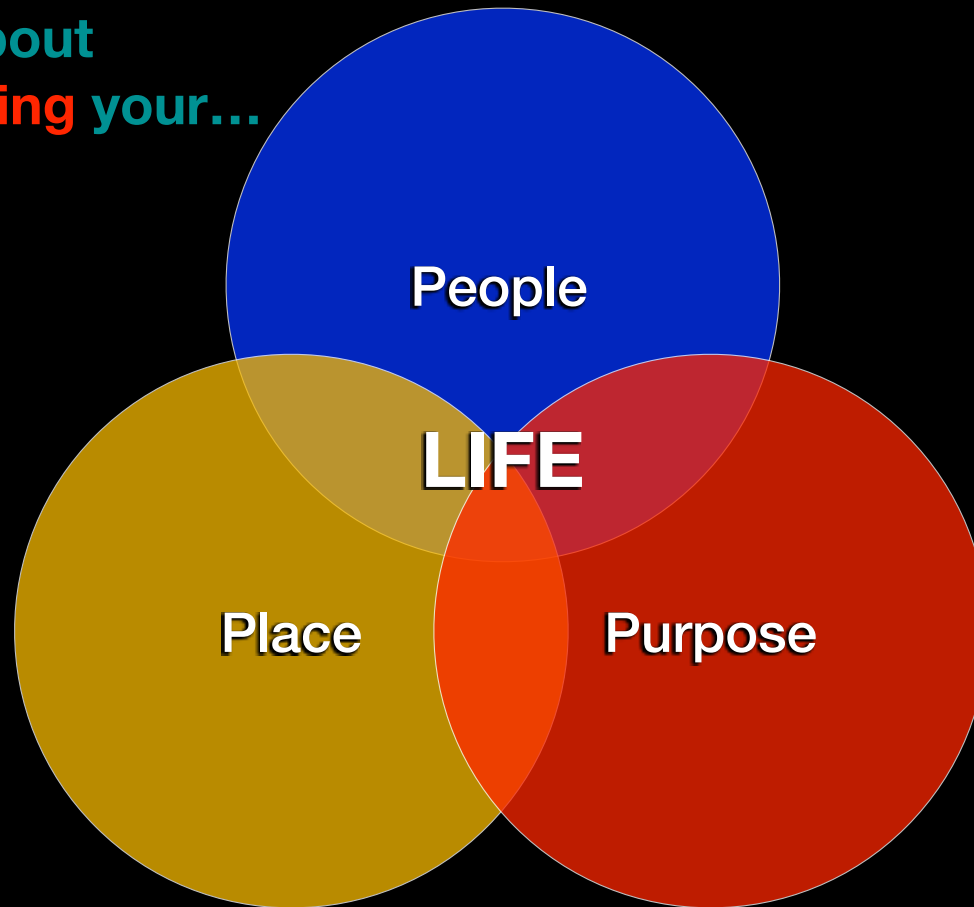
Neighbours International 2012©

**POWER &  
RESPONSIBILITY**



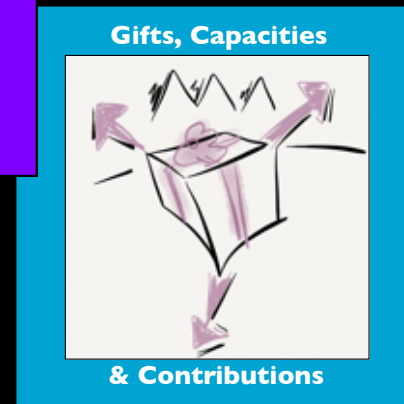
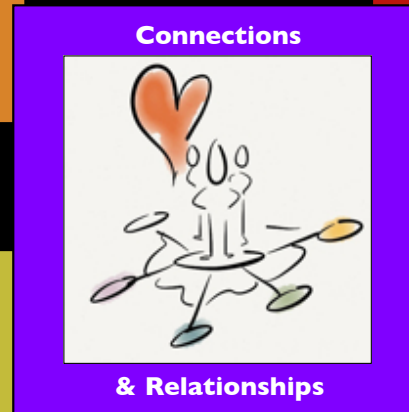
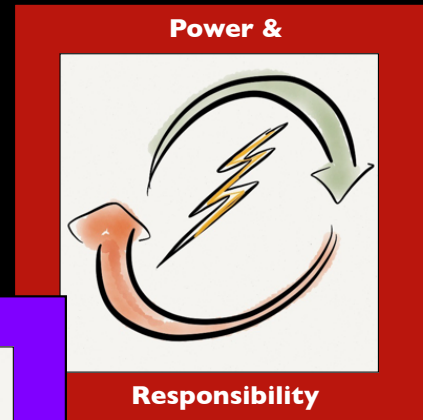
**Person,  
their Family & Allies**

Life is about  
**discovering** your...





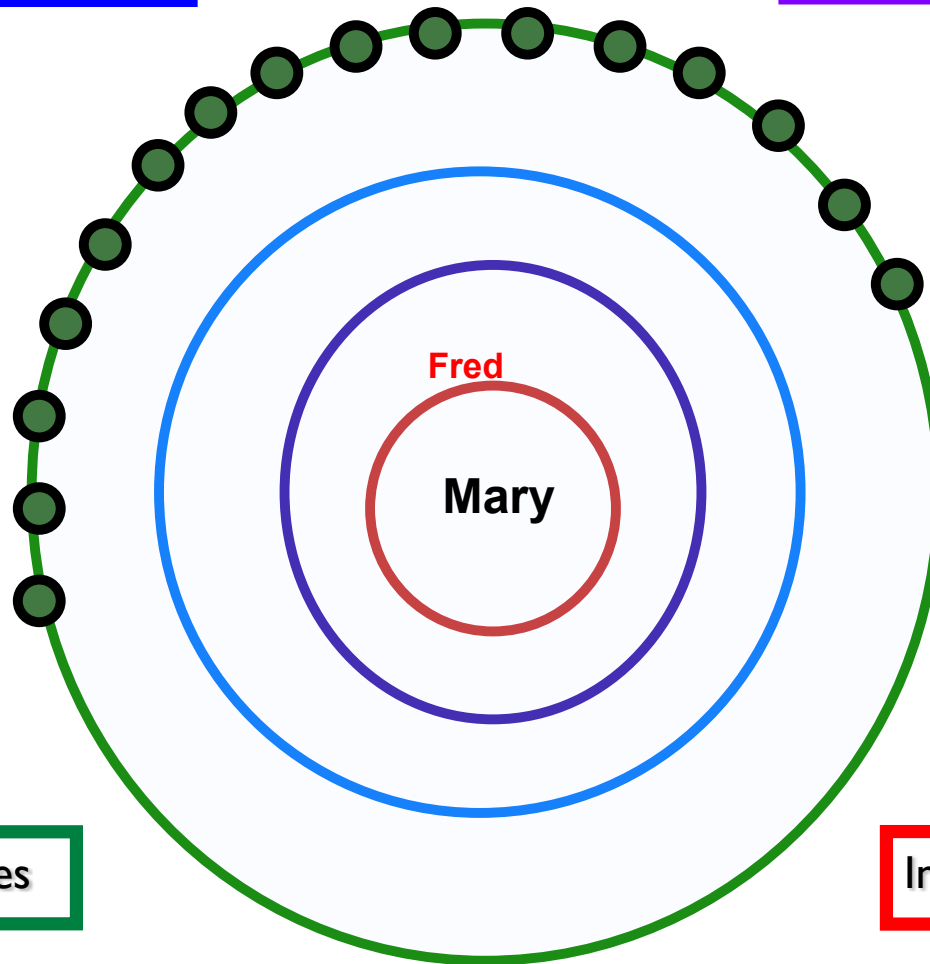
**Invest:**  
devote (one's time, effort, resources, or energy)  
to a particular undertaking  
with the expectation of a worthwhile result





