

# NURTURING SUPPORTIVE RELATIONSHIPS

The Foundation to  
a Secure Future

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WEBCAST+  
**WORKBOOK**

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the  
**fundamentals**  
of **future planning**

A 6-PART P4P **WEBCAST+** SERIES



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## PART ONE: INTRODUCTION

Friendships are a core part of our society. As humans, we need interpersonal relationships and social interaction in order to live our most fulfilled lives. Research has shown that a lack of socializing can negatively impact a person's well-being. [Studies](#) have linked the absence of friendships to an increased risk for a range of physical and mental health conditions, including heart disease, anxiety and depression.

According to a survey conducted by [Angus Reid](#), 62 percent of Canadians feel they would like to spend more time with their friends and family. Only 14 percent would describe the current state of their social lives as "very good."

The on-going global pandemic has only exacerbated this issue, bringing to light the negative repercussions of extended periods of time without meaningful, human connection.

### SUPPORTIVE RELATIONSHIPS FOR PEOPLE WITH A DEVELOPMENTAL DISABILITY

For people with a developmental disability, creating and sustaining supportive relationships can be even more challenging. One of the most difficult challenges families face when planning for a secure future for their loved one is how to nurture long-term, reciprocal relationships for their son or daughter?



Who will be in their lives when parents are no longer able?

It's so much more than having a friend to go to a movie with (although those are also great relationships to have).

While a fast and simple solution doesn't exist, there are intentional steps you can take to increase opportunities to develop supportive relationships.

## BEFORE THE WEBCAST

### DAVID COHEN: Impassioned and Inspired

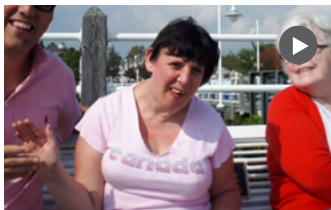


To get you started on thinking about the long-term benefits of supportive relationships, please watch David's documentary. It provides a perfect context to the webcast.

As an added task, list all the people who played a critical role in David's life and think about the impact each of them had on his life.

## STORIES OF FRIENDSHIPS

Check out a few of the personal profiles available on the Planning Network that demonstrate how individuals with a developmental disability have forged nurturing friendships with others in their communities:



### **Crafting a Good Life: Tiffany Dawe**

Learn how Tiffany Dawe and her mother, Linda, crafted a life full of friendship, opportunity and community.



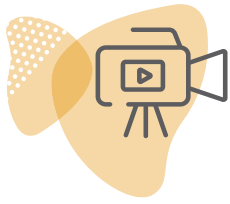
### **Dance in the Shadow**

A story of how creative planning, supportive networks, individualized funding and strong community connections combined to allow new possibilities to unfold.



### **The Elvis Network**

An inspiring profile of Eric's personal support network in Waterloo, Ontario.



## PART TWO: **WATCH THE WEBCAST**

Tuesday, January 5, 2021 - 7:00 PM

The Nurturing Supportive Relationships Webcast will start at 7PM and will run for approximately one hour. The webcast will be available to watch again for one month after the original air date.

If you would like to test your computer setup check out the [TEST LINK](#). If the test video plays smoothly and the sound is good, you should be fine.

On Tuesday January 5, [LAUNCH WEBCAST PLAYER](#) before 7:00PM

## OUR PRESENTERS



**Anna Bruno**, Webcast Host

Anna has worked with families and their children living with varying abilities for over 10 years in a variety of capacities. Anna worked as a Social Worker at Grandview Children Centre for 8 years. She is committed to ongoing learning and a reflective, collaborative approach to her work. Anna belongs to the circles of support of a few individuals and while offering her own time has also gained much including a good knowledge base of how circles function and how to support people towards achieving a good life rooted in their community.

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**Rebecca Pauls**, Executive Director, PLAN

Rebecca is the Executive Director of Planned Lifetime Advocacy Network (PLAN), a Vancouver-based social enterprise that partners with families and people facing social isolation to secure their future by mobilizing relationships and leveraging community assets. An enthusiastic leader and creative facilitator, Rebecca is passionate about seeing the unique gifts each of person has, and is convinced that our communities will be stronger, safer and more resilient when each of us is contributing and recognized for our gifts.

