

The Future is Now Implementation Project Seed Funding



UIC Department of Disability and
UNIVERSITY OF ILLINOIS Human Development
AT CHICAGO
COLLEGE OF APPLIED HEALTH SCIENCES

Family Support Research and Training Center



Family Support Research and Training Center (FSRTC) at the University of Illinois at Chicago is funded by the **United States Department of Health and Human Services, Administration for Community Living (ACL), National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)**
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Goals of Family Support RTC



1. Define the state of science on family support
2. Generate new knowledge in the critical policy areas of self-direction and managed care; and in cultural competent peer-to-peer family interventions
3. Generate and implement a vision for policy and practice in family support through a national family support resource center
4. Contribute to improvements in community living, participation, health, function and other outcomes for individuals with disabilities who are supported by family members

Research Projects

- 1. Development of a Strategic Plan for Family Support Research.**
Sandra Magaña, PI; Brian Grossman, Co-PI
- 2. Identifying Promising Practices in Family Support Services.**
Joe Caldwell, PI; Katie Arnold, Co-PI
- 3. Family Member Roles and Well-being in Self-directed Waiver Programs.**
Marji Erickson Warfield, PI; Susan Parish, Co-PI
- 4. Understanding Experiences, Trends, and needs in Self-Directed Support Programs.**
Kevin Mahoney, PI; Ellen Mahoney, Co-PI
- 5. Family Support in Managed Care.**
Tamar Heller, PI; Randall Owen, Co-PI
- 6. Parents Taking Action: A parent training program for Latino Families of children with ASD.**
Sandra Magaña, PI, Miguel Morales, Co-PI

Train-the-trainer caregiver intervention projects

- Easterseals is leading coordination of effort
- Intervention researchers at UIC conducting training and evaluation
- Three different interventions over 3 years
- Parents Taking Action intervention implemented last year

Request for Applications: The Future is Now seed grants

3 seed grants for \$5,000 each will be awarded to community-based organizations that provide services and supports to people with disabilities and their families. These organizations will learn and implement The Future is Now to help families plan for the future.

The application is at the following link:

<https://www.surveymonkey.com/r/futureisnowapp2018>

**Applications are due by 5pm on Monday,
January 8, 2018.**

The Future is Now Curriculum

The Future is Now : A Future Planning Curriculum for Families and Adults with Developmental Disabilities



Elizabeth DeRose, M.Ed.
Joe Caldwell, M.S.
Alan Factor, Ph.D.
Tamar Heller, Ph.D.

Rehabilitation Research and Training Center on
Aging with Developmental Disabilities
Department of Disability and Human Development
University of Illinois at Chicago

Chicago ARC
Illinois Council on Developmental Disabilities

Curriculum for Individuals with DD

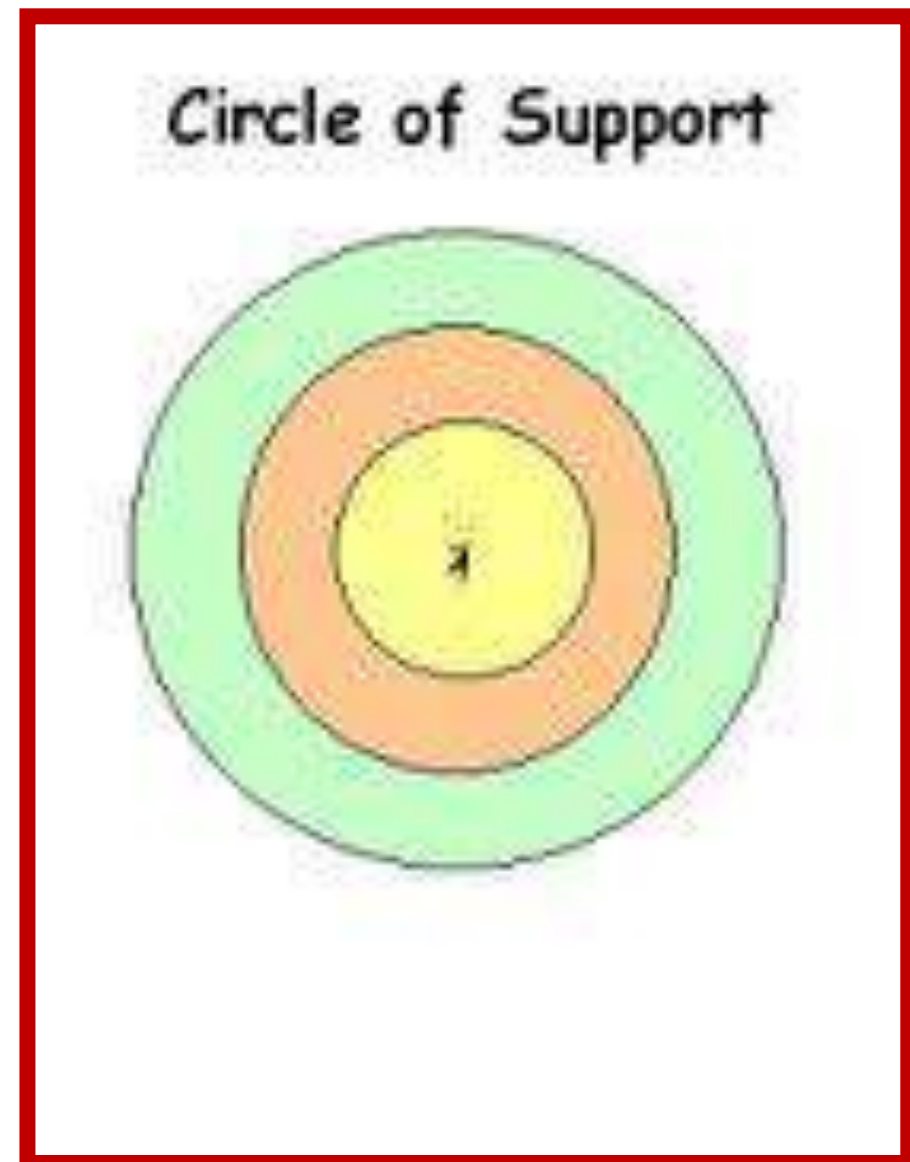
**WHAT CHOICES
DO YOU MAKE**
(List Choices You Make in the Boxes)

