

A Summary: Training Professionals to Support Future Planning with Caregivers

Supporting people with intellectual and developmental disabilities and their families to prepare for transitions and to avoid crisis



Training Professionals to Support Future Planning with Caregivers

Thursday, November 15, 2018

3.75 hours of instruction

Hosted at the African American Women's Center, 3020 W Vliet Street, Milwaukee, WI

Instructors:

- Lisa Pugh, Executive Director - The Arc Wisconsin
- Delores Sallis, Founder - Parent University
- Liz Mahar, Director, Family and Sibling Initiatives - The Arc United States

Description:

The purpose of this educational course was to inform participants about future planning for persons with intellectual and developmental disabilities and their families.

Goals for participants upon the completion of the workshop included the ability to:

- Share core aspects of future planning
- Identify key obstacles to future planning
- Use strategies to engage families in planning
- Understand the purpose of developing a letter of intent
- Implement future planning with people with I/DD and their families

Training Content:

- Why conduct outreach to caregivers?
 - Background on the importance of future planning
- Elements of future planning
 - Expressing future wishes
 - Deciding where to live
 - Financing the future
 - Supporting major and daily life decisions
 - Employment, retirement and daily activities
 - Making social connections
 - Health and wellness
- Review The Arc's Center for Future Planning Resources
- Working with families with additional challenges
 - Planning and practicing for the future
 - Talking finances
- Where to find state resources

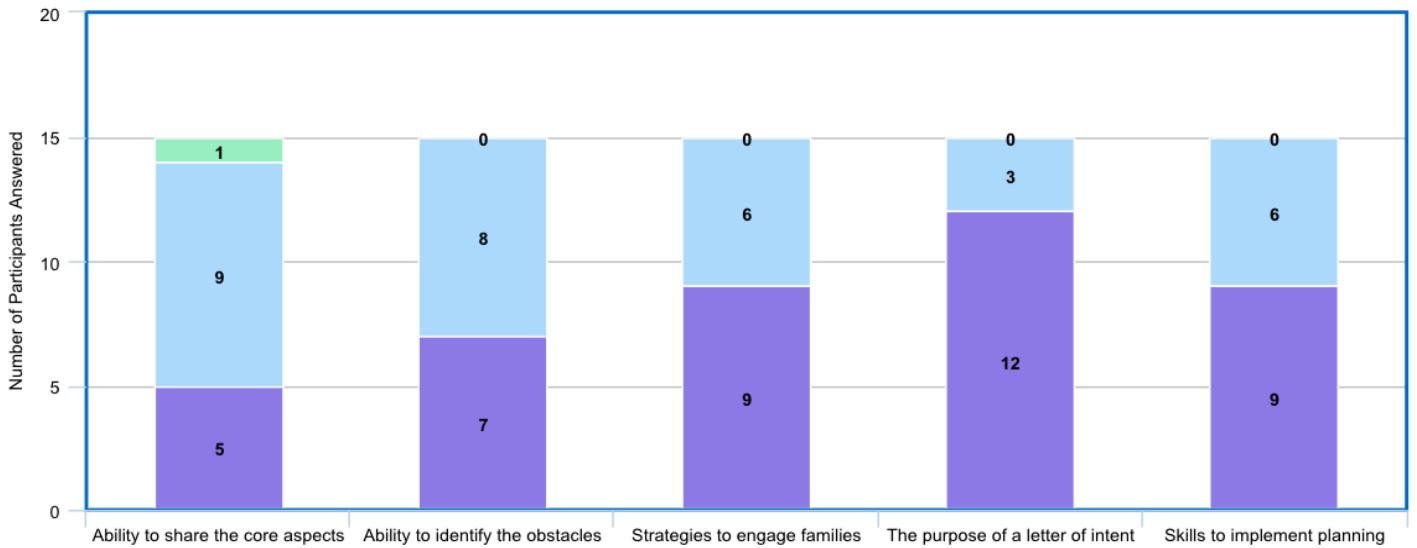
Attendance:

The workshop was attended by 19 people, 15 of whom represented long term care programs. Specifically, 7 individuals were from 4 Family Care Managed Care Organizations: My Choice, Lakeland, Inclusa, iCare; 6 individuals were from 2 IRIS Consultant Agencies: TMG, Lutheran Social Services; other attendees including Family Care program provider (1), advocacy organizations (2), County case manager (1); attorney (1); family member (1).