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**Judith McGill**

Judith McGill is an adult educator, writer, Independent Facilitator and passionate advocate in support of human rights for all people living with a disability. She is the co-founder of Families for a Secure Future an independent facilitation organization and a consultant with Microboards Ontario and the Ontario Independent Facilitation Network.

Judith has had extensive experience over the past 27 years supporting individuals with developmental disabilities within the context of their families to take the next step, whatever that might be and to live the life they have imagined.

You can reach Judith at [jlmcgill11@gmail.com](mailto:jlmcgill11@gmail.com)

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**Susan Beayni**, Independent Facilitation Mentor

Susan has been a leader and advocate in the disability movement for over 25 years. Since co-founding Plan Toronto (now Partners for Planning) in 2009, Susan has assisted individuals who are vulnerable and their families in developing support networks and planning for a meaningful life now and into the future. Her daughter Rebecca has had a support network since she was age 9.

Susan holds a Bachelor of Education from The University of Toronto. She has worked with Bloorview Children's Centre where she consulted for families with a child with a disability, is a regular contributor to P4P webcasts, and can be seen in a number of the video presentations found on P4P Planning Network.

## WHAT YOU WILL LEARN

- Why being intentional about creating opportunities for your loved one, preferably from an early age, is the key to long-term reciprocal relationships.
- How to develop friendships through shared interests and passions.
- Tips and strategies for creating and sustaining a personal support network.
- What a microboard is and what the long-term benefits of having one are.
- Access a variety of video profiles featuring individuals with a developmental disability and their support networks.
- You will also have an opportunity to connect with other families in our Virtual Discussion Groups.



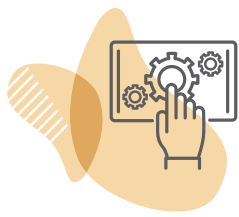


PART THREE:  
**JOIN OUR ZOOM DISCUSSION GROUPS**

Tuesday, January 12, 2021 - 7:00 PM

Facilitators will facilitate Discussion Groups focused on the webcast content for those interested in an informal conversation on the topic. We will meet online in smaller breakout rooms so you will have an opportunity to chat with our panelists and other families.

During the webcast we will provide you with a link to register for the Discussion Groups. Space for the groups is limited to the first sixty families.



## PART FOUR: **TAKE ACTION**

In an ideal world, individuals with a developmental disability would be surrounded by people who will love and share their lives with them.

As with any relationship, good friendships take time and effort. By being intentional and focusing on developing connections at every opportunity, you'll increase the likelihood of developing supportive relationships.

### → **ACTION STEP ONE:**

#### **Revisit the Framework for Developing Roles**

As we developed this series on the Fundamentals of Future Planning, we categorized the content into six themes. But in reality, when it comes to living a full life, all of the themes are interconnected. You can't have long-term financial security without having people in your life who may provide support as trustees. You would never pick a home without first considering where your friends and family are. You cannot develop relationships without being involved with your community.

In our last webcast+ event, we featured a strategy developed by Janet Klees that we feel is incredibly valuable in helping to develop community participation. It also is a framework that has great benefit in developing supportive relationships or at least creating opportunities for new relationships to foster.

Janet offers a workshop entitled Building a Context for Relationships that delves more deeply into the framework. You can check the [Durham Association for Family Resources website](#) for dates. The strength of the framework is that it supports the person to take on valued roles while spending time with others who share similar interests. It's the ideal foundation for nurturing supportive relationships.

## ***A FRAMEWORK FOR DISCOVERING AND DEVELOPING VALUED ROLES***

Working through these questions can help a person find and develop roles and relationships based on their interests and passions. This framework can be applied to any area of life.

### **1. What are the interests, skills and passions of the person?**

It may take time to determine what these are. In fact, you may want to plan for a discovery period where you and the person you're supporting try new ideas, visit different places, and find those things that excite and light up the person.

