

TEXAS SIBLING SURVEY

FUTURE PLANNING

Future planning:



Is a process for creating a plan for the future so a person with disabilities can lead a good life



Gets the whole family thinking about the future in a person-centered and family-centered manner



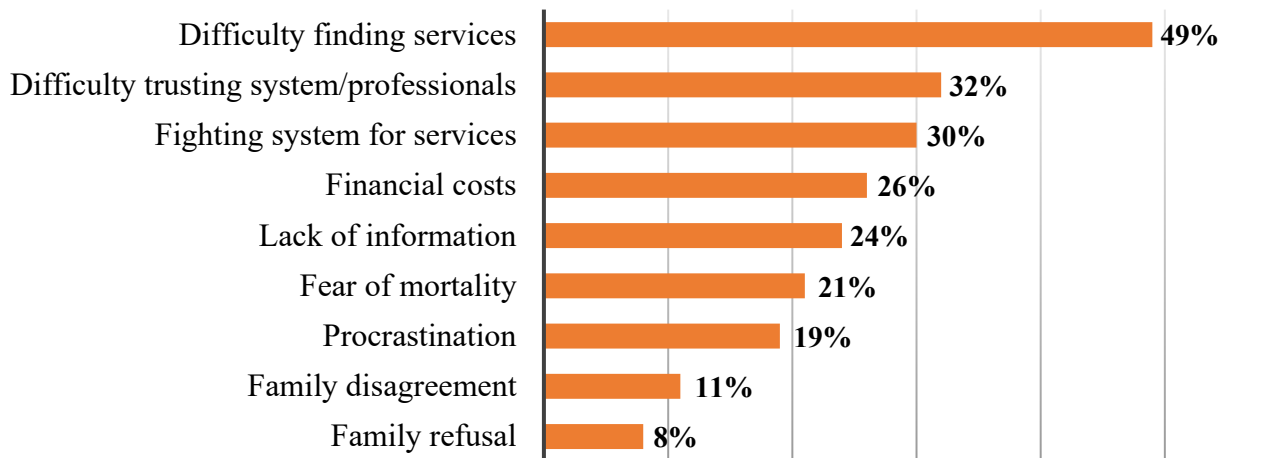
Helps the family talk about things like where the person with disabilities wants to live and who the person wants to provide support in the future

GIVES EVERYONE A VOICE AND A CHOICE!

108 ADULT SIBLINGS OF PEOPLE WITH DISABILITIES RESPONDED TO THE TEXAS SIBLING SURVEY

BARRIERS TO FUTURE PLANNING

Sibling survey respondents indicated the following barriers to future planning:



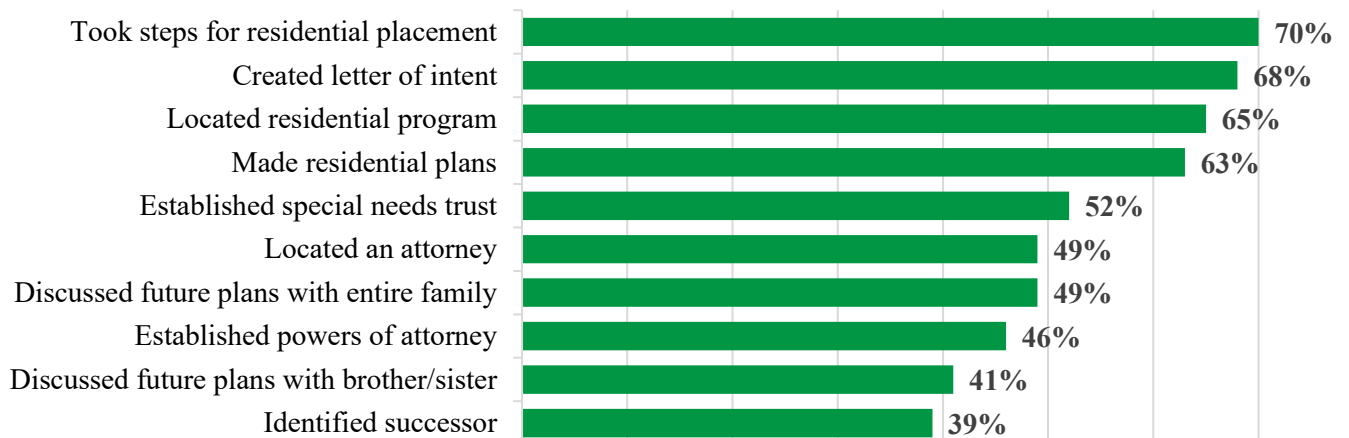
NEED FOR FUTURE PLANNING

Respondents indicated their need for future planning:



