

# JOIN THE FAMILY LIFECOURSE GROUP!

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**Are you the parent or guardian of youth/young adult between the ages of 12 and 18 who has an intellectual/developmental disability (IDD)?**

2

**Do you check your Facebook account at least weekly?**

3

**Do you wonder about the future for your youth/young adult including employment and daily living? Are you interested in learning how to take steps to make your vision a reality?**

**If so, the Family Life Course Group might be for you!**

## Family LifeCourse Group participants will receive:

- » Information and resources delivered on a monthly basis from Charting the LifeCourse: Daily Life and Employment to support the development of a vision for future employment.
- » Weekly outreach via a closed Facebook group. This includes tools, resources, and video that go with aspects of the LifeCourse toolkit.
- » Opportunities to connect with other parents of youth/young adults with IDD via this private Facebook Group to share ideas and challenges.
- » Opportunities to build face-to-face relationships with each other and with a content expert through facilitated monthly virtual discussions or video chats.
- » Access to experts in employment and LifeCourse content.

## Family LifeCourse Group participants will be expected to:

- » Commit to receiving information over the course of 6 months
- » Join the private Facebook group and participate in online discussions as you feel comfortable.
- » Join the monthly video chat.
- » Complete a 10-minute survey once at the beginning of the group and again at the end.
- » Perhaps be asked to participate pre-scheduled 30-minute phone call at the end of the project to share your experiences.
- » Have fun, build a positive vision for the future of your youth/young adult, and take steps to begin to implement actions to meet your goals!

## Are you interested?

If you meet the three criteria above and you would like to participate, either scan the barcode with your QR reader app or click on the link below to make sure you qualify. You will then be prompted to take a short survey and given instructions to join. We look forward to connecting with you!

<https://www.surveygizmo.com/s3/4581959/Pre-Parent-Guardian-Survey>



## Questions or need assistance?

Contact Jen Bose at [jen.bose@umb.edu](mailto:jen.bose@umb.edu) or (617) 287-4353.

## What we mean by IDD

“Intellectual disability” is disability characterized by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behavior, which covers a range of everyday social and practical skills. This disability originates before the age of 18. “Developmental disabilities” is an umbrella term that includes intellectual disability but also includes other disabilities that are apparent during childhood, such as cerebral palsy. Because intellectual and other developmental disabilities often co-occur, we use the term “IDD.”

Adapted from American Association on Intellectual & Developmental Disabilities. <https://aaidd.org/intellectual-disability/definition/faqs-on-intellectual-disability>

## What is Charting the LifeCourse: Daily Life and Employment?

Developed by the Institute for Human Development at the University of Missouri Kansas City, this 20-page guide is meant to help transition age youth and families figure out what daily life is going to look like after high school ends. It includes activities and resources to begin to think about jobs, careers, or continuing education in adult life.

# ThinkWork!



ThinkWork is the hub for an array of programs related to employment for people with intellectual and developmental disabilities at the Institute for Community Inclusion at UMass Boston.