CHARTING THE LIFE COURSE

The F2F and You

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SUPPORTING FAMILIES

WHAT DOES THAT MEAN?
OBJECTIVE OF FAMILY SUPPORT

To support families, with all their complexity and diversity, in ways that maximizes their capacity, strengths and unique abilities so they can best support, nurture, and facilitate

the achievement of self-determination, interdependence, productivity, integration and inclusion in all facets of community life for their family members.

working definition from National Agenda on Family Support Conference, 2011
FAMILY SUPPORT IS..

An overall value-based approach to providing services and supports to families and their family member with ID/DD/SHCN:

- driven by the family and family member with ID/DD/SHCN
- recognizes the family as a system
- focuses on the strengths, capacity and diversity of family
- builds on a network of all family members and community
# New Charter for Family Support

## Instrumental Supports: Day-to-Day Needs
- Respite/Childcare
- Adaptive equipment
- Home modifications
- Financial assistance
- Service Coordination
- Cash Subsidies
- Person/family-centered planning

## Emotional Supports: Mental Health and Self-efficacy
- Parent-to-Parent Support
- Self-advocacy organizations
- Sib-shops
- Support Groups
- Professional Counseling
- Non-disability community support

## Information and Training Supports: Knowledge and skills
- Information on disability
- Knowledge about best practices and values
- Skills to navigate and access services
- Ability to advocate for services and policy change
Supporting the Individual
“system of supports and services to achieve self-determination, interdependence, integration, inclusion and productivity”

Supporting the Family
“system of supports and services for discovery and navigation, connecting with others and to support the caregiving/support role”

Birth-----Early Child-----School-----Transition-----------------------Adulthood------------------------Aging
**NAVIGATE**
Get information on specific disabilities, related topics or resources to guide you

**CONNECT**
Link up with other families through Sharing Our Strengths (SOS)

**DISCOVER**
Build your skills and get connected to chances to serve as a volunteer or family leader
INFORMATION & REFERRAL

- Customized information
- Referral to needed services/supports

Jenny, the I&R Specialist at MOF2F
CHARTING THE LIFE COURSE

Charting the Life Course: A Guide for Individuals, Families, and Professionals

Throughout our lives, we face questions and search for answers that will help us on our journey to a full and meaningful life. This is true for everyone, especially when you or someone you care about experiences a disability or special healthcare need.

Charting the Life Course is a tool to assist you in creating a vision for the future, and help you think about the questions to ask and the choices and options to consider as you “plot a course” to a full and meaningful life. It is designed to be a starting point no matter where you are in your life journey.

We hope the life course approach helps you realize that even when your child is very young and as he/she ages and grows into adulthood, their experiences and environment can shape how they will live their life in the future.

MOORE FAMILY TO FAMILY RESOURCE CENTER

The Missouri Family to Family Disability and Health Information Center is housed within Missouri’s University Center for Excellence in Developmental Disabilities, Education, Research, and Services (UCEDD) at the University of Missouri-Kansas City Institute for Human Development.

This document was developed in partnership with support from the Missouri Department of Mental Health, Division of Developmental Disabilities, the Missouri Developmental Disability Council (PLA6-410), and the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, Division of Services for Children with Special Health Needs (HRSA#MC146410m).
ARCHIVED WEBINARS

MO Guardianship: Understanding Your Options & Alternatives

This project is sponsored by the Missouri Planning Council on Developmental Disabilities (MPCDD)

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In collaboration with:
Missouri Protection and Advocacy Services and People First of Missouri
MO GUARDIANSHIP: UNDERSTANDING YOUR OPTIONS & ALTERNATIVES

MO GUARDIANSHIP:
UNDERSTANDING YOUR OPTIONS & ALTERNATIVES
ONLINE WORKBOOK

BALANCE
SUPPORT &
PROTECTION
WITH AUTONOMY &
SELF DETERMINATION

IDENTIFY
OPTIONS &
ALTERNATIVES

ACCESS
ALTERNATIVES TO
GUARDIANSHIP

UMKC
INSTITUTE FOR HUMAN DEVELOPMENT
You Are Not Alone in Your Experience with Disability

Linking You to Information, Parent to Parent Support, Peer Support & Volunteer Opportunities

The Missouri Family to Family Resource Center is one center that provides three levels of support. Whether you want to become more informed, get connected or find ways to volunteer, we offer a network of support options to get you started and support you throughout your journey.