Casual friends/acquaintances/  
participation

Very best friends

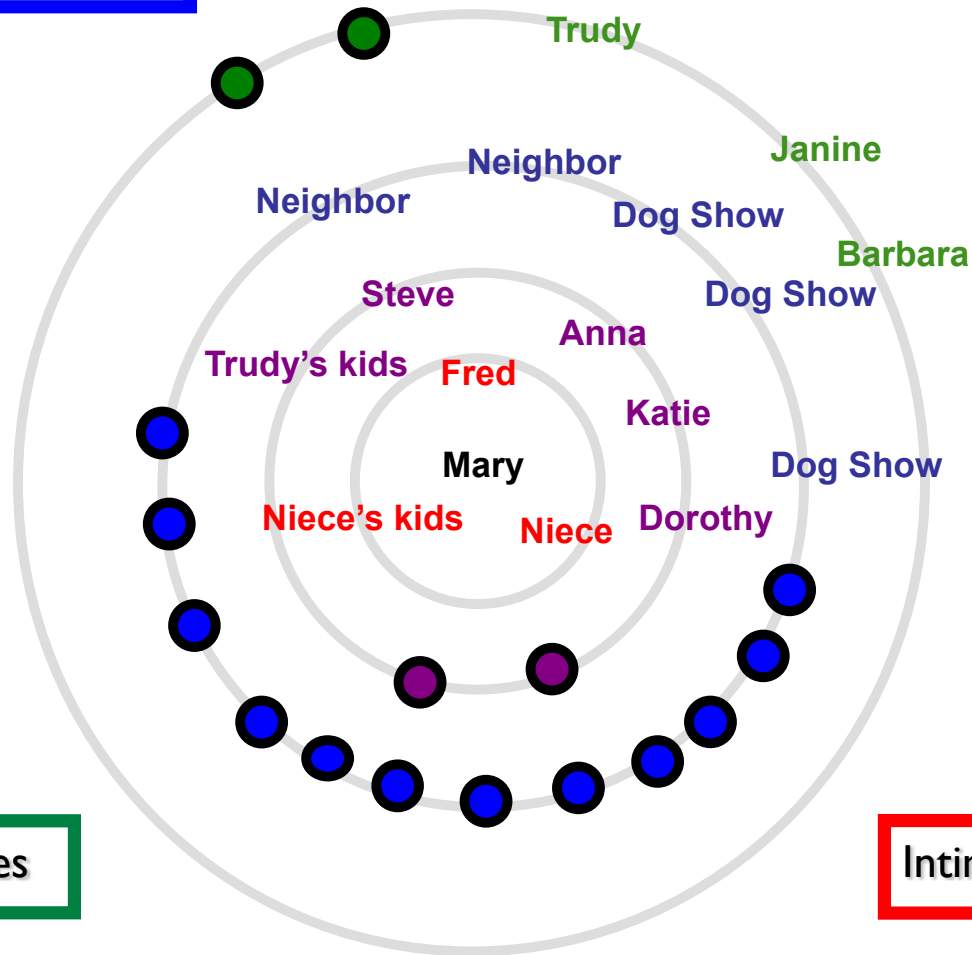


Paid services

Intimacy...Family

Casual friends/acquaintances/  
participation

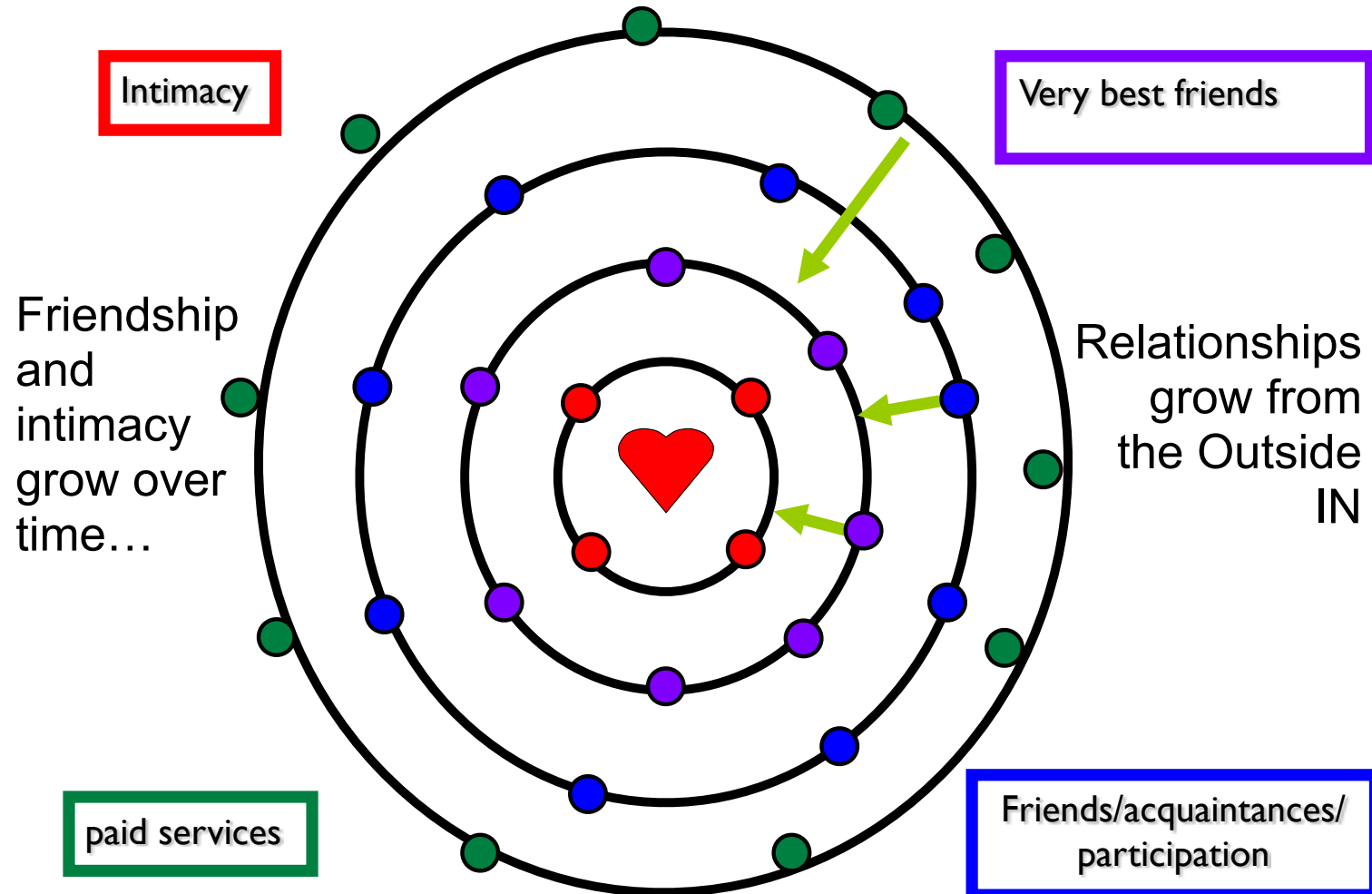
Very best friends



Paid services

Intimacy...Family

## Where Do Our Relationships Come From?





# Exploring With the Circle Map

Look at the the person's map...who does he already know?

Which of these people can be invited into his life?

Who might the person be able to be reconnected with?

What interests does the person have?

Are there people  
from our circles who share those interests? Can  
introductions be made?

Are there ways to create opportunities for participation  
based upon interests?

Is there anyone who can be a "champion" for that person?  
Someone who really loves them or believes in them?

# Circle of Support

Intentionally Creating Opportunities for Relationships to Flourish

## Before The First Meeting

Identify at least one person who believes in the person.

## The First Meeting.....How To Plan

Invite guests to one meeting.

Make the right invitation....what are you inviting people to?

## The First Meeting....Who To Invite

Look at the the person's circle map and various connections.

Look at the circles of anyone who knows the person.

Who makes sense to invite to this particular meeting?

## Facilitating the First Meeting

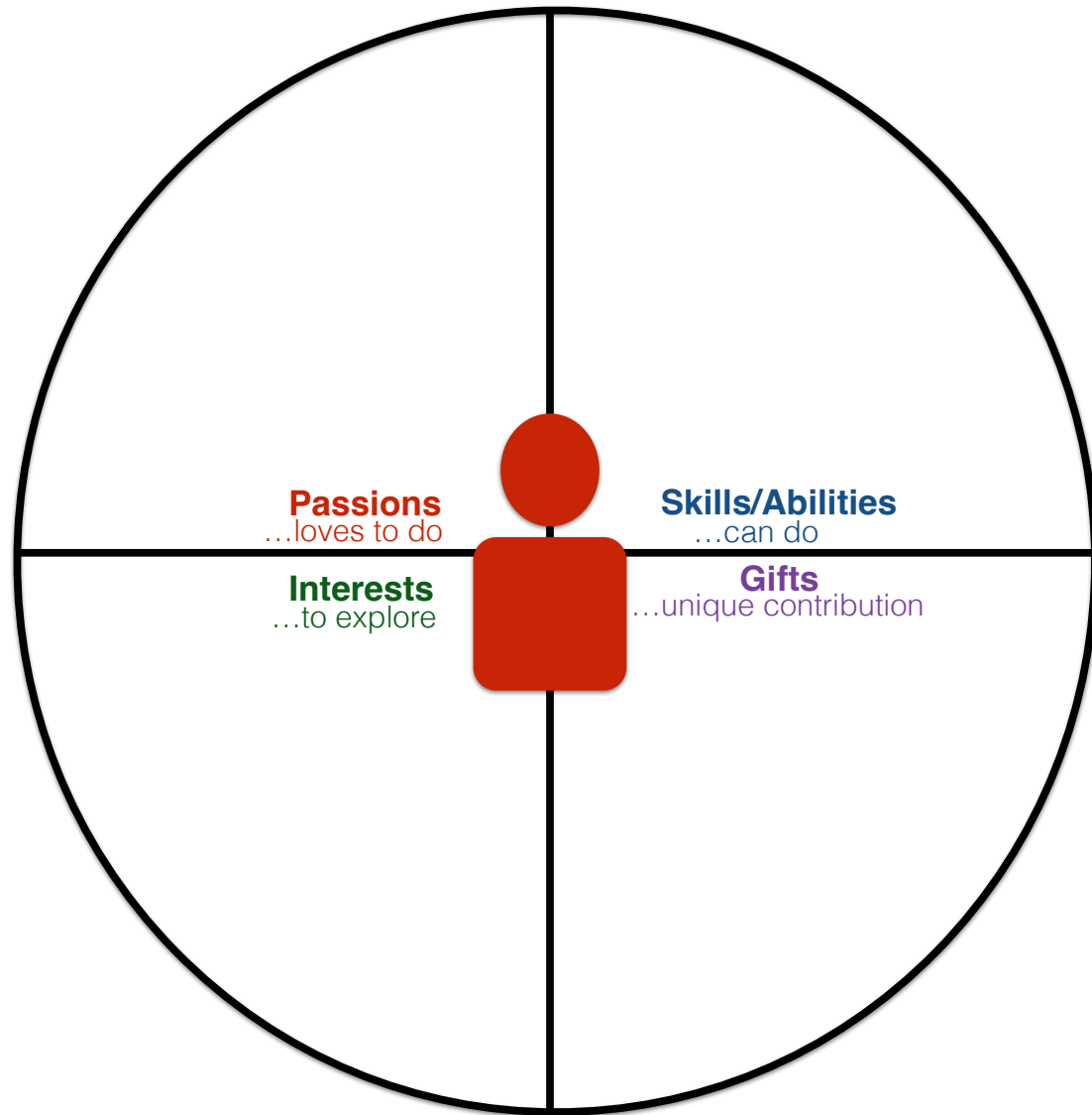
Serve food.

Set a reasonable time frame for the gathering.

Have the right conversation.

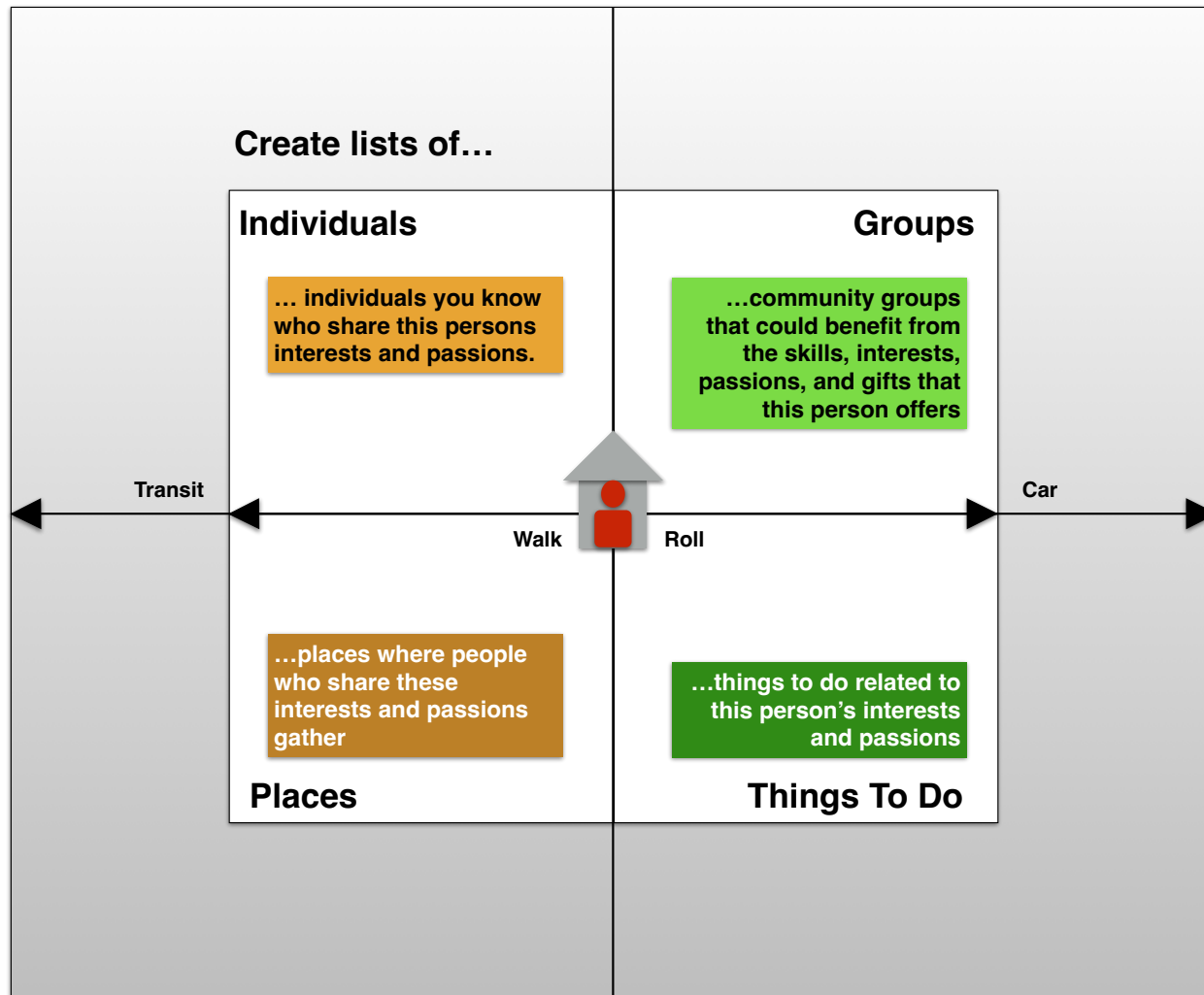
Explore who might be willing to help with what.

