

Housing: The Sooner the Better

Introduction: Who are we?

Allison Kleinman:

- Future Centered Care

Laurie Cameron:

- The Extended Family



Who is here tonight?

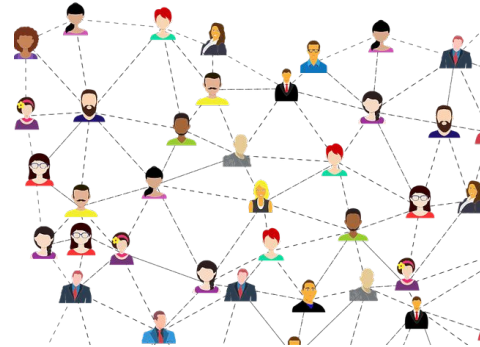
We invite you to write in the chat the answers to the following:

1. Where are you calling/zooming in from?
2. Are you a self-advocate, parent/caregiver, sibling?
3. For parents/caregivers/siblings, what is the age of your loved one?
 - For self-advocates, how old are you?



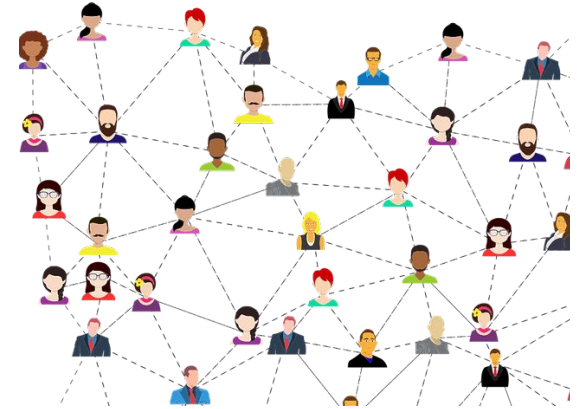
Start Now

- Start to develop your tribe
- Transition them from depending on you to others they trust (they follow your lead, they pick up on our energy/anxiety)
- Understand how to train others to be with your child - safety
- Foster Independence - out in the world safely
- Housing journey will take longer than you can imagine
- Start to understand state/provincial funding - nothing is perfect but this sets them up for their future



Life After School

- Know the options
- Setting and environment that allows your loved one to thrive: building schedule, creating community/belonging, meet potential roommate
- The team: who's going to be part of the next phase? (history and experience + other supports needed)
- Importance of the team having a network



Life After School

- Your tribe: like-minded and like-hearted, people with whom you can rely/share/brainstorm - allows you to step away from the day to day (something for yourself)
- Create a schedule for adults who rely on consistency and routines
- Create and implement adaptive solutions so each member can thrive. (i.e drive in theatre, trust and backing away)
- Getting ready for moving out - responsibilities, preparing as you live



The Extended Family: Westchester County

- Enterprise that creates/provides meaningful engagement for adults not comfortable in traditional settings yet have passions, interests, talents they deserve to cultivate.
- Founded in 2017, 92 young adults served to date
- Many initiatives, e.g., giving cupboard
- A model we're looking to replicate in other regions



Power of storytelling

- The power of storytelling - they need different stories, which helps you realize
- “Let’s dream about a time when you’re not living at home”. Courage to start to dream and to prepare and tell stories, put in all the pieces and tell it over and over and over
- Importance of thinking about siblings



Power of storytelling

<https://mmjccm.org/programs/sibspace-lecture-series-sibling-perspective-panel-discussion>

**marlene
meyerson jcc**
manhattan COMMUNITY FOR LIFE

Home > Programs + Classes > Adults > Special Needs



SIBSPACE LECTURE SERIES: SIBLING PERSPECTIVE PANEL DISCUSSION

 FALL

**ADD TO
CALENDAR**

Session schedule: WED, NOV 29

Number of Sessions: 1

Age range: Adults

07:00 PM - 08:30 PM

\$0.00 members / **\$0.00** public

Letting Go

- The house - Rented first
 - Atmosphere of the house, it is their home
- Staffing
 - Once you know somebody's not right, see who else is out there, have to let go and move forward
 - Waiting too long makes it harder on your loved one, and on you



The Big One

- 3AM wake-up - who will care for my loved one when I'm no longer roaming the earth?
 - I've helped him/her prepare for the life that he wants to live, which will change
- Answer to degree that you can - sense of where going. Be comfortable with not having all the answers right away
- Start now - reduces the amount of 3am wake ups, worry is useless
- Energy and wherewithal to be there for the important transitions



Takeaways



- Best thing to do for loved one is what you'd do for all of our children - help them thrive out in the world with all the support systems they deserve
- Help them to find their place in the world

- Storytelling/dreaming: have conversations about the potential for what their life could be

- Skills and support:
 - As a parent, you're inclined to make it easier.
 - With the right support systems, they need to increase their independence and agency which will increase self esteem and confidence



Education and Job History (Include them):

- Did/does your loved one go to school?
 - Education information _____
 - If they graduated from high school or college, do you have a copy of their degree?

 - If they graduated from high school or college, do you have a copy of their transcript?

- Does your loved one volunteer anywhere?
 - What do they do there? _____
 - Location of volunteering _____
 - Days they volunteer _____
 - Point of contact and contact information _____
- Does your loved one have a job?
 - Type of job _____
 - Location of job _____
 - Days they work _____
 - Point of contact and contact information _____

Resource from Future Centered Care:

Caregiver Centered Planning Sheet

You will receive this by email after the presentation.



Resources:


<https://shivoony.com/>

[Coalition for Self Direction Families of NY State \(C4SD\)](#)



Let's discuss!
Questions? Comments?

We're all in this together!
Thank you!



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