

VISIONING

Creating a vision is the first place to begin when planning for people with developmental disabilities.

Start by engaging or asking the individual to share what their vision or dreams are. At this point, it is very important to just listen. Have an open mind. Some individuals have never before been asked their opinion on their lives or may have challenges that might make sharing more difficult, so you may need to ask questions and pay attention to their gestures or cues, in addition to words.

Sometimes it's nice to put paper up on the walls and assign someone the task of keeping "minutes" with coloured markers.

The bottom line is that unless you and your loved one create a vision, they WILL be subjected to someone else's vision or agenda.

There are no limits to vision, so don't get wrapped up in the logistics of how (you can figure that part out later).

Components to consider in vision:

- Home
- Education/Employment
- Variety of relationships
- Valued Social roles
- Choice
- Community Inclusion

Try to approach this process by taking disability out of the equation. Instead, approach visioning by asking, "What would they be doing at this time, if they did not have a disability?" What are other 20, 30, 40....-year-olds doing?

Another point to consider is that a vision is a living, breathing document. NOTHING is written in stone. If your loved one's vision changes, update the document. Revisit the vision at least annually.