WHAT TO EAT FOR A MEAL OR SNACK


WHAT TO WEAR


WHAT TV SHOW TO WATCH


HOW TO SPEND YOUR MONEY

Six Sessions

1. Legal and Financial Planning (open, large-group session)
2. Barriers to Future Planning and Letter of Intent
3. Relationships and Supports
4. Residential and Community Living Supports
5. Employment Supports
6. Goal Planning

Logistics of Curriculum

- Goal-to develop a letter of intent (ie. roadmap for the family about the future)
- Sessions are generally (though can be adapted):
 - 2.5 hours each
 - 2 to 4 weeks apart
 - Approximately 10-20 families per cohort
 - Families must include the person with disabilities and at least one other family member (encourage siblings, parents, other family that the person wants)

Unique Features



1. Peer support
 - Includes times for families and people with disabilities to meet in peer groups to discuss aspects of future planning.
2. Inclusion of Peer Trainers
3. Evaluation of Outcomes

Things to think about:

- Who will be the key (at least 1) staff at your organization to learn the training and oversee the implementation of training
- Finding speakers for Legal/Financial session
- Space for training sessions
- Whether you want to include food for families in the budget depending on the timing of the training sessions
- How to find and train peer trainers—possibly include them in the budget

Evidence-based Outcomes

- Special Needs Trust: 24% who did not have a special needs trust developed one
- Residential Planning Action: 64% who had not taken action did so
- 78% developed a Letter of Intent
- Caregiving burden decreased

Summary of Key Outcomes

- Daily Choice Making of Individuals with DD increased (caregiver reports)
- Individuals with DD reported doing more leisure activities and having fewer unmet leisure needs.



Systemic Outcomes

- Group of individuals with DD developed People First Chapter
- Families led additional workshops
- Agency adopted letter of intent
- Collaboration with Illinois Department on Aging (AOA grant)

Goals & Expectations

- Commit at least one (1) staff member/project coordinator for program training and coordination.
- Schedule and attend online training by UIC, *The Future is Now* developers.
- Recruit a minimum of 2 peer trainers (including a family member and a person with disabilities) to help implement the training.
- Recruit a speaker and host the kick-off Financial Training forum.

Goals & Expectations (cont.)

- Recruit a minimum of 6 families of people with disabilities (attendees must include the person with disabilities and at least one person considered to be family—a number of family members are welcome to attend together).
- Implement *The Future is Now* curriculum with families.
- Complete/submit quarterly reports (reporting forms will be provided) and provide evaluation information.
- Attend bi-annual (every other month) grantee teleconferences for support and technical assistance.

Timeline:

- Receive training: February 9th, 16th, & 23rd—1-4 people from each organization participate in the online train-the-trainer (TTT) conducted by UIC. Each session will be 2-4 hours long with tasks to complete between the three sessions.
- Implement *The Future is Now*: Conduct the 6 session training with at least 6 families. Take a couple months to recruit families and prepare for the training. Then, conduct the training possibly between April/May through September/October 2018.

Time for questions:



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THANK YOU