News & Featured Resources

Charting the Life Course Webinar
Learn about upcoming webinars, watch archived webinars, or find your local F2F site.

Read the latest issue of Partnering Together, the M2F newsletter.
2010 Survey Results

- 100% would recommend this SOS to others
- 90% are likely to use SOS again
- 70% reported that mentoring had a positive impact on their satisfaction with services at their clinic
8/9/10 – A DAY TO REMEMBER!

Our five month old baby girl woke up without the use of her legs.

www.3elove.com
WHO NEEDS FAMILY CONNECTIONS?

Beneficiaries of peer support are not bound by socio-economic factors, race, creed or the appearance of having it all together.
WHEN IS PEER SUPPORT NEEDED?
WHAT HAPPENS WHEN FAMILIES CONNECT?

- Less Isolation
- Empowerment
- Self-advocacy
- Family Leadership
- Targeted Education
- Resource Awareness
- Increase Mentor Pool
- Easier to Talk to Professionals

“She was a person who understood because she lived it.”

“...laid my fears to rest”

“Having a parent to connect to gives me answers based on experience.”
"I have found that for those just starting out, knowing that you have another parent to talk to you that has sailed that rough water, been on that emotional roller coaster, and everything in between is a life saver!"

- Bev, an SOS mentor
FAMILY LEADERSHIP

Let’s hear from Jane, a mom of two boys about the beginning of her journey
CORE COMPETENCIES OF FAMILY LEADERS
FAMILY LEADERSHIP CERTIFICATE SERIES

About the Certificate Series

- 5 modules
- One per month for the next 5 months
- Each module =
  - Webinar
  - Activity/Discussion following Webinar
  - Homework
VOLUNTEER AND LEADERSHIP OPPORTUNITIES

SERVING AND LEADING
• Becoming an SOS Peer Mentor
• Training other SOS mentors
• Developing and reviewing products
• Displaying at conferences and events
• Sitting on boards or committees
MOFAMILYLEADERSHIP.ORG

MISSOURI FAMILY LEADERSHIP NETWORK

- provides information and resources on leadership and volunteerism to families,
- links family leaders to tools and training to develop and enhance their leadership skills, and
- connects family leaders to opportunities to put their skills and experiences into action.

The MFLN can also provide resources and technical assistance to your organization to build its capacity to include family leaders in a variety of roles.

Subscribe to our mailing list
email address
Subscribe

FOR FAMILY LEADERS
What is family leadership?
How do I become a family leader?
What do family leaders do?

FOR ORGANIZATIONS
What is the Family Leadership Certificate Series?
How can we become a FLCS host site?

TOOLS
Core Competencies of Family Leaders: A Guide for Families and Organizations
Family Leadership Certificate Series
MO FAMILY TO FAMILY NETWORK
Statewide network of organizations that provide:

- Service Coordination
- Family Support
- Educational Services
- Community Support
- Medical Home Support
- Advocacy Support
- Charitable Gifts
MOF2F AFFILIATE NETWORK

Organizations include:
- DDD Regional Offices
- MACDDS SB40 Boards
- State Autism Centers
- Pediatric Care Clinics
- Foundations
- Parent Groups
- Specific Support Organizations
THANK YOU
for joining us today!

Susan Bird, MS
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SURVEY

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

 surveymonkey.com/s/f2fandyou
SPECIAL THANKS

Missouri Developmental Disabilities Council
MO DHSS Bureau of Special Healthcare Needs
MOF2F Affiliates
DMH Regional Offices and Family Support Coordinators
FOR MORE INFORMATION

Contact the
Missouri Family to Family Resource Center
800-444-0821
www.mofamilytofamily.org

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www.ihd.umkc.edu