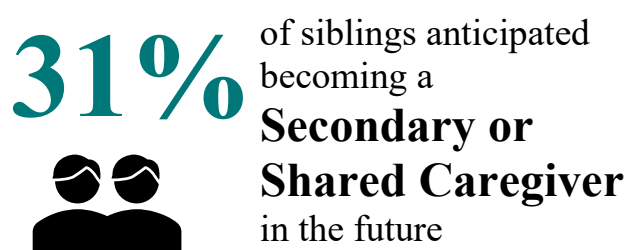
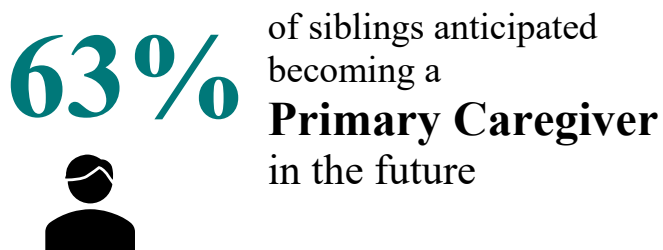
FUTURE PLANNING ACTIVITIES NOT DONE IN FAMILIES

Sibling survey respondents' families had not done the following future planning tasks:




ANTICIPATED FUTURE CAREGIVING ROLE

Most respondents anticipate providing caregiving for their brother/sister with disabilities in the future:



ROLE OF SIBLINGS IN FUTURE PLANNING

The following are roles siblings can play in the future planning process with their families:



Identify and share concerns



Gather helpful information



Advocate for services and supports



Network with other siblings and families

TIPS TO START THE DIFFICULT DIALOGUE OF PLANNING FOR THE FUTURE



Talk to your parents and sibling(s)



Think about your role



Think about the people who should be part of the conversation



Bring resources to share with your family

RESOURCES



Texas Sibling Network (TSN) aims to create a community for adult siblings of people with intellectual and developmental disabilities. TSN provides support, resources, leadership and advocacy skill building opportunities for siblings. TSN is a community *for* siblings of people with disabilities *by* siblings of people with disabilities.

Website: <https://disabilitystudies.utexas.edu/TSN>

Facebook: [Texas Sibling Network](#)

Twitter: <https://twitter.com/TexasSibling>

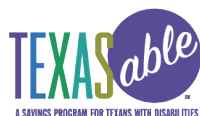
Instagram: <https://www.instagram.com/texassiblingnetwork/>



The Arc's Center for Future Planning:
<https://futureplanning.thearc.org/>



Special Needs Trusts: To find a lawyer that specializes in special needs planning, search the Special Needs Alliance: <http://www.specialneedsalliance.org/>



The Texas ABLE (Achieving a Better Life Experience) Program helps people with disabilities set up savings accounts that will not negatively impact benefits:
<https://www.texasable.org/>



Learn about various benefits for people with disabilities at Your Texas Benefits:
<https://www.yourtexasbenefits.com/Learn/Home>

Supported Decision making is a process of supporting an adult with disabilities to make his or her own decisions that fosters the people's self-determination and does not take away their rights. In 2015 Texas became the first state to put supported decision-making in law.



Disability Rights Texas has sample supported decision-making agreements:
<https://www.disabilityrightstx.org/resources/supported-decision-making>

National Resource Center for Supported Decision-Making
EVERYONE has the Right To Make Choices

National Resource Center on Supported Decision-Making:
<http://supporteddecisionmaking.org/about>



The University of Texas at Austin
Texas Center for Disability Studies

The Texas Center for Disability Studies conducts trainings for siblings and families on future planning. Contact TCDS to find out about the trainings:
<https://disabilitystudies.utexas.edu/>

SIBLING LEADERSHIP NETWORK

This product was developed by the Sibling Leadership Network for the Texas Sibling Network. Financial Support for the Texas Sibling Network is provided by the Texas Council for Developmental Disabilities, with Federal funds* made available by the United States Department of Health and Human Services, Administration on Intellectual and Developmental Disabilities.
*\$83,655, 77% DD funds; \$25,378, 23% non-federal resources.