### **2. Where are the places that others who share this interest gather?**

What are the places in your family, neighbourhood or community where you will find others with the same interests?

### **3. How would you describe the roles of other people in this place?**

The other people in the places with the shared interest are fulfilling what you might you call their role in this context. You're not describing what they do but what their role is.

Hint: A role will finish this sentence

- He is a ...
- She could be a ...
- Other people are the ...

### **4. Now move to your family member and ask the same question. Who could they be in this place or could they become in this place?**

These answers will help identify roles for your family member and not activities (ie., what are they doing with their time). Look at the types of roles that may be a good fit for your family member in this place. Hint: A role will never end in "...ing".

**5. What contributions can your family member make in this role and at this place.**

The focus here is on identifying how your family member will contribute to the place in their role. People who contribute and share their gifts become valued participants.

**6. Who are the other people (non-disabled, non-paid or intentional support) present with whom this person might connect, chat, become friends and more?**

One of the most important benefits of focusing on valued roles based on passions and interests is that it creates an opportunity to develop relationships with other people who share their interests. For all of us, meeting people who share our interests is one of the best ways to meet new people. If the person has someone supporting them, ensure that their objective is to become a bridge to new friendships.

## DISCOVERING VALUED ROLES WORKSHEET SAMPLE

Identify a passion/interest your family member has.	Gardening
<p>List places others who share the interest gather.</p> <p>Places don't have to be physical but could be groups that meet in different places (even virtually).</p>	<ul style="list-style-type: none"> <li>• Community Garden</li> <li>• Floral Shop</li> <li>• Public Parks &amp; Gardens</li> <li>• Farmers Markets</li> <li>• Landscaping Companies</li> <li>• Neighbour's Gardens</li> <li>• Local College Floral Studies Department</li> <li>• Wildflower &amp; Natural History Groups</li> </ul>
Who are the other people in these places?	<ul style="list-style-type: none"> <li>• Florists</li> <li>• Gardeners</li> <li>• Community Garden Volunteers</li> <li>• Park Volunteers</li> <li>• Landscapers</li> <li>• Market Vendors</li> <li>• Floral Designers</li> <li>• Student Gardeners</li> <li>• Assistant Gardeners</li> <li>• Photographers</li> <li>• Coordinators and Organizers</li> <li>• Greeters and Hosts</li> </ul>
<p>Who could your family member become in this place?</p> <p>Identify a few roles that could be a good fit.</p>	<ul style="list-style-type: none"> <li>• Vendor Assistant at Farmers Market</li> <li>• Garden Hobbyist at Home</li> <li>• Neighbourhood Park Volunteer</li> </ul>

*Continued on next page*

## WORKSHEET SAMPLE (Continued)

<p><b>What contributions could your family member make in this role and place?</b></p>	<p><b>Vendor Assistant at Farmers Market</b></p> <ul style="list-style-type: none"><li>• greet customers</li><li>• wrap flowers for customers</li><li>• re-stock tables</li><li>• take photos of the stalls for other vendors</li><li>• manage social media posts to promote the market and the vendor</li></ul> <p><b>Garden Hobbyist at Home</b></p> <ul style="list-style-type: none"><li>• grow flowers at home and beautify the backyard</li><li>• create beautiful floral displays</li><li>• share flowers with neighbours and friends</li><li>• tie flowers in lovely bundles and leave them on the porch of elderly neighbours</li><li>• collect and package packets of seeds and share with other gardeners</li><li>• take photos of her flowers and make cards for friends or for Christmas greetings</li></ul> <p><b>Neighbourhood Park Volunteer</b></p> <ul style="list-style-type: none"><li>• support the local park volunteers by providing refreshments</li><li>• help weed gardens</li><li>• take charge or “adopt” a section of the park for extra attention and bring others to help care for it</li><li>• write a blog about the park and the volunteer efforts and share it with others</li></ul>
<p><b>Who are the other people in the place that your family member could meet and get to know?</b></p> <p><b>People who benefit from your family members contribution and may reciprocate.</b></p>	<p><b>Vendor Assistant at Farmer’s Market</b></p> <ul style="list-style-type: none"><li>• other staff</li><li>• other stall owners who may also benefit from the persons contributions</li><li>• regular market customers</li><li>• Farmer’s Market marketers</li></ul> <p><b>Garden Hobbyist at Home</b></p> <ul style="list-style-type: none"><li>• other neighbours who are gardeners</li><li>• people at the local gardening shop</li><li>• neighbours who receive her flowers</li><li>• extended family who will see her differently</li><li>• elderly neighbour who appreciates her gifts</li><li>• other gardeners who use her seeds</li></ul> <p><b>Neighbourhood Park Volunteer</b></p> <ul style="list-style-type: none"><li>• park volunteers</li><li>• neighbours using the park</li><li>• volunteer coordinator</li><li>• neighbours she invites to help in her section</li><li>• people she asks to edit her blog</li></ul>