Schedule a next meeting.

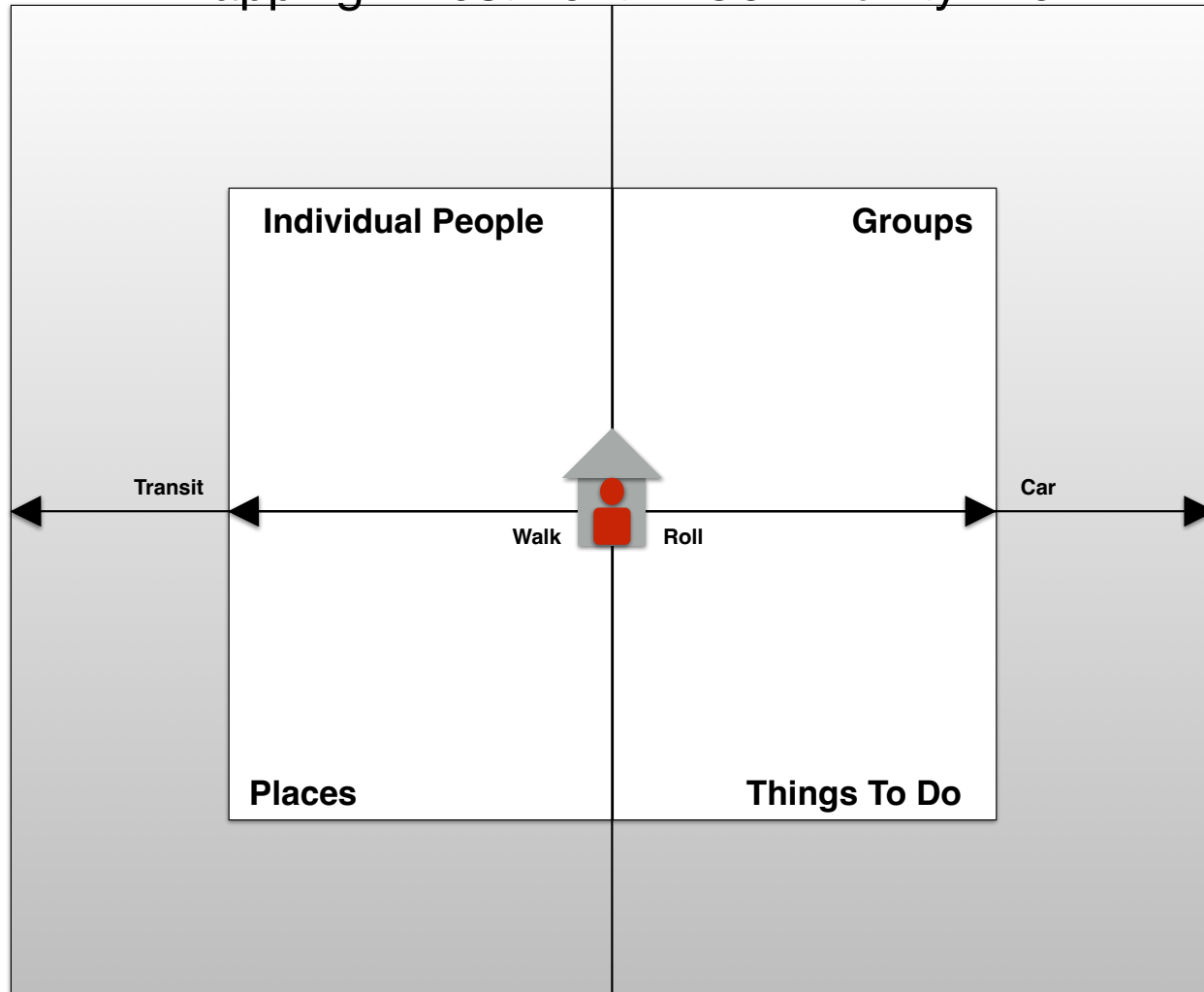




# Mapping Investment In Community Life



# Mapping Investment In Community Life



Practices....Lead to Habits....Lead to Culture

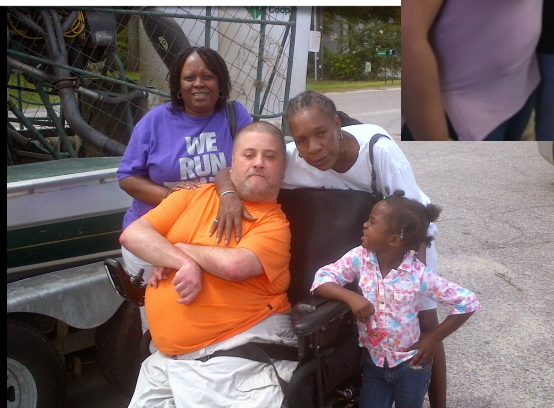
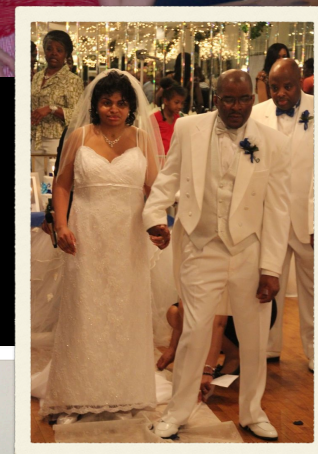
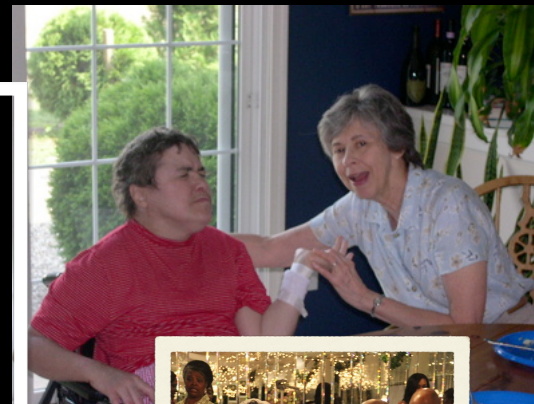


.....Which Creates Roots in Community



## A Learning Cycle





Neighbours, International

Patti Scott

908-202-8353

[pattiscott@neighbours-inc.com](mailto:pattiscott@neighbours-inc.com)

[www.neighbours-inc.com](http://www.neighbours-inc.com)

<http://www.neighbours-international.com/index.htm>

YouTube: [youtube.com/NeighboursIntl](http://youtube.com/NeighboursIntl)

Video of Jason's Circle:

<https://www.youtube.com/watch?v=b5BinAE-Lvw>

Benjamin Zander Video:

<https://www.dropbox.com/s/4fypjm8pu3z4n/ZanderPossibility-8min.mp4?dl=0>



# Role of the AWC Navigator

# **The Role of the Agency With Choice Navigator**

**Self-Direction Conference 2024**

**Kristine L. Marquis, Moderator October 2024**

**Sandra Heller, Panelist**

# Workshop Overview

- What is Agency With Choice (AWC)?
- Who is the AWC Navigator?
- How does the AWC Navigator help you with hiring staff?
- How does the AWC Navigator help you to keep my staff?
- How does the AWC Navigator help you with planning?
- When will you talk with your AWC Navigator?



# Agency with Choice (AWC) is:

- AWC is a model of self-directed service delivery which requires Providers to share employment responsibilities with individuals and families.
- The AWC Provider serves as the Employer of Record (EOR) for the employee(s) hired to provide services to the individual, and the individual/family serves as the on the ground managing employer.
- The primary responsibilities of the AWC Provider are to facilitate the individual/family's ability to self-direct their services by assisting in the planning, administration, hiring and vetting process and ongoing supervision of Individualized Home and Day Supports as well as any flexible funding expenditures.

# Who is the AWC Navigator?

- A person employed at approved DDS Provider agency
- A person knowledgeable about advertising, finding, hiring and retaining staff
- A person knowledgeable about how to help participants *design* a schedule of activities
- A person knowledgeable about how to set up and co-manage your budget
- A person knowledgeable about potential resources in your community

## **How does the AWC Navigator help me with hiring staff?**

- Helps you create job descriptions
- Helps you create job advertisements
- Helps you to identify resources and places to recruit staff
- Helps you negotiate and establish rates of pay within DDS guidelines for your staff



## **How does the AWC Navigator help me to keep my staff?**

- Helps you by enrolling your staff in skill-based and mandatory trainings
- Helps you by processing time sheets and paying your staff on time
- Helps you to complete performance evaluations for your staff

## **How does the AWC Navigator help you with planning?**

- Helps you by getting to know you, your likes and dislikes, and your vision for your own future
- Helps you to design a schedule of support that aligns with your vision
- Helps you with required DDS assessments and goals for your ISP meetings
- Helps you explore the community resources that align with your vision
- Helps you to plan and monitor your DDS budget

# When will I talk with my AWC Navigator?

- Whenever you need help with something, you should reach out
- If a problem arises such as budget spending, time sheets or employee challenges
- At least once each month, as is required by DDS as well as when there are crisis or challenges

