

# FUTURE PLANNING

Presented by DC's Bridging Aging and Disability Networks and Racial Equity Community of Practice

Special thanks to The Arc of the United States for allowing us to repurpose their future planning materials for this training.



# DC'S BRIDGING AGING AND DISABILITY NETWORKS AND RACIAL EQUITY COMMUNITY OF PRACTICE



# WHAT IS FUTURE PLANNING?

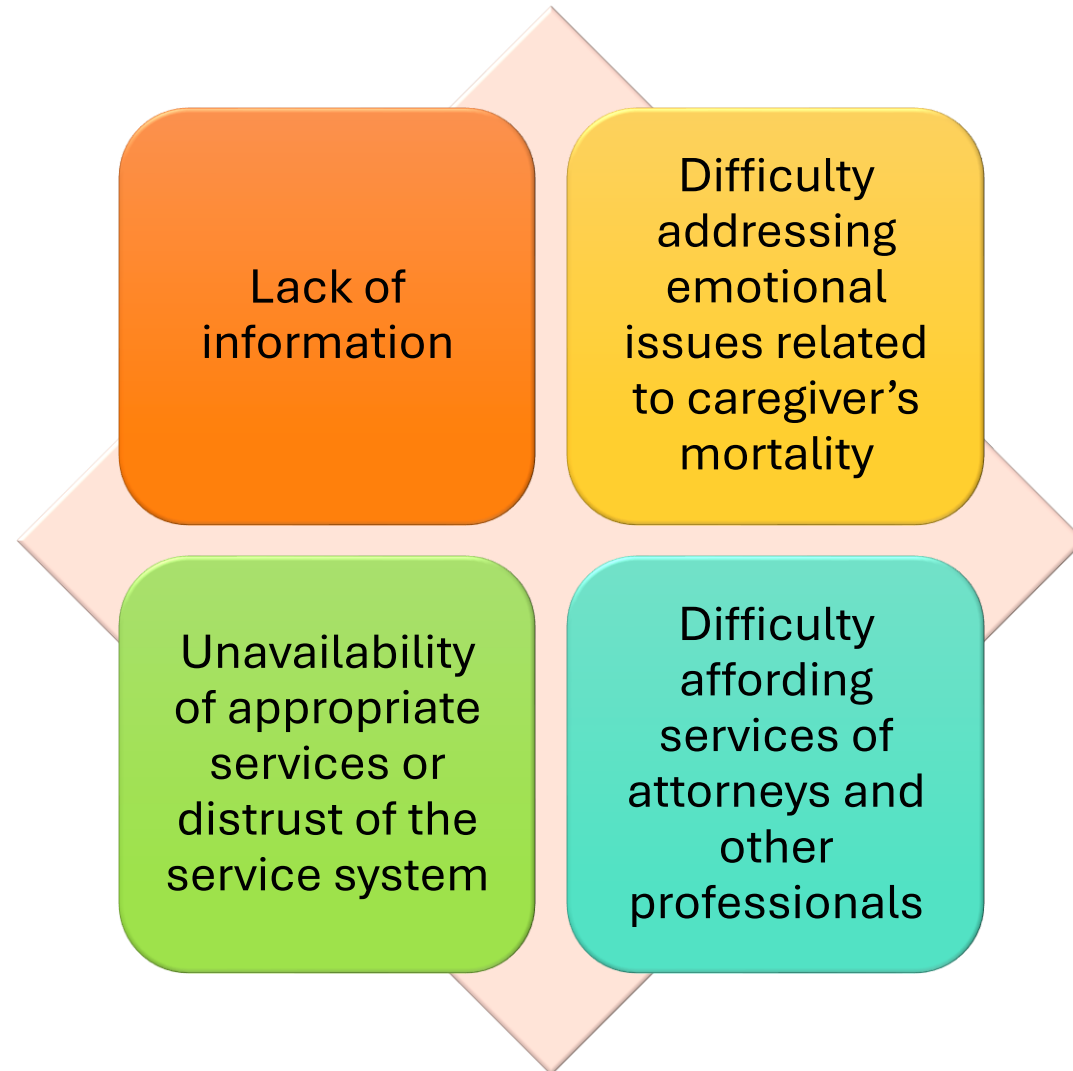
- Future Planning is creating a guide for a person with intellectual or developmental disabilities (IDD) to lead a good life as independently as possible.
- A plan is important throughout all stages of life and especially in the future after the parent or caregiver is no longer able to provide support.



# INTERSECTION OF DISABILITY & AGING

- There are an estimated **1,000,000** households in the US with an adult with IDD who lives with a caregiver who is age 60 or older – 58% of caregivers are between ages 51 and 79.
- In DC, there are an estimated **13,000** families who are caregiving for a person with IDD.
- Based on national averages, estimates are that roughly **2,500** caregivers in DC are age 60 or above.
- Research suggests that **more than half** of those families have no formal plan in place for what will happen when the caregivers is no longer able to provide support.

