

Thinking about the future is important, even if you don't have all the answers. This information may help you get started.



Your care should be based on your values, beliefs, needs, hopes and goals for the future. What is important differs for each child and family.



Start early, ask questions and learn about your options. Individuals and families tell us that this has helped prepare them to make challenging decisions.



Talk to your healthcare provider to learn more.

Some important conversation topics for families and children with medical or developmental conditions to consider when thinking and planning for the future*?

Function

- Education and developmental needs
- Future functional skills and independence

Family

- Long-term caregiver education and support
- Financial planning and housing

Fitness

- Exercise, recreation and wellness activities

Friends & Fun

- Opportunities for participation and inclusion

Future health

Advance care planning conversations:

- Possible future health and medical needs
- Preparation in case of severe or life threatening illness or condition

Consider what else is important.

*Rosenbaum, P., & Gorter, J. W. (2012). The 'F-words' in childhood disability: I swear this is how we should think! Child: care, health and development, 38(4), 457-463. www.canchild.ca/f-words

A 5-step process for future planning

Preparing for the future doesn't need to happen all at once. It is often a series of conversations that allows you to gather information over time. Starting this process early empowers you to approach situations with knowledge, put advanced thought into the process, and be able to make informed decisions. This way you are not starting the planning process in a moment of stress or crisis.

Some individuals and families prefer planning in advance while others prefer waiting until a decision is needed.



Think

Think about what is important.

Talk

Talk to your family, health care team and other people you feel are important to support your planning process.

Learn

Learn more about what is important to help guide your decision making.

Plan

Plans can be made for the future based on what you know now. These plans can change over time.

Share

Share your thoughts and wishes with a trusted healthcare or service provider and others who are important to you.