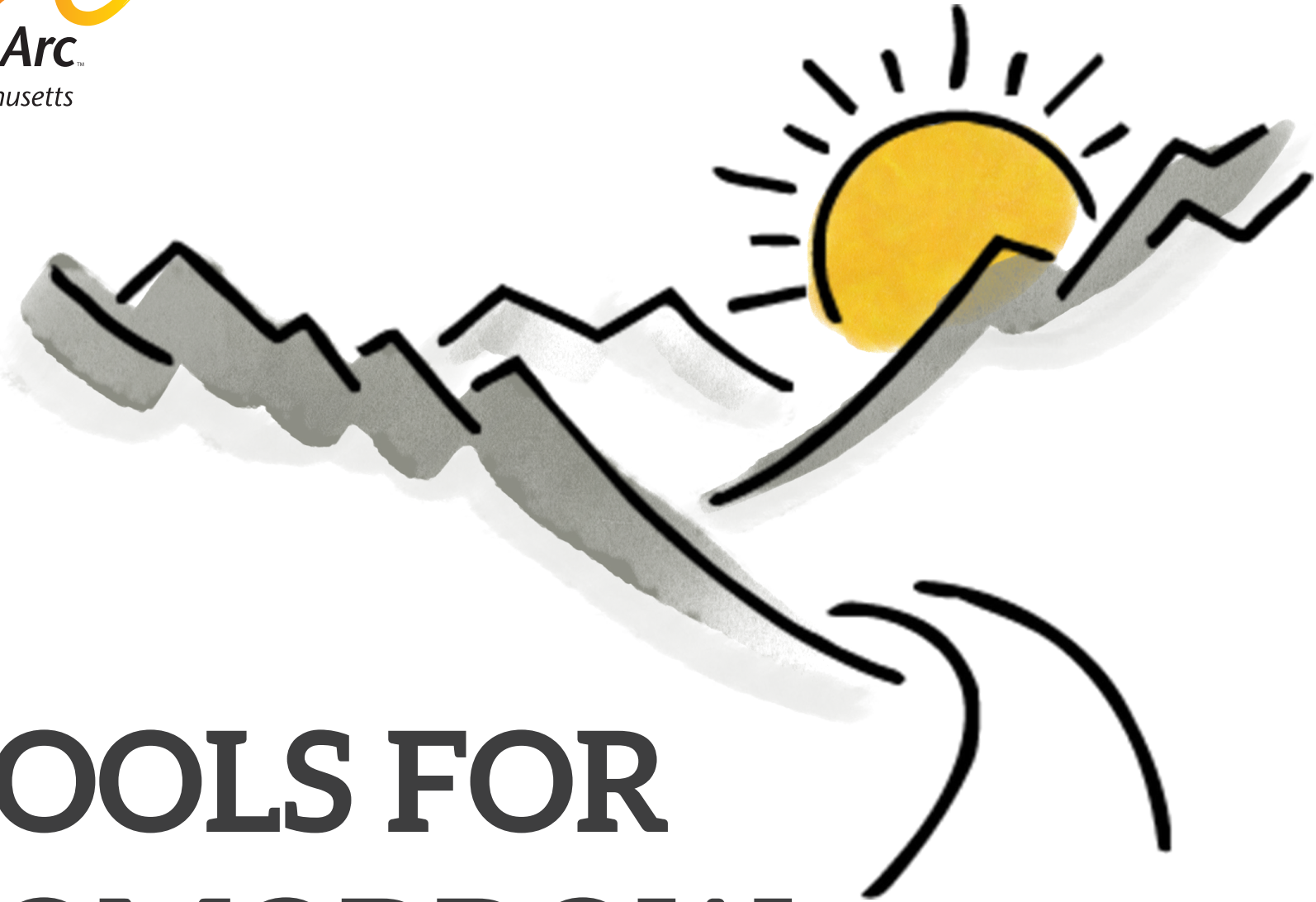


# Takeaways

**Be empowered to take charge of your own life! Navigators can help you explore opportunities to increase your independence.**

- Navigators are there to help you with the hiring process and co-manage employees as the Employer of Record with the Department of Labor.
- Work in collaboration with you to manage your DDS allocation budget
- Help you explore your community for opportunities that may increase your independence, including job interests, developing friendships, or acquiring skills of daily living
- Guide you on DDS regulations, administration and recordkeeping
- Participate in your ISP process

# Aging Caregivers and Future Planning



# TOOLS FOR TOMORROW

[ARCMASS.ORG/TOOLS](http://ARCMASS.ORG/TOOLS)



## PLANNING THE GOOD LIFE

Do you have hopes and dreams about where and how you want to live and what you want to do during the day? If so, then you have already started on the path to describing your “good life”!

As you think about what is important to you, it helps to have a plan so people know what you want and what you need to be successful and live the kind of life that will make you happy.

*Tools for Tomorrow* has been developed as a person-centered planning resource for individuals with disabilities. It also introduces tools developed by the *LifeCourse Nexus*® that will help you get started on developing your special “Vision” for meaningful services and supports. There’s a link in the Resources section so you can learn more about the *LifeCourse Nexus*® frameworks and tools.

*Who would you like to work with you on your planning? Start by making a list of people who are involved in your life now.*

## THIS IS YOUR LIFE

There are a lot of people who can help you think about your current life and what activities or supports you like and what experiences *you do not want* to repeat. Ask family members, other caregivers and close friends to work with you on this, and then, as you move along, you may want to add others to your team who can help you brainstorm about how to make your dreams a reality.

## YOUR VISION FOR A GOOD LIFE

Your Vision is all about you, your goals, your hopes and dreams for the future. You are the only one who can identify what your good life should look like.

To develop your Vision, start by thinking about what the best day looks like for you. It might help to write some notes or ask someone to do this for you. When you do this, try to think about all the different areas of your life.



**We call these “life domains.” Here is a list for you to consider:**

- your day time activities and work,
- supports that help you be more independent,
- where you want to live and with whom and the amount and type of supervision needed,
- your clinical support and health care needs,
- your family involvement and other relationships,
- what kind of social, spiritual, recreational and leisure activities you like,
- what is needed to ensure your financial, emotional and physical safety,
- how you can make sure you are involved as a valued member of your community,
- what supports your family and caregivers need to make sure you have a quality life.

Maybe you will want to think about one part of your life, like what you want to do during the day or where you want to live. Even so, all of these “domains” are closely connected and thinking about all of them will help you develop your Vision.

## LOOKING AT THE PAST AND DREAMING OF THE FUTURE

Think about things you are doing now or did in the past that had meaning for you. Sometimes it isn’t easy to just talk about this or write a list; you might want to make a “visual list” by pulling together pictures, photos or drawings of important people in your life or activities and past events.

Think about what is good right now and what you want in the future. This doesn’t need to be done in one day. As you do things, go places, or think about your current living situation, think about what you like, what makes you feel successful, who you like to be with and what changes could make all of this even better for you.

*Keep an open mind – this is the time to dream big,  
have high expectations and think outside the box.*



### Daily Life and Employment

What a person does as part of everyday life—school, employment, volunteering, communication, routines, life skills.



### Community Living

Where and how someone lives – housing and living options, community access, transportation, home adaptations and modifications.



### Healthy Living

Managing and accessing health care and staying well – medical, mental health, behavioral health, developmental, wellness and nutrition.



### Safety and Security

Staying safe and secure – emergencies, well-being, guardianship options, legal rights and issues.



### Social and Spirituality

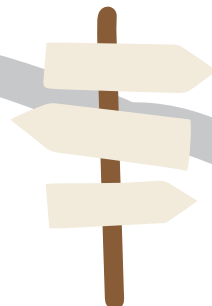
Building friendships and relationships, leisure activities, personal networks, and faith community.



### Advocacy and Engagement

Building valued roles, making choices, setting goals, assuming responsibility and driving how one’s own life is lived.

*Explore the Life Domains  
by LifeCourse Nexus@  
[www.lifecoursetools.com/lifecourse-library/  
exploring-the-life-domains/](http://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/)*



## START MAKING YOUR LIST

Asking lots of questions will help develop a list of what you want to do, what you want to achieve and what type of supports you need. Here are some to get you started:

- **What are your strengths and abilities?**
  - What things do you like to do and do well?
  - What do you want to make sure you continue doing?
- **What's important to you?**
  - What is absolutely needed in your life?
  - What activities, supports and relationships are important?
  - What should be added to this list?
- **What types of supports help you be independent and productive?**
  - What did you like to do in the past that you want to do again?
  - Who helped you do this? How did they help you?
- **What is not working now and needs to stop?**
  - What don't you like to do? What's not important?
  - What kind of support isn't good for you or makes you unhappy?
- **How should your life be different a year from now, or three years from now, or beyond that?**

Take time to think about your list and ask others what they think. This will help you brainstorm about other possibilities.

This is not just a one-time and one-step process. As life changes, your plan and Vision can also change. *Look at the Life Experience guides developed by LifeCourse Nexus® in the Resource section. These booklets will help you develop your Vision for each life stage.*

## PUTTING THE VISION IN WRITING

Here's a very useful tool called a "Life Trajectory" that will help you use your list to set goals for the future. (*see LifeCourse Nexus® in Resources to download a full-size Trajectory*)

**Follow these steps to map out your Vision for a Good Life.:**

1. On the top right, list out your Vision – *what you want for your life.*
2. In the bottom box, list *what you DON'T want.*
3. In the top two boxes on the left side of the page, list *successful past experiences* and events and *what you want in the future.*
4. In the bottom two boxes, list *what didn't work in the past and what you want to make sure you avoid in the future.* Don't be afraid to identify obstacles. This will help you figure out ways to overcome them.

Now you've got your goals and you have started to identify your *non-negotiables!* These are the deal breakers that are absolutely critical to making this plan a success. You might want to highlight the *non-negotiables* or give different colors to immediate and long-term goals on this list. You can decide how to organize this. *Make this your guide to identifying the supports you need to make your Vision a reality!*

*Have high expectations! Be willing to explore new things and take risks!*



Just remember that this is YOUR life and YOUR hopes and dreams must lead the way! |



## LIFE TRAJECTORY | PLANNING

### Past Life Experiences

List past life experiences and events that have supported your vision for a good life

List past life experiences that pushed your trajectory toward things you don't want

### Moving Forward

List current or future life experiences or goals that will continue to support your good life vision

List things to avoid that could keep you from your good life vision or lead to what you don't want

### Vision for What I Want

List what you want your "GOOD LIFE" to look like

### What I Don't Want

List the things you don't want or what is NOT a "good life"



## INTEGRATING THE VISION WITH NEEDED SUPPORTS

Now that you know what you want, the next step is to figure out how you will get there. Share your Vision with others. Would they recommend other short-term goals or first steps? Take the time to listen to their ideas. Working together with them will help you live the life of your dreams.

*To assist you in identifying supports, we would like to introduce you to another tool, the Integrated Support Star. This can help you problem solve and map out your plan.*

The *Integrated Support Star* was developed by LifeCourse Nexus® to assist you in identifying all the different people and supports that can come together to make your Vision a reality.



## YOUR TURN: YOU'RE THE STAR! IT'S ALL ABOUT YOU!

Now it's time to map out your plan and develop *YOUR STAR*.

First, put your name or your goal area(s) right in the center. Next, surround your Star with everything that will make your goal a reality.

*To do this:* Start at the top and list your skills, strengths and everything that can lead to your success. Next, make lists in the other four areas of support. Think about what resources you have used before and what would be helpful now. You can use the lists in your Trajectory to help you complete all of these areas.

