

# Independent Living Facilitation Guide

## Independent Living Scenario 1: Talking About Transitions

This video tells the story about Stephanie, a young lady who lives independently and is receiving ODP services.

It shows how she uses technology to connect with her DSP to talk about changes at work that she has to prepare for due to COVID-19.

She uses the information from her completed "Self-Advocate Roadmap and Guide for Returning to Activities in the Community" to share her concerns and explore next steps.

## Independent Living Scenario 2: Connecting With Your Team Using Transition Planning Resources

This video continues the story of Stephanie a young lady who lives independently.

It shows Stephanie and her team using technology to work together as a team to talk about her vision for returning to work and other community activities shown on her "Life Course Trajectory."

The team helps Stephanie identify what roles and responsibilities everyone on the team has as depicted on her completed Charting the LifeCourse Integrated Supports Star.

## **ACCOMPANYING DISCUSSION/FACILITATION QUESTIONS**

These discussion questions are intended to be used to think about things to consider including available resources to help support transition discussions with individuals who live independently.

### Questions about the resources

- Are you familiar with all the tools that were used during these discussions around transition? Do you know where you can find them?
- Do you know how to use the Charting the LifeCourse for Stephanie's (or others like hers) specific situation? (Self-Advocate Roadmap and Guide for Returning to Activities in the Community, Life Course Trajectory Worksheet, LifeCourse Integrated Supports Start)

- If you have, can you discuss your experience (i.e., what you have learned, gaps you have noticed, barriers you have experienced) with the group?
- If not, consider the following resources to learn about the tools and how they are used:
  - Pennsylvania Family Network: <https://www.visionforequality.org/pa-family-network/>
  - ODP Supporting Families: <https://www.myodp.org/course/view.php?id=1173>
  - Charting the LifeCourse: [www.lifecoursetools.com](http://www.lifecoursetools.com)
- Are there other tools that you use that would have been useful for Stephanie and her team?

### **Questions about the Independent Living videos**

- What was successful/what worked in each scenario?
- What could have been handled differently?
- Thinking about the team's use of the resources in the video:
  - How did the team support Steph to develop her vision for transition?
  - How were the resources introduced?
  - What steps did the supporters take in using the resources?
- We know that these discussions are not once and done. What other, future conversations do you think Stephanie and her team may have during this pandemic and other transitions?
  - What other tools could be utilized?
- What would these scenarios look like if Stephanie was not verbal or had limited verbal skills or was differently abled perhaps needing additional support to understand and have a conversation like this one (e.g., observation of and respectful/thoughtful guessing by supporters)?
- What other ways could the team support Stephanie for a safe return to work?
- What other types of transitions could be supported using the tools referenced in these videos?