



Charting the Life Course

The "Golden Years": Older adults with developmental disabilities and their aging family caregivers



March 2013



Life Course Framework

Life is a journey.
Our lives are not static, they change every day.

It's all about vision.
Anything is possible, with the right vision.

Everything is connected.
What you do today affects your life in the future.



Aging

Life Course Perspective



A Framework for Supporting Individuals and Their Families

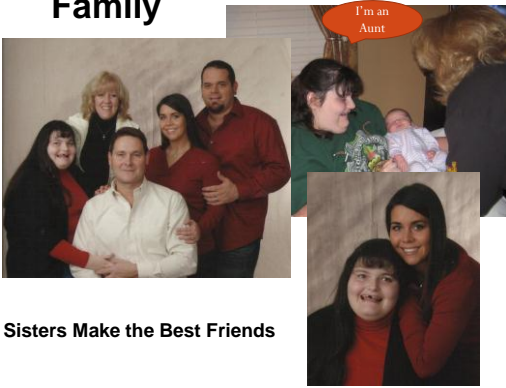
What you will gain from this presentation:

- The feeling that you are not alone.
- A desire to plan no matter your age or family situation.
- True life examples of how important your circle of support can be to assist you and your family alleviating any age-related concerns you have.

Presented by:

Lisa Nothaus, Rolla Regional Office
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Family



Sisters Make the Best Friends



Judy and her husband lived with Mom, Lill & Robin, until 2008. Both required personal care supports
Robin – DDD
Lill - DHSS

Robin now lives in her own home with a roommate receiving residential and family Support.





So many questions....



Daily Life



Healthy Living



Safety & Security



Social & Spirituality



Community Living



Services & Supports



Advocacy & support



Daily Life

Brooke

- If I'm still living at home with my parents, what will happen when my parents die – where will I live, and with whom?

Robin

- What will I do to keep busy if I retire?



Healthy Living

Brooke

- Who else understands my medical needs and information?
- Do I qualify for Medicaid or Medicare coverage?

Robin

- Who else understands my medical needs and is available if I need help communicating those needs to others?
- Are my supporters aware of how some medications can affect an older person differently?



Safety & Security

Brooke

- If I live in my own home or apartment, are there supports in place to help keep me safe?
- Do I understand who I should and shouldn't let into my home (ie: strangers, repair/utility workers, etc)?

Robin

- Are there things happening to me, such as dementia, adding to concerns for my safety?
- Am I in danger of falling or other hazards?
- Do I have legal documentation of my end of life wishes?



Social & Spirituality

Brooke

- What can I do in the community for fun and friendship?
- How am I exploring or developing my interests or finding new ones?
- Do I have a supportive faith community, and what supports do I need to fully participate?

Robin

- What opportunities do I have to make/maintain friendships?
- What hobbies or interests am I pursuing in my spare time?
- Can I go to a nearby senior center for social activities?
- Do I need extra support to fully participate in my faith community as I am aging?



Family Support Coordinator

The role of the Family Support Coordinator is to develop a local infrastructure that supports the overall goal of family support. This is accomplished by developing resource networks, collaborating with local stakeholders as well as specifically providing technical assistance to service coordinators to enhance their capacity to support families across the lifespan. The FSC's role does not duplicate that of services provided by other staff or organizations.

Missouri Division of DD Initiatives

Focus Priorities

- Self-Determination
- Supporting Families
- Accessible Housing
- Employment First
- Individualized Services and Supports



Regional Office Positions

- Advocacy Specialist
- Family Support Coordinator/Autism Navigator
- Community Living Coordinator
- Youth Transition Employment Coordinator
- Behavior Resource Team
- Self Directed Coordinator

Questions?

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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/f2ftgy



Special Thanks

- MO DHSS Bureau of Special Healthcare Needs
- MO Developmental Disabilities Council
- MO DMH Regional Offices and Family Support Coordinators



For more information

Contact the
Missouri Family to Family Resource Center
800-444-0821

<http://mofamilytofamily.org>

UMKC-Institut   n Development

<http://www.ihd.umkc.edu>