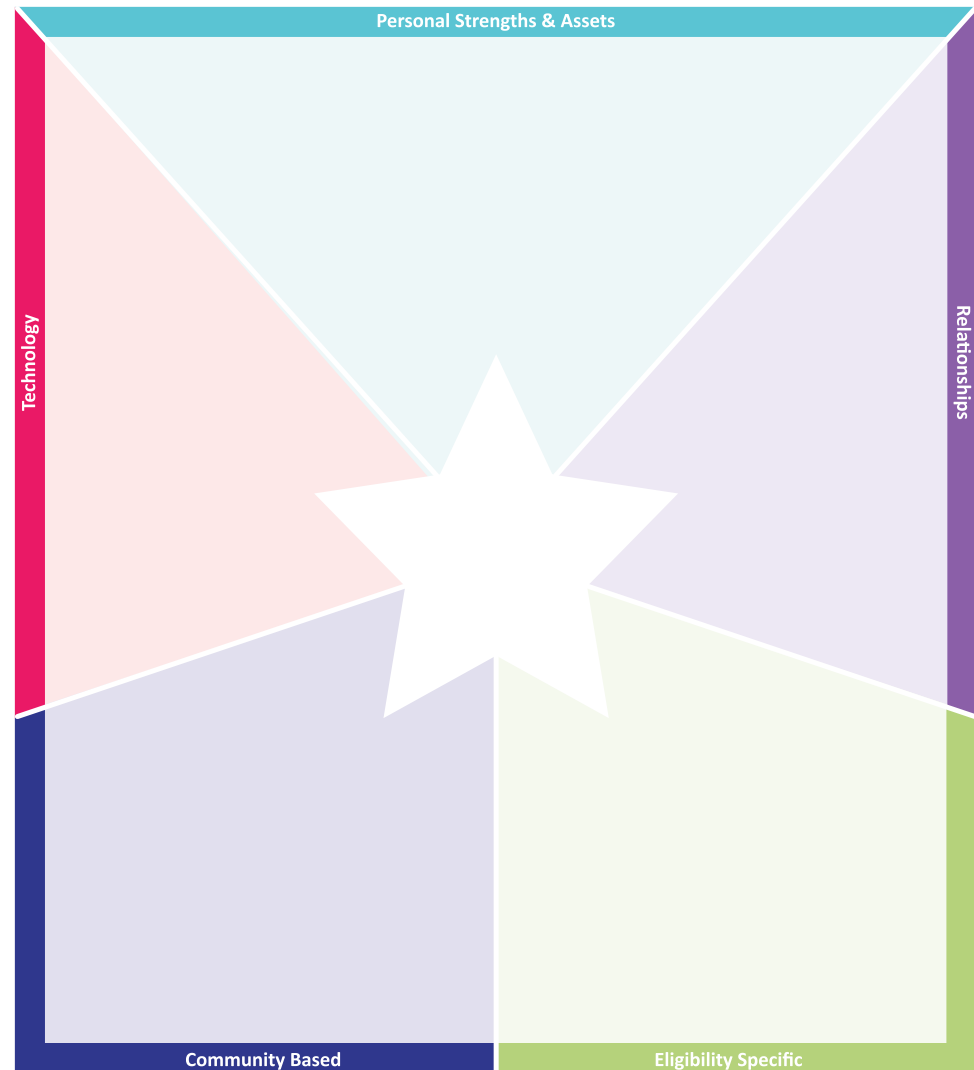
You can make a *Star* for each of your goals like employment, community involvement, or your living situation. You can also combine some of these on one *Star* if they are closely interconnected. Remember, all the areas of the *Star* work together to achieve your Vision!

## IT'S YOUR PLAN ...YOUR LIFE!

As you do this *Integrated Supports* exercise, think about how you can expand your network of natural supports so you can be meaningfully involved in your community and be as independent as possible. There are no limits to the range of possible outcomes once you start combining the opportunities listed in *YOUR STAR*. (see *LifeCourse Nexus*® in *Resources to download a full-size Star*)



### INTEGRATED SUPPORTS STAR



Developed by the Charting the LifeCourse Nexus - [LifeCourseTools.com](http://LifeCourseTools.com)  
© 2020 Curators of the University of Missouri | UMKC IHD • March 2020



## FINDING THE RIGHT SERVICES AND DEVELOPING THE PLAN

All the work you have done to map out a clear plan will help others understand your needs and how they can assist you.

Whether you are transitioning into adult services, or already receiving services and you need to change or increase your supports, share your Vision with a lot of people. In addition to family members, friends and trusted professionals, Family Support Centers, Independent Living and Self-Advocate networks can connect you with others who have successfully planned their Vision and are now leading the life they planned.

## YOUR PLAN IS YOUR DREAM! IT SHOULDN'T JUST FIT INTO WHAT'S AVAILABLE!

Frequently, people start to put their plan together by first researching available publicly funded services with a Service Coordinator from a state agency. This doesn't always need to be limited to one agency. For example, some people supplement the services that are funded by the Department of Developmental Services (DDS) or the Massachusetts Rehabilitation Commission (MRC) with housing vouchers, food stamps and certain MassHealth supports like Day Habilitation, Personal Care Attendants, Durable Medical Equipment or Adult Family Care. Other individuals with certain disabilities might be eligible for services from the Massachusetts Commission for the Blind (MCB) or the Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH), or be eligible for a *One Care Plan*, or even Acquired Brain Injury or Moving Forward Plan waiver services. State services have specific eligibility criteria, and a Service Coordinator can give you guidance on what is available to you.

*As you do this, remember that "eligibility-specific" publicly funded services are only one part of your plan. A full meaningful life needs to be driven by your strengths combined with the other resources you have identified in your STAR under available community-based and technology supports as well as valued relationships. All of these supports work together to help you live your Vision!"*

## IT'S YOUR PLAN ... DIRECT IT!

Remember this is your plan! Your Vision needs to guide the choices for your services and supports. You may even decide that you want to "Self-Direct" some or all of your DDS services. *The Arc of Massachusetts has developed a fact sheet on Self-Direction that explains how to do this; it is listed in the Resources section along with other helpful information.*



## FINDING PROVIDERS WHO SUPPORT YOUR VISION

Once you have your plan and you have identified what you need, then it's time to choose providers who will work with you to ensure the appropriate supports and services. The Arc of Massachusetts has developed a checklist to help you find providers who support your Vision. Visit [arcmass.org/tools](http://arcmass.org/tools) to download a copy of the list.



Visit  
[arcmass.org/tools](http://arcmass.org/tools)  
to download a copy  
of the list.

## WHEN YOU NEED MORE SUPPORT, IT'S AVAILABLE

If you would like more support to work through this planning process, help is available.

First, you can work with your DDS Service Coordinator who can help you develop your Vision and communicate it clearly in your Individual Support Plan (ISP). The Service Coordinator also works with your provider staff to make sure that they understand your goals and that they include you in service decisions.

In addition, regional Family Support Centers and Autism Support Centers have staff who serve as Charting the *LifeCourse Nexus*® Ambassadors who can provide training and resources for you. You can also connect with the statewide self-advocates group, *Massachusetts Advocates Standing Strong* ([www.wearemass.org](http://www.wearemass.org)) so you can meet and talk with others who have experience with developing and guiding their supports.

For more individualized support, the *SUPPORTbrokers of The Arc of Massachusetts* provide personalized planning that is uniquely suited to each individual's and family's needs. We have trained and experienced professionals available to guide you through the person-centered planning process. We can facilitate meetings, help identify the community supports you need, and partner with you to monitor and advocate for ongoing services to make sure they continue to support your goals. This is a private pay service and you can get more information by contacting The Arc of Massachusetts.



SUPPORT  brokers





## AS LIFE CHANGES ... THE VISION AND THE PLAN CHANGE

When you began developing your Vision, you might have had one plan, but then as you brainstormed with others and looked into other possibilities, your Vision might have changed. This is not a surprise. *As you change, your Vision will change!*

With this in mind, schedule times to review your plan to see if some things might need to change. Some people do this every year at times when family and friends are already gathered together; others do this less often. Whatever you choose, it's better to think ahead rather than having to react quickly when something changes in your life.

## ADVOCATING FOR CHANGE

As you found the supports and services that achieved your Vision, you probably needed to negotiate and possibly make compromises based on what was available. Take advantage of this experience to identify gaps in services and supports. Your Vision may identify new program models and options that need to be developed and you can help lead the way.

*Don't be afraid to speak out and voice concerns about how the system of services is not meeting your needs.*

*Take the time to communicate your issues to those who support you and then join with others who share your Vision to explain what is needed to community leaders and state appointed and elected officials.*

*The Arc of Massachusetts appreciates getting feedback on the service system from individuals and families.*

*This is how change happens!*





## RESOURCES

### LIFECOURSE NEXUS®

The Charting the LifeCourse framework was developed by families to help individuals with disabilities and families at any age or stage of life develop a Vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live.

- *LifeCourse Nexus® is housed within, in partnership with and a project of the University of Missouri Kansas City Institute for Human Development (UMKC-IHD), Missouri's University Center for Excellence in Developmental Disabilities Education, Research and Services (UCEDD).*
- *Numerous resources including the tools used in this guide can be found at:* <https://www.lifecoursetools.com>

### PERSON-CENTERED PLANNING

- SUPPORTbrokers of The Arc of Massachusetts: <https://thearcofmass.org/supportbrokers>
- DDS Learning: <http://ddslearning.com/person-centered-practices>
- The Arc Center for Future Planning®: <https://futureplanning.thearc.org>

### PLANNING FOR TRANSITION AGE YOUTH

- The Arc Mass Transition Guide: <http://www.thearcofmass.org>

- DDS Transition Information Fact Sheets: <https://www.mass.gov/doc/transition-information-fact-sheets-english/download> or <https://tinyurl.com/y2n48m8l>
- Federation for Children with Special Needs Link Center: <https://fcsn.org/linkcenter/>
- Understanding the DDS Individual Support Plan: <http://www.dlc-ma.org/wp-content/uploads/2017/12/Individual-Support-Plan-nig.pdf>

### SELF-ADVOCATES

- Massachusetts Advocates Standing Strong: <https://www.wearemass.org>
- Massachusetts Statewide Independent Living Council: <https://masilc.org>

### SERVICE PLANNING

- Autism Insurance Resource Center: <https://massairc.org>
- DDS Adult Waiver Programs Guide: <https://tinyurl.com/y4zna23l>
- I is for Individual Workbook: <https://www.ddslearning.com/isp>
- Massachusetts Partnership for Transition to Employment: <https://employmentfirstma.org/mppte/>
- MA-21 info on Self-Direction: <https://thearcofmass.org/wp-content/uploads/2020/01/ma-21-century-self-directed-budget-worksheet.2019-20.pdf>
- DDS Self-Directed Services: <https://www.mass.gov/dds-self-directed-services>

### SIBLING SUPPORTS

- Massachusetts Sibling Support Network: <https://masiblingsupport.org>
- Siblings Forward: <http://sites.bu.edu/familyfuture/>

### STATE AGENCY RESOURCES

- Mass. Commission for the Blind: [www.mass.gov/mcb](http://www.mass.gov/mcb)
- Mass. Commission for the Deaf & Hard of Hearing: [www.mass.gov/mcdhh](http://www.mass.gov/mcdhh)
- Dept of Developmental Services: [www.mass.gov/dds](http://www.mass.gov/dds)
- Dept. of Mental Health: [www.mass.gov/dmh](http://www.mass.gov/dmh)
- Mass. Office on Disability: [www.mass.gov/mod](http://www.mass.gov/mod)
- Mass. Rehabilitation Commission: [www.mass.gov/mrc](http://www.mass.gov/mrc)
- MassHealth (Div. of Medical Assistance): <https://www.mass.gov/topics/masshealth>