# WHY DON'T PEOPLE MAKE FUTURE PLANS?



# SOME PRINCIPLES OF FUTURE PLANNING

1. Future plans are made by a team, including the person with IDD, parents, siblings, and other extended family, chosen family and friends, and professionals.
2. Every plan is person-centered and reflects the wishes of the person with IDD and other important people in their life.
3. Future plans should be culturally and linguistically competent.
4. You don't need money or a lawyer to create a future plan - but you may want them to address certain areas
5. Planning leads to smoother transitions in the lives of people with IDD and their families
6. Planning never ends – a plan should always be regularly reviewed and updated as a person's life changes



# CORE AREAS OF FUTURE PLANNING

1. Expressing wishes for the future
2. Financing the future
3. Employment and daily activities
4. Deciding where to live
5. Making social connections
6. Supporting daily and major life decisions

# EXPRESSING WISHES FOR THE FUTURE: WHAT IS IT?

- Outlines a person's current needs and supports
- Describes what needs to continue if the caregiver changes

## **Issues to Consider:**

- Including multiple perspectives and opinions
- Developing a person-centered plan
- Information gathering
- Sharing values and beliefs



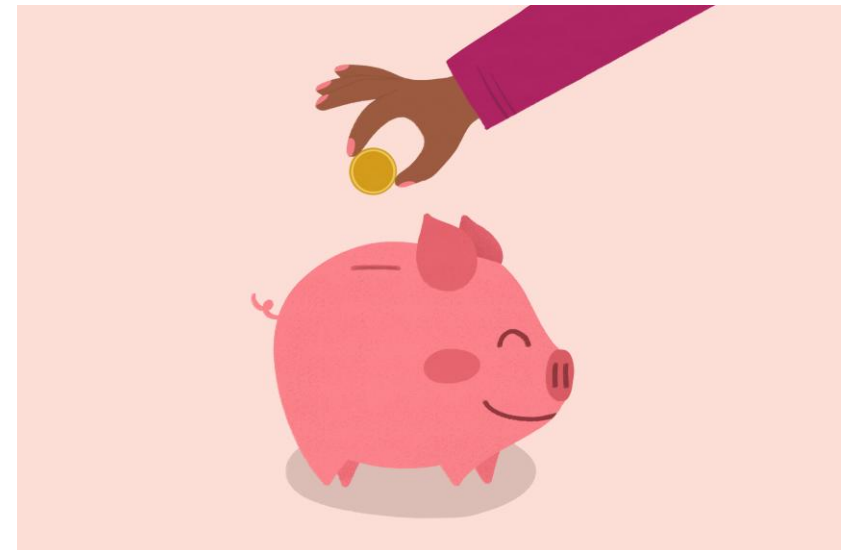
# FINANCING THE FUTURE

## Key Question:

Are funds available to pay for the basic and supplemental needs of the person with IDD?

## Possible financial sources:

- Employment income
- Public benefits
- Support from family



# EMPLOYMENT & DAILY ACTIVITIES: ISSUES TO CONSIDER

- What jobs and activities are important to the person with IDD?
- What supports, if any, are needed to ensure that the person's preferred job and activities will continue?
- How to make access to preferred activities and employment sustainable?



# DECIDING WHERE TO LIVE: ISSUES TO CONSIDER

- The person with IDD and the family's wishes for a future home
- Addressing support needs
- Finding housing
- Financing housing
- Transportation
- Negotiating needed home modifications or accommodations



# MAKING SOCIAL CONNECTIONS: ISSUES TO CONSIDER

- Finding friends and supports
  - Shared interests
  - Faith communities
  - Community centers
- Strengthening existing connections and bringing them into the circle of support



# DECISION-MAKING: ISSUES FOR FAMILIES TO CONSIDER

- Setting up informal and formal supports for decisions
  - Informal support: advice, communication assistance, apps or other technology
  - Formal support: SMAs, POAs, healthcare directives, representative payees, or guardianship (as a last resort)
- How to support the family member's vision for how he/she wants to make decisions in the future
- How to help build decision-making skills to achieve this vision



# FUTURE PLANNING OPEN HOUSE

Join us for an opportunity to learn more and **meet 1-on-1 with a Future Planning Navigator** who will assist you in identifying the resources you need to start planning.

**When:** Thursday, November 6, 2025, from 2:00 – 7:00 p.m.

**Where:** Martin Luther King Jr. Memorial Library, 5<sup>th</sup> Floor  
901 G Street NW, Washington, DC 20001

**Register:** <https://forms.office.com/g/eNLmY1ayL8>



QUESTIONS?

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