

Inclusion in Planning/Living

Value of Planning/Living and Inclusion

Planning for the future of your son or daughter is a proactive process. By planning for your son or daughter to live, work, relax and participate fully in his or her community; the safer, and happier he or she will be. He or she will have the potential of developing friends, natural supports, and skills as well as increasing his or her level of self-confidence and independence.

Benefits of Inclusion in Planning/Living

- Gives more options for your child which otherwise you may not have considered.
- Proactive versus waiting for “someone to take over”.
- Opportunity to see the plan you and your child develop in operation – peace of mind.
- Potential for natural connections which may lead to development of more social roles.
- Provides a safety net in that your son or daughter is known by others in the community.
- Potential opportunities for unpaid support and less reliance on paid support.
- Increases your son or daughter’s self-confidence and sense of independence.
- Provides opportunity to “stand on their own” and have a voice.
- Gives your son or daughter the opportunity to develop more skills which leads to increased independence.
- You find out what your son or daughter is most interested in doing.
- Enables your child to speak up for him or her self, in a safe environment.
- More life experiences for your son or daughter.
- Potential for your son or daughter to develop friends.
- Your son or daughter has the opportunity to do what he or she really enjoys.
- If your son or daughter makes friends he or she will not be alone.

Tips to Promote Inclusion in Planning/Living

- Think creatively and outside the box when planning for your son or daughter!
- Look for natural connections in the community for your son or daughter.

Community Living

M I S S I S S A U G A

- Network with other families to share information and resources – possible opportunity to work together to develop a plan.
- Involve your son or daughter in planning their move as much as possible and support them to make decisions about their future living arrangements.
- Help your son or daughter develop daily living skills in preparation for when they move out.
- Have a discussion with your son or daughter about what they really enjoy doing.
- Think of ways to connect your son or daughter with other people and groups in their community.
- Identify where groups meet and start attending the group.
- Ensure extended family members remain involved with your son or daughter through family get-togethers, etc.
- Build a circle of support around your son or daughter