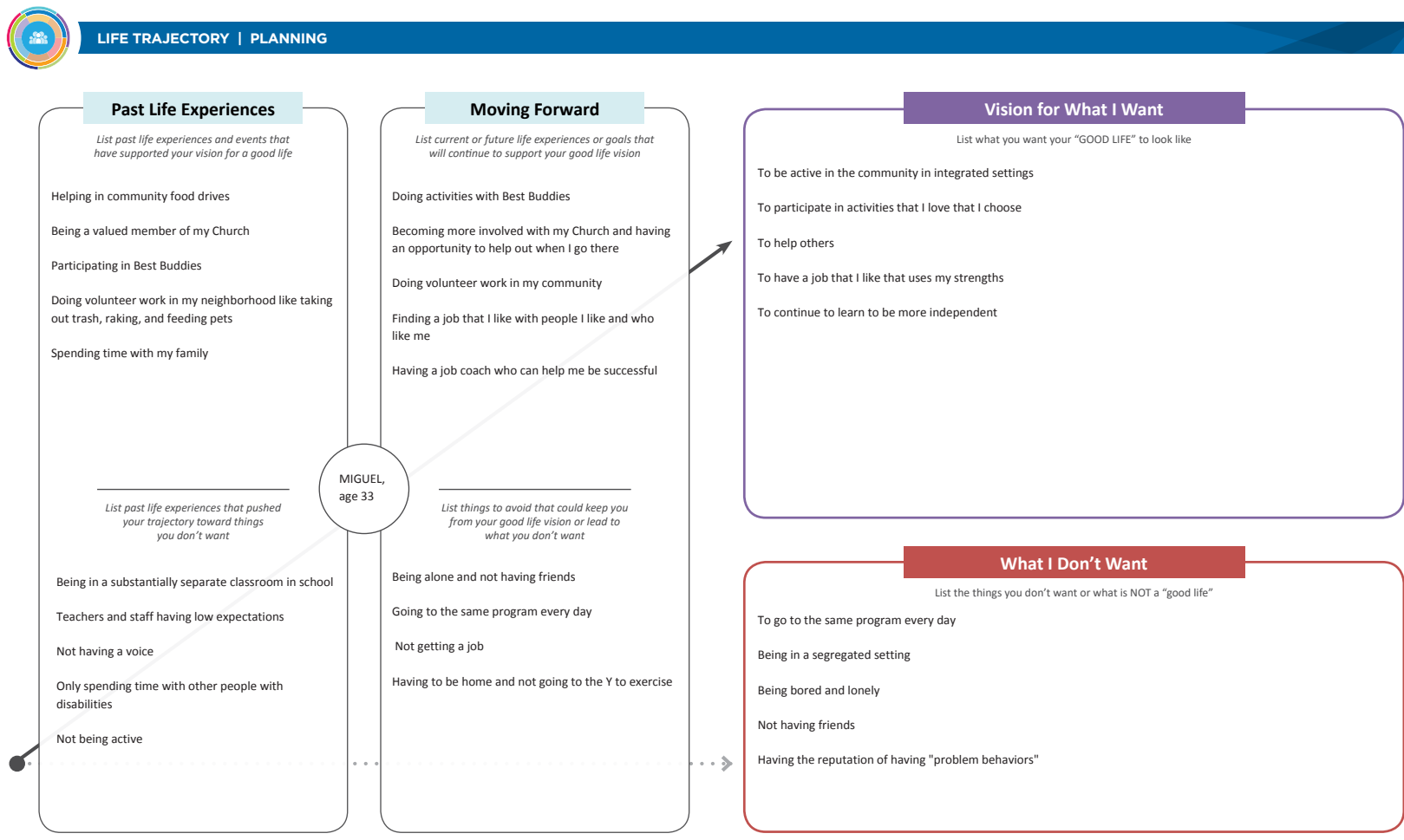
### SUPPORTING FAMILIES

- DDS Family Support Centers: <http://www.mass.gov/dds>
- Mass Families Organizing for Change: <https://massfamilies.org>
- Chapters of The Arc: <https://thearcofmass.org/about/chapters>

## CASE SCENARIO #1: MIGUEL'S GOOD LIFE

Miguel is a 33-year-old man, diagnosed with Down syndrome and a moderate hearing loss, who lives with his parents. His friends, family and staff describe Miguel as a resourceful gentleman with a great sense of humor who enjoys keeping busy, helping others and having close relationships. Miguel has attended a Day Habilitation Program since his transition from school and he appears bored and disinterested and is prone to behavior problems when he is there. He and his parents decided to explore other options by using person-centered planning.

### FIRST, THEY IDENTIFIED MIGUEL'S VISION FOR A GOOD LIFE



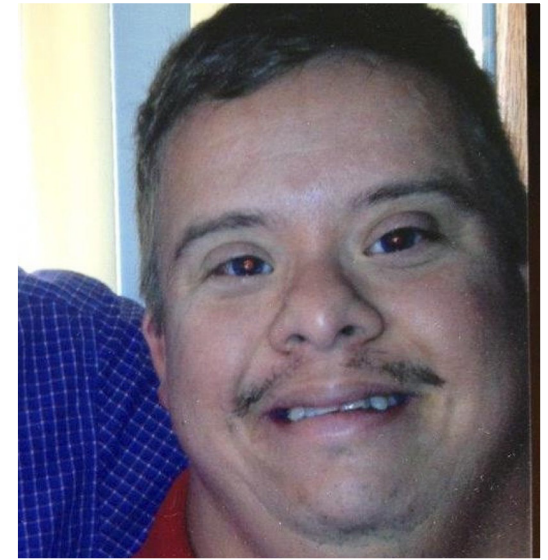
## NEXT, THEY IDENTIFIED THE SUPPORTS NEEDED TO MAKE IT ALL HAPPEN



### INTEGRATED SUPPORTS STAR



Developed by the Charting the LifeCourse Nexus - LifeCourseTools.com  
© 2020 Curators of the University of Missouri | UMKC IHD • March 2020



## OUTCOMES

*Miguel's daily life is now totally transformed with a variety of activities that match his Vision!* He is attending a DDS funded Community-based Day Support program 3 days/week during which he delivers Meals on Wheels to elders in his community, participates in an exercise program at the local Y, takes cooking classes and learns to use his new iPad! To fill out his week, he uses DDS Self-Direction Supports to hire a Job Coach who assists him at the local Pizza Hut, where he stocks the cooler and constructs pizza boxes. He also has a Companion who brings him to the local Y where he plays basketball, swims, and lifts weights. They are also working on goals related to money management, using a debit card and how to use an Uber App. On the weekends, he works as an Assistant Sexton in his family's church and has started to walk a neighbor's dog. He's also exploring other volunteer opportunities.

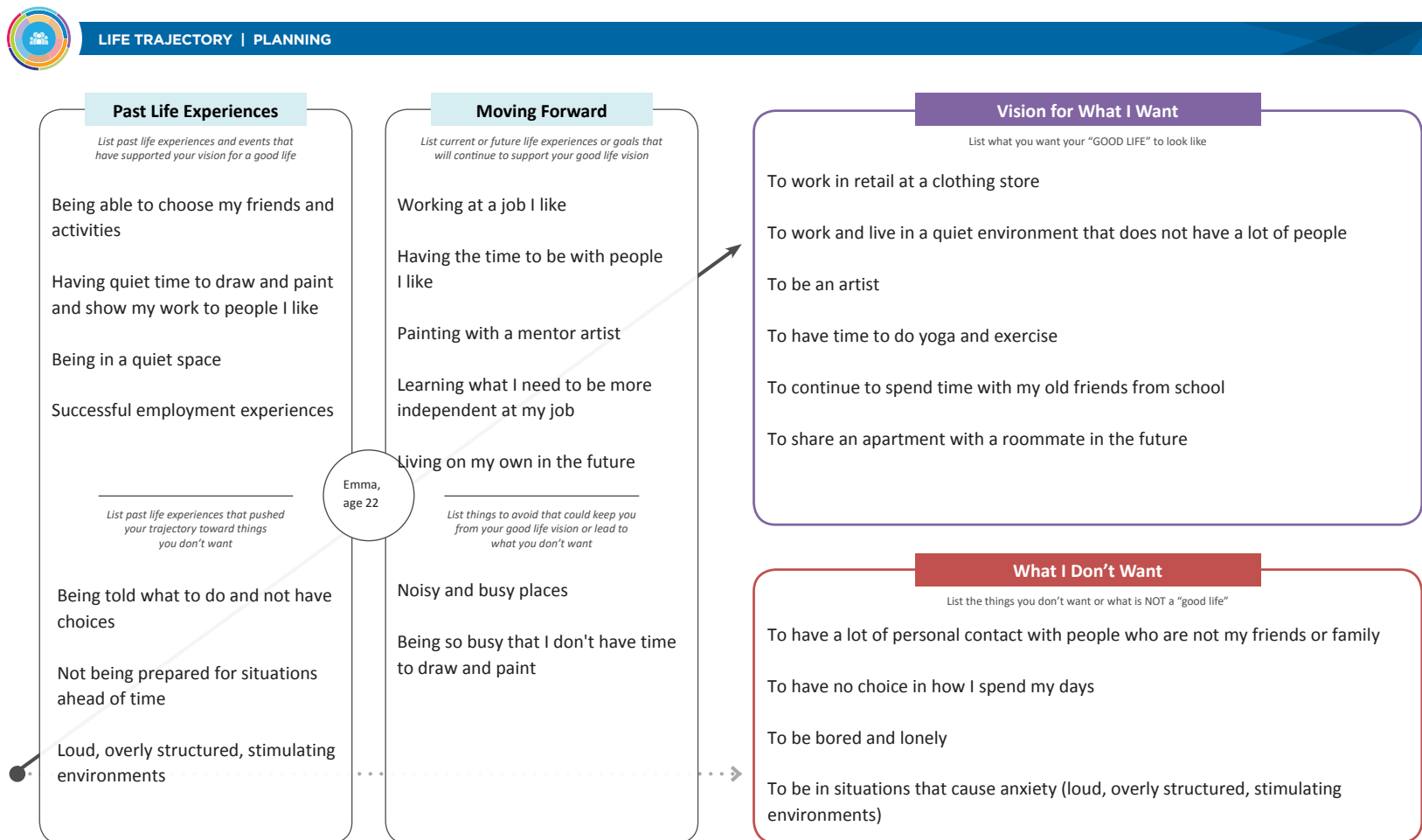
*Miguel and his family feel that his entire week is fulfilling and he is much happier!*



## CASE SCENARIO #2: EMMA'S TRANSITION TO ADULT SERVICES

Emma has an Intellectual Disability and is on the Autism Spectrum. In school, she combined academics with vocational experiences. She had two jobs (one paid at T.J.Maxx and one unpaid in the school office) and received supports from the MRC Pre-Employment Transition Services Program (Pre-ETS). In her free time, she took art classes, met with friends, went shopping and did yoga. At 22, Emma was eligible for DDS Adult Services. She and her family were anxious about this transition, so they mapped out her Vision and the supports she needed and shared these with her team which included Service Coordinators from MRC and DDS.

