

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



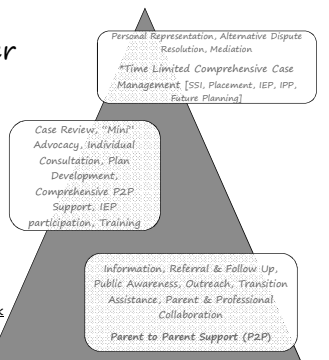
<http://www.pbs.org/independentlens/videos/like-an-emancipation-proclamation-for-the-disabled/>

Advocating from ME to WE



Reflections from the Family Resource Center

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



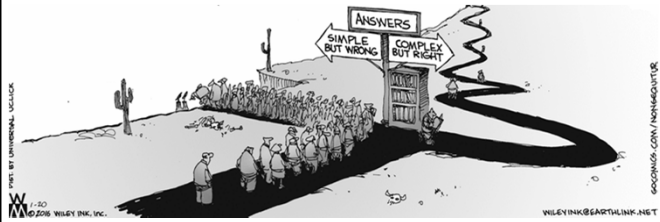
<https://www.youtube.com/watch?v=ZmivKyEYtDk>

Getting to What You Want

Think Smart!

- Specific
- Measurable
- Attainable
- Relevant
- Time bound

Let's Get Real!



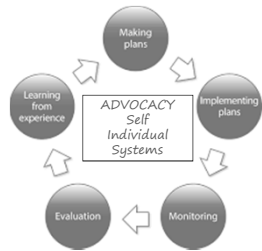


Where do you want to go?

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

Your Choice, Your Plan