Your Choice, Your Plan
A Fundamental Approach to Developing your Action Plan

Your Choice, Your Plan
Today's Outcomes
• Knowing the Past to Change the Future
• Advocacy: Self, Individual, Systems
• Determining What You Want
• Developing Your Action Plan
• Telling Your Story
• Looking Ahead to Future Resources

A Little About Me
• Winning the Lottery
• A New Calendar
• The Surprises Along the Way
• Dream Reborn
Knowing the Past to Change the Future


Advocating from ME to WE

- Personal Representation, Alternative Dispute Resolution, Mediation, Time Limited Comprehensive Case Management
- SSI, Placement, IEP, IPP, Parent/Professional Case Review, ‘Mini’ Advocacy, Individual Consultation, Plan Development, Comprehensive P2P Support, IEP participation, Training
- Information, Referral & Follow up
- Public Awareness, Outreach, Transition Assistance, Parent & Professional Collaboration
- Parent to Parent Support (P2P)

Reflections from the Family Resource Center

- Parent to Parent Support
- System Navigation
- Advocacy & Leadership

https://www.youtube.com/watch?v=ZmivKyEY1Dk
Getting to What You Want

Think Smart!

Specific
Measurable
Attainable
Relevant
Time bound

Let’s Get Real!

Where do you want to go?

How are you going to get there?
The Action Plan

The process for reaching your goal is fundamental.

Developing Your Action Plan

Telling Your Story

It’s the one you love to tell!
Preparation, Practice, Presentation
Resources
• Family Voices of CA Leadership Project
• 5 Decades of Regional Centers Journey
  Koch-Young Resource Center
• Keeping the Lanterman Promise
• Center on Technology & Disability Institute
• Ability Tools
• Family Resource Center Network of CA
• Alpha Resource Center

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