### FIRST, THEY IDENTIFIED EMMA'S VISION FOR A GOOD LIFE...



## NEXT, THEY IDENTIFIED THE SUPPORTS NEEDED TO MAKE IT ALL HAPPEN



### INTEGRATED SUPPORTS STAR



Developed by the Charting the LifeCourse Nexus - [LifeCourseTools.com](http://LifeCourseTools.com)  
© 2020 Curators of the University of Missouri | UMKC IHD • March 2020



## OUTCOMES

*Emma proudly shared her Trajectory and Integrated Supports Star.* This gave the team a good starting point for brainstorming about what the ideal week would look like for her. Emma's Vision became the foundation for her first Adult Services ISP, which included services from MRC and DDS. She has been able to continue her part time job (3 days/week for 5 hour shifts) at T.J. Maxx working in the back room unpacking boxes and hanging clothes with occasional check-ins by her MRC Job Coach for problem solving. She then fills out her week by using DDS Self-Direction Supports to pay for her weekly art and yoga sessions and fund a Companion who can attend with her; she has also hired a Skills Trainer to help her develop more independent living skills like cooking and money management. Her schedule sets aside time in her week to meet her friends at Starbucks and participate in virtual activities via Zoom.

*Emma is living her Good Life and looking forward to the future when she can work and live more independently.*



## ACKNOWLEDGMENTS

This publication is made possible through a gift from Jim and Tina Kerkam in memory of their son, Alec. Donors advance the mission and work of The Arc.

### **Special thanks to those who developed this guide**

#### **Editor:**

Rosalie Edes

#### **Lead Reviewers:**

Leo Sarkissian & Kerry Mahoney

We are also grateful for the work of Don Stewart and the original team that developed the first *Tools for Tomorrow* Pocket Guide and for the helpful feedback provided by several individuals as we developed this updated edition.



The Arc of Massachusetts  
217 South Street  
Waltham, MA 02453  
tel. 781-891-6270  
[www.arcmass.org/tools](http://www.arcmass.org/tools)



# Backup Planning

A man with short dark hair and a light beard is smiling and looking towards the camera. He is wearing a light gray t-shirt. In the background, there is a clothesline with various colorful clothes hanging on it, including a red shirt and a blue shirt. The scene is outdoors with green grass visible.

# Technology and Remote Support Planning Process

Jason Ray, CEO, SimplyHome

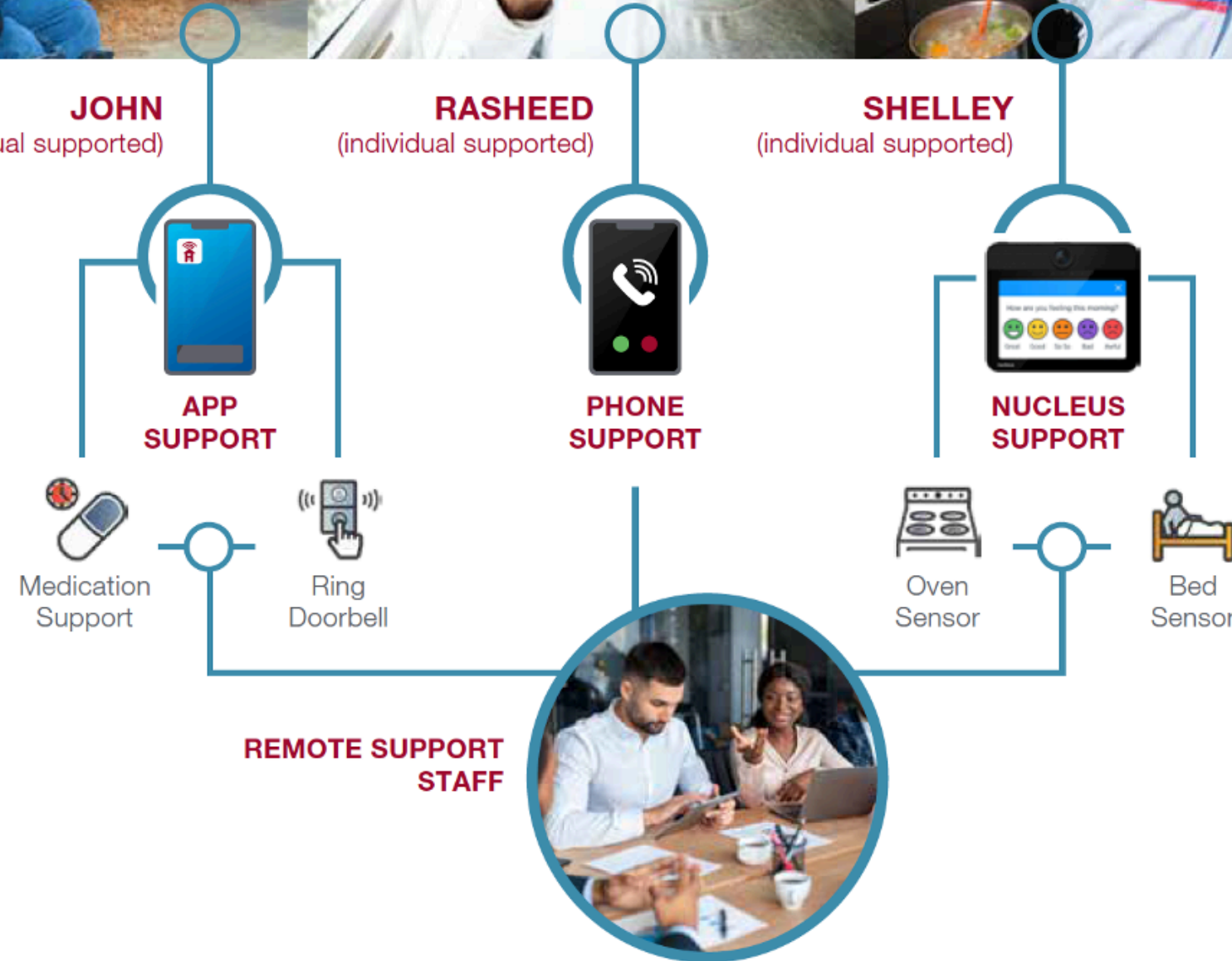
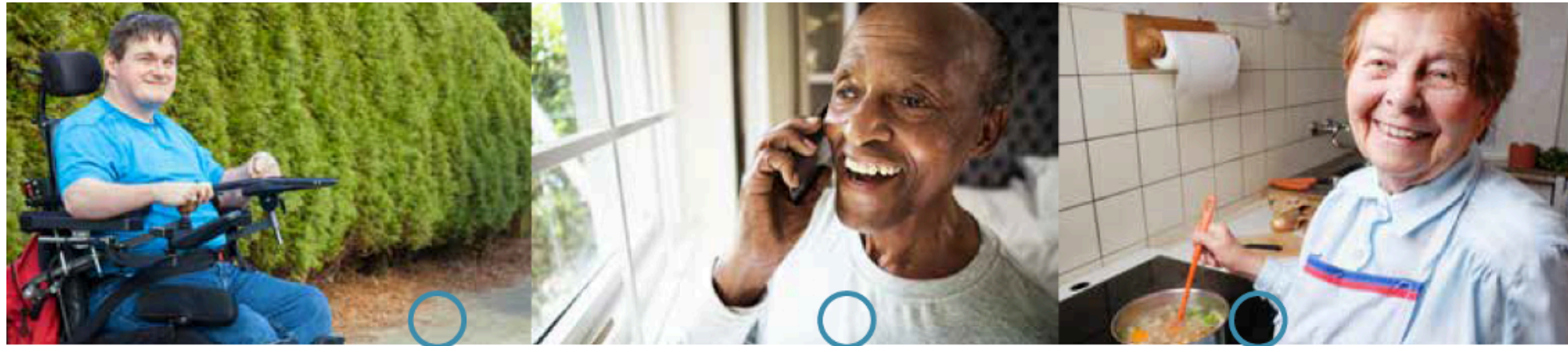
# What is Enabling Technology?

Enabling Technology (ET) is the use of technology to support the independence of an individual where they live, work, and play. ET includes:

- Remote Support Technology and in-home sensors
- Medication Administration
- Environmental Controls
- Community Navigation
- Task Prompting







# What is Remote Support?

Direct support that is provided in a remote capacity in conjunction with or utilizing various forms of enabling technology.

# Enabling Technology Integration Process



# Enabling Tech, Remote Support and Natural Support



## Supports Outcome

When an action or event for an individual requires support, technology is initiated to support the necessary outcome.



## RS Engagement

The individual's remote support team triages the alert received and engages with them, if necessary, using their preferred method.

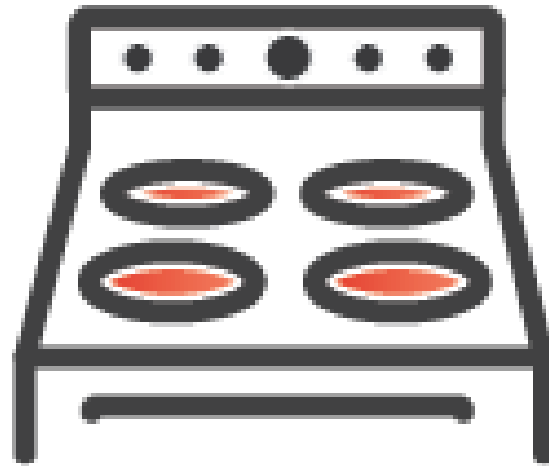


## Natural Support

Technology is a Natural Support for prompting of tasks and control of an environment.



