

## A: Make a plan

A good plan can address:

- A safe place to live
- People who will love and care for them
- Activities that create friendships and life-long connections
- Supports and safeguards



As you age, do you worry about a family member with a developmental disability?

You need a plan.

Q: How will your son or daughter cope when you are no longer able to provide support?

If you are a:

- Health care professional
- Emergency responder
- Community support person
- Senior centre staff member
- Social worker
- Public health nurse
- Neighbour
- Concerned community member

and you come in contact with...

a family that has an aging parent living with a son or daughter with a developmental disability...

please share this brochure...

with them and help them to make contact with an agency, a professional or CLBC for any supports they need.



COMMUNITY LIVING  
BRITISH COLUMBIA

Community Living British Columbia  
Airport Square – 7th Floor  
1200 West 73rd Avenue  
Vancouver, British Columbia  
Canada V6P 6G5  
Toll Free 1 877 660 2522  
[www.communitylivingbc.ca](http://www.communitylivingbc.ca)



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“Once I made a plan, I could sleep at night knowing my daughter’s needs would be met if anything happened to me.”



## Why do I need to plan?

- What if the first night your family member slept away from home was the night you had to move into a care facility or the night you died?
- Would you want your loved one to stay in the home alone because they could not ask for, or were afraid to, seek help?
- Will another family member have the financial resources to look after them?
- When you are not there, what will their life look like?

## What are the benefits to me?

- I will know there is a place for my son to go where he will feel he belongs.
- I won’t worry that my brother will be treated with love and will be looked after. I don’t want anyone to be abusive to him.
- My sister will not be isolated and lonely.
- It opens conversations about support for my daughter when I am gone.
- It helps prepare for significant life changes.

## Who can help me make a plan?

### Here are some options:

- Ask for guidance from an agency in your area that provides services for individuals with a developmental disability
- Talk with your lawyer, accountant, family doctor, social worker, clergy or other professionals
- Involve family members or others close to you
- Contact a planning organization such as Planned Lifetime Advocacy Network (PLAN) [www.PLAN.ca](http://www.PLAN.ca) or NIDUS Personal Planning Resources Centre & Registry [www.nidus.ca](http://www.nidus.ca)
- Ask for help from someone you trust
- Speak to a Community Living British Columbia (CLBC) facilitator at your local community office