## **DISCOVERING VALUED ROLES WORKSHEET**

Practice discovering and developing roles with the following worksheet.

Identify a passion/interest your family member has.

List places others who share the interest gather.

Who are the other people in these places?

Who could your family member become in this place?

Identify a few roles that could be a good fit.

What contributions could your family member make in this role and place?

Who are the other people in the place that your family member could meet and get to know?

People who benefit from your family members contribution and may reciprocate.

## → ACTION STEP TWO: Check out our Directories

Family Networks can be a great source of inspiration and information. Check out the [P4P Family Network Directory](#) to search for a Family Network in your area. Those networks in the directory that are affiliates of Family Alliance Ontario are committed to supporting families to create individualized opportunities in community.

You can also check out the [Facilitators and Planners Directory](#) on the Planning Network. Many Facilitators can provide support and expertise in developing supportive relationships or personal support networks.

## → ACTION STEP THREE: Order *Safe & Secure* (2020 Edition)



Available in hard copy and a digital version, [Safe & Secure - Seven Steps on the Path to a Good Life for People with a Disability](#) is a book that provides a comprehensive overview of critical planning objectives for families. The book is free and can be downloaded as an e-book on the Planning Network. There is a nominal cost for shipping the hard copy.

## → ACTION STEP FOUR: Keep Learning

We've compiled a variety of resources that will deepen your understanding of critical planning issues and keep you on track.

- [Microboards - Sustaining Your Future](#): Learn how microboards can be a powerful strategy to ensuring the future well-being of your loved one. Visit [Microboards Ontario](#) for courses and information on Microboards.
- [Action Guide to Making Friendships with Supportive People](#): This Action Guide provides information, stories and practical steps on how to make and sustain friendships with supportive people.
- [The Sibling Collaborative](#): The Sibling Collaborative is a community of adults with a brother or sister with a developmental disability who come together with the purpose of connecting siblings and strengthening families.



- **Art of Belonging**: Join six dynamic speakers as they share their unique perspectives on the power of community.
- **Brene Brown Podcast**: A podcast episode about the Power of Connections with Dr. Vivek H. Murthy.
- **Together - The Healing Power of Human Connection in a Sometimes Lonely World**: A book by Dr. Vivek H. Murthy about the importance of human connection, the hidden impact of loneliness on our health, and the social power of community.

## → **ACTION STEP FIVE: Wrapping Up**

Before we finish up, we would like to ask for your help. The Fundamentals of Future Planning Series is a new free resource we've created for families supporting a child or adult with a disability.



We have incorporated a number of new approaches for online education and engagement and we need your feedback. Please take 2 minutes to complete our **SURVEY**. We kept it short and wish to thank you in advance.



Now if you're ready, register for the final webcast in our

## **The Fundamentals of Future Planning Webcast+ Series**

**Creative Options for Home** - Tues Jan 19, 2021

### ***Congratulations!***

You've completed the Nurturing Supportive Relationships  
Workbook.

The P4P Planning Network offers **FREE resources** designed to  
empower people with a disability and their families to create  
meaningful lives and secure futures, firmly rooted in community.

**smart strategies | creative tools | sustainable solutions**



**PLANNING  
NETWORK**