



Families, individuals can plan for the future through upcoming workshops

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It's never too early to plan for the future of loved ones who have a disability, says the director of learning services for the Planned Lifetime Advocacy Network (PLAN).

Keeping this in mind, PLAN is hosting 'Home is Where the Heart Is,' online workshops aimed at helping families explore living options. The impetus for the workshops fits in with PLAN's mandate to support families with relatives who have a disability, says Stephanie Innes.

"Housing is becoming more significant for families as they seek out home options that are a good fit for their relative," says Innes.

"Participants of the course learn about a variety of housing options and complete worksheets to help them determine which one might be the best option for them. The course has advice and stories from families and individuals who have created good living situations for themselves. The online course also addresses the issue of support and funding so it's a very comprehensive look at housing," she says.

PLAN says an online course allows families from across Canada to access the course from the convenience of their own home and complete it in their own time.

Participants can expect to learn about the variety of housing options, funding, support and advocacy.

"The course is inspiring because they hear from so many families who have travelled this path before them," says Innes.

Families learn through examples and definitions, including legal definitions and videos of family situations as well as worksheets to determine what the best option for them might be.

"The sooner a family starts planning for a home for their relative, the better," says Innes.

The workshop is open Oct. 1 to 31 and Nov. 15 to Dec. 15.

The cost is \$60 per family and takes three to five hours to complete at families' own pace.

An online facilitator is available to answer questions and the course comes with a practical guide families can download.

Go to <http://www.plan.ca/homepage.php> and look under resources to find workshops and seminars. Register online or call PLAN at 604-439-9566.

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