

Preparing for the future of your loved one

- Invite your key worker to come and speak with you.
- Listen to what she/he has to say about the benefits of future planning.
- Ask questions you need to find the answer to.
- Share your thoughts with the person with learning disabilities, siblings and other family members.
- Your care worker will be able to signpost you to other people who can help you, eg, NIHE, a solicitor who deals specifically in learning disabilities.
- Share your thoughts with the person with learning disabilities, siblings and other family members.

Don't leave it too late

Help prepare a future for your loved one that they want and that you are proud of

Good luck

Social worker/nurse/day-care worker/key worker contact details:

Preparing for the FUTURE

This training is developed and coordinated by the University of Ulster.

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Preparing for the FUTURE

Family Information



WHY future plan?

You have probably spent a large part of your life caring for your son or daughter with a learning disability and are now wondering what will happen to them when you are no longer able to care for them

You have two options:

1. Cross your fingers and hope everything works out in the end.
2. Make plans now that will guarantee your loved one a good life and give you peace of mind.

It can be tempting to take the first option but there are big risks. You might assume that another member of the family will take up their care, but experience has shown that often these and other assumptions are incorrect.

No one will ever know your son or daughter as well as you do and no one will ever be able to replace you. So why not help whoever does take on the care of your son or daughter by recording all your wisdom and knowledge to make this process as easy as possible for everyone.

WHY start planning now?

It takes real courage to think about and plan for the future however the sooner you start, the sooner you can have peace of mind, knowing all is organised.

Planning is just preparation and nothing will happen until you are ready.

Planning early gives you **time**:

- to find out about all your options and make a well thought out decision.
- to involve your family members and friends.
- to make **full** plans covering everything that needs to be considered, such as:
 - what to do in an emergency.
 - where your son or daughter should live.
 - how they will inherit.

And many other issues.

Don't think you have to do everything at once, take it slowly.

BUT

Start to think about it now, don't wait until it is too late.

Your social worker/key worker has recently received training on 'preparing for the future' and is encouraging you to explore the following topics;

- Person Centred Futures Planning
- Emergency planning
- Circles of friendship
- Housing options
- Direct payments
- Wills and trusts
- Making a letter of intention

