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www.altaregional.org



**Expressing Wishes for
the Future**

**Deciding Where to
Live**

Financing the Future

**Employment & Daily
Activities**

**Supporting Daily &
Life Decisions**

**Making Social
Connections**

***"Supporting you
throughout your
journey"***



**COORDINATED
FUTURE
PLANNING**

***Early
Planning***

My Future: My Plan



Benefits of Early Planning:

- Your family member's wishes are honored
- Peace of mind
- Planning ahead thoughtfully and slowly vs. emergency planning
- Earlier is better, helps normalize the conversation
- Allows planning for how you want things to look when you are gone
- Allows family member to be part of the process

View the Build Your Plan Tool

www.thearca.org



Expressing Wishes for the Future in Writing

Knowing more about your family's background can help those supporting your family member in the future and honor your cultural, religious and family values



Deciding Where to Live

Deciding where to live and how much support is needed.

- *Emergency Contacts
- *Current Challenges and supports needed
- *Housing Advocates: local experts to identify housing options
- *Consider which features are important to our family member in their next home
- *Create a wish list of preferences for your family member's future home with their input



Financing the Future

Create a financial plan that includes: SSI, Medi-Cal, IHSS, Cal Fresh, payee/money management services
Special Needs Trusts and ABLE accounts



Employment and Daily Activities

There are many options for employment and other daily activities available to adults with I/DD. Many people with I/DD work in the community independently or in supported employment programs.



Supporting Daily & Major Life Decisions

Make a plan to support your family member to make decisions. Consider how to build their decision making skills as well as who may be able to provide decision making support in the future



Making Social Connections

Connections and support help us lead a good life. Help your family member to build and strengthen their social networks, pursue new interests and activities, support healthy behaviors in relationships and learn how to work through grief and loss