# Enabling Technology and Remote Support In Action

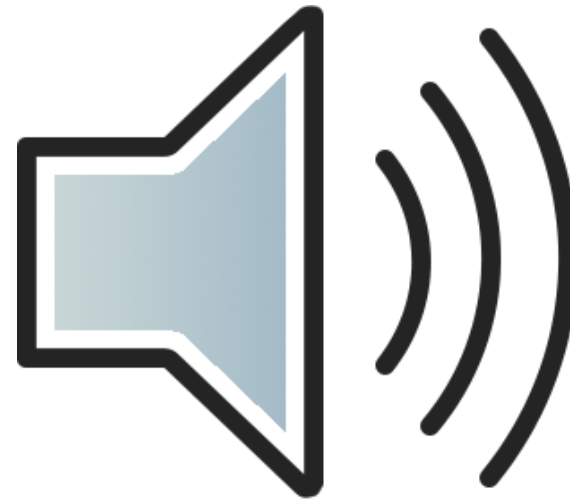


Stove Left ON for  
1 Hour

## Outcome Support Required

# Enabling Technology and Remote Support In Action

"David, don't  
forget to turn your  
stove off"



## Outcome Engagement 1

# Enabling Technology and Remote Support In Action



## Outcome Engagement 2



# Enabling Technology and Remote Support In Action

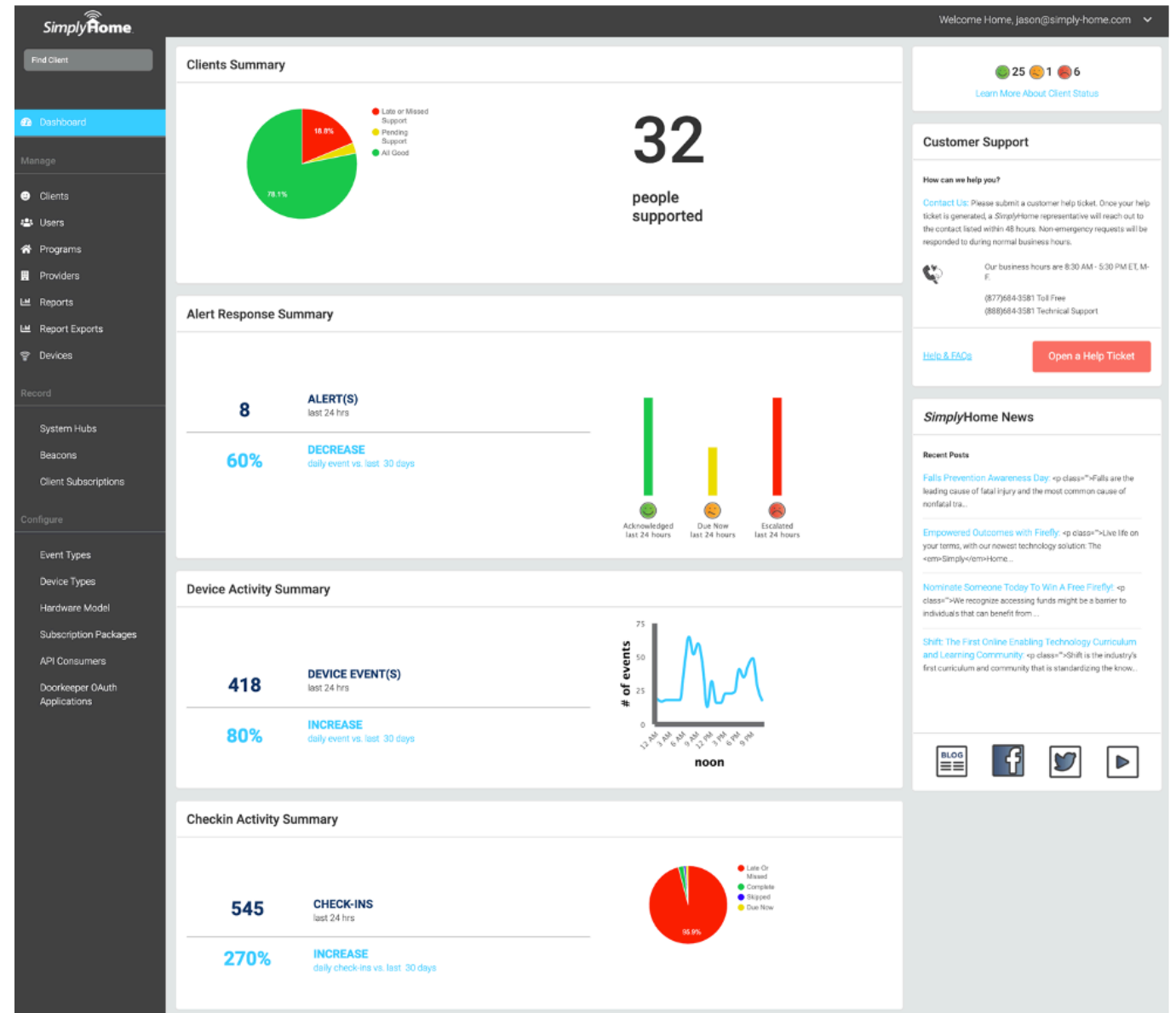
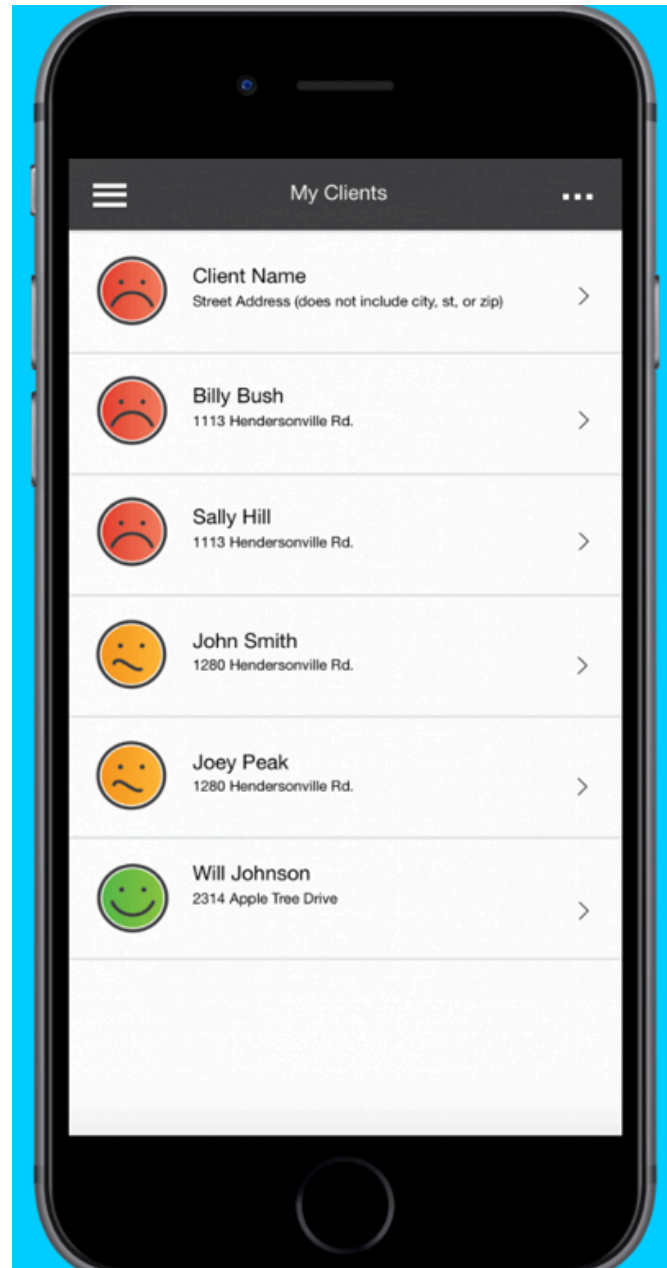


Outcome Engagement 3

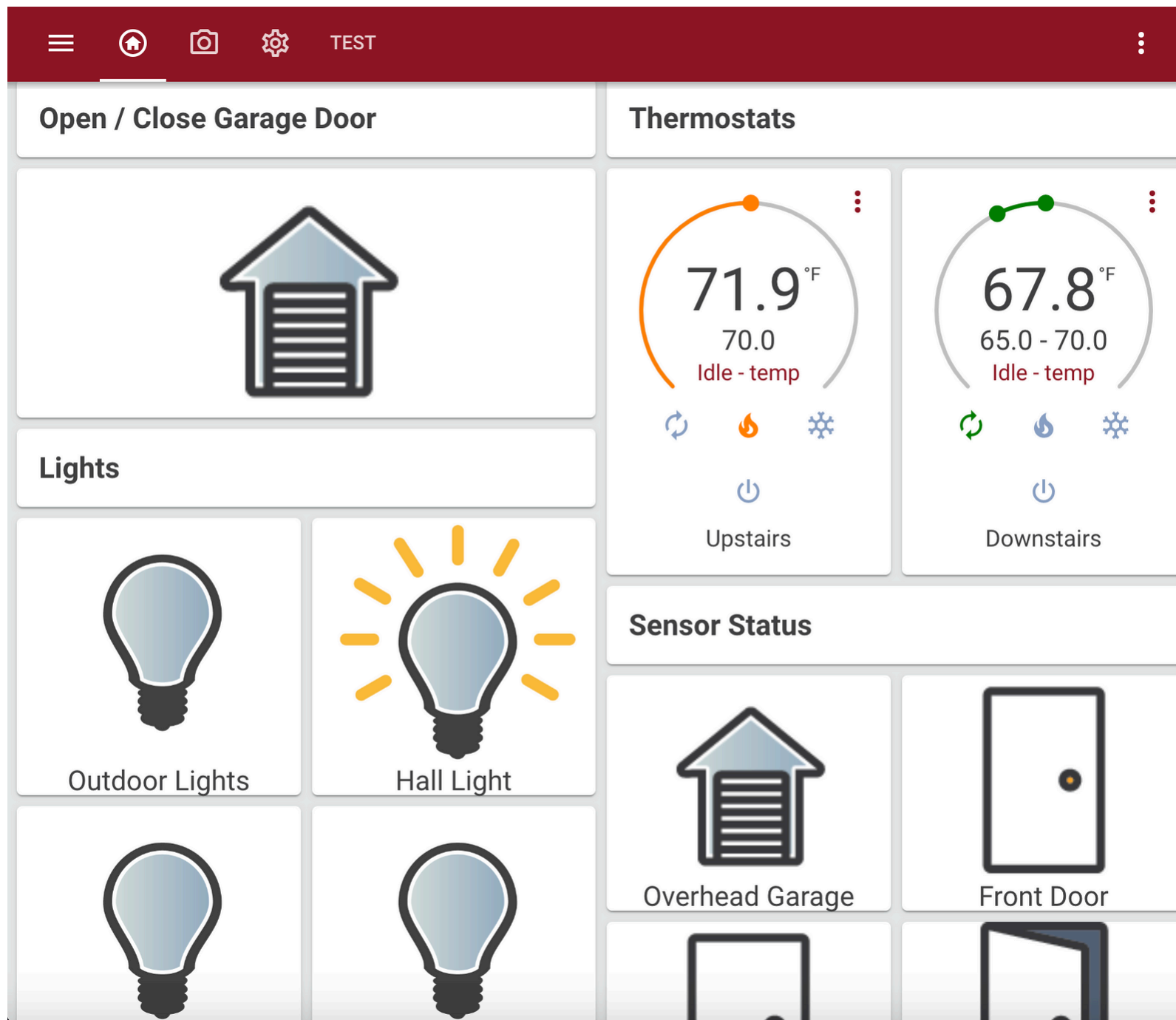
# Enabling Technology and Remote Support In Action



# Tools and Reporting to Support Technology Outcomes







# Customized Automation and Control Client App

# Key Points to Remember



- Focus on the outcomes, not shiny objects
- Have a plan, prepare for the “What if’s”
- Using technology is not all or none, take small steps to success, just get started!
- You don’t have to be a technology expert
- Think about the role of technology in all areas of life



# Contact

**Jason Ray**

CEO

SimplyHome

[www.simply-home.com](http://www.simply-home.com)

[jason@simply-home.com](mailto:jason@simply-home.com)



Coming soon: Fiscal  
Intermediary  
Presentation & Staff  
Recruitment