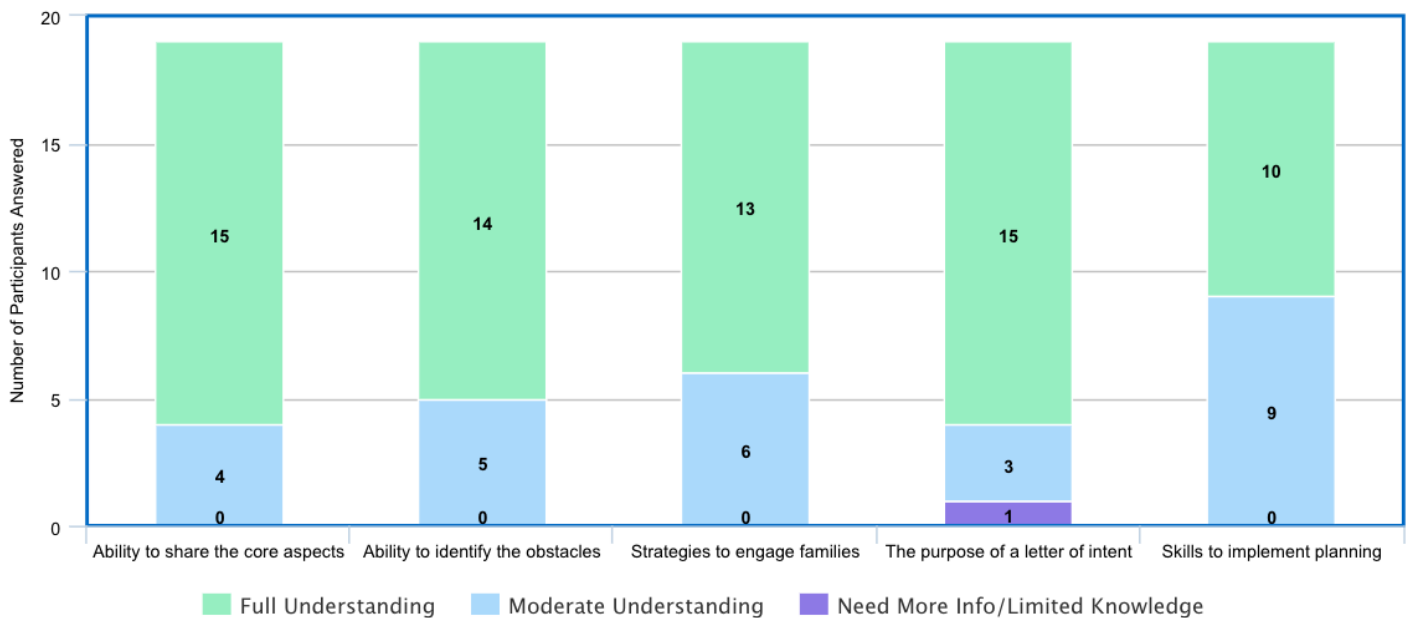
Outcomes:

Participants had the opportunity prior to the workshop to share their understanding of future planning concepts through a pre-survey and reflected after the training to show their progress in learning¹. One-hundred percent of participants increased their ability to use strategies to engage families in planning. Following the workshop all participants indicated at least moderate understanding of the skills necessary to implement comprehensive future planning with individuals and families with 85 percent indicating they had increased their abilities. Understanding of the Letter of Intent tool - a key component of future planning - increased by 100 percent. The surveys given before and after the workshop are summarized in the following bar graphs:

Pre Survey Results



Post Survey Results



¹ 15 pre-surveys; 19 post-surveys.

Summary of Outcomes:

Along with the pre- and post-surveys, participants reported what they took away from the workshop and recorded how they planned to apply this new content.

Comments by participants on what they learned:

- “Barriers/issues of planning for the future; ABLE Accounts & pooled accounts; how important it is to start early in planning for your loved one’s future if something happens to you.”
- “Importance of deeply understanding communities, and building connections to them.”
- “Exposure to the letter of intent and The Arc online resources.”
- “Supported Decision Making as an alternative to guardianship. Additional options to remain under assets; where to put assets to not affect eligibility for long-term care programs.”
- “The resources in the binder are amazing.”
- “How to direct people to appropriate resources and how to make them understand that success is possible.”
- “About the new tools and about Parent University schedule.”
- “Anticipating barriers; power of communities for caregivers.”
- “Working with existing community organizations to reach families re: I/DD planning.”
- “You never know when it’s your time and you want to make sure things are in place and discuss.”
- “Parent Universities need to be in more areas within Wisconsin.”
- “My understanding was greatly increased even though the numbers didn’t change. I am so happy I came. Course was a comprehensive overview.”



How participants will use the training materials:

- “Telling organizations I work with as well as families about The Arc Future Planning.”
- “Share with families in our transition series.”
- “Develop a strategy and materials for getting information and tools into the hands of our IRIS consultants in a way that empowers them to reach out to families who could benefit from future planning.”
- “I will take the provided materials and my notes back to my organization to share with other care managers so we can distribute to families we work with.”
- “I will share materials and links to online resources with TMG IRIS consultants.”
- “Letter of intent will be very helpful for one of my clients (members) who is living with his mother. I will definitely introduce it to her.”
- “Documents will be used to educate care managers as well as member/supports.”
- “Create learning opportunities for colleagues.”
- “Utilize the binder materials given time and apply it to people I work with.”
- “Facilitating in my legal practice; helping individual with disabilities get a better life.”
- “I plan to introduce these topics and facilitate conversations around future planning.”
- “Refer people to future e planning website and Parent University.”
- “Building Resources and training for care management.”
- “Resources to share with my team to provide to people they partner with.”

