



Tool for Developing a Vision - Family

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help families of all ages – those with a very young child, an adult or somewhere in between, start to think about a vision for how their family member will live their life as an adult.

LIFE DOMAIN	My Vision for My Family Member's Future	rank	Current Situation/Things to Work On	rank
 Daily Life Employment	What do I think my child will do during the day in his/her adult life?			
 Community Living	Where and with whom do I think my child will live in his/her adult life?			
 Social & Spirituality	How will my child connect with spiritual and leisure activities; have friendships and relationships in his/her adult life?			
 Healthy Living	How will my child live a healthy lifestyle and manage health care supports in his/her adult life?			
 Safety & Security	How will I ensure the safety of my child from financial, emotional, physical or sexual harm in his/her adult life?			
 Citizenship & Advocacy	How can I make sure my child has valued roles and responsibilities, and has control of how his/her own life is lived as an adult?			
 Supports for Family	What will our family need to help support my child to live a quality life as an adult?			
 Supports & Services	How will my child be supported in his/her adult life to lead the kind of life he/she wants as independently as possible?			



Tool for Developing a Vision - Individual

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help individuals with disabilities of all ages start to think about a vision for how they want to live their life as an adult.

LIFE DOMAIN	My Vision for My Future	rank	Current Situation/Things to Work On	rank
 Daily Life Employment	What do I think I will do/want to do during the day in my adult life? What kind of job/career do I think I might like?			
 Community Living	Where would I like to live in my adult life? Will I live alone or with someone else?			
 Social & Spirituality	How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?			
 Healthy Living	How will I live a healthy lifestyle and manage health care supports in my adult life?			
 Safety & Security	How will I stay safe from financial, emotional, physical or sexual harm in my adult life?			
 Citizenship & Advocacy	In my adult life, what kind of valued roles and responsibilities do/will I have, and how do/will I make sure I have control of how my own life is lived?			
 Supports for Family	How will my family still be involved and engaged in my adult life?			
 Supports & Services	What types of support will I need to live as independently as possible in my adult life, and where will my supports come from?			