

# Future Planning: What is it All About?

Are you a family member that cares for or supports an adult with an intellectual or developmental disability? Are you ready to start talking about their future goals and wishes? Have you thought about it but don't know how to start?

If this is you, attend the **FREE** Sonoran UCEDD training about a ***Roadmap of Our Futures, Our Wishes***

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**This training will provide tools and strategies to help you:**

- Identify important parts of planning
  - Understand possible roadblocks
  - Put fears about planning into action
  - Share responsibility and coordinate help
  - Expand your circle of support
  - Learn about resources and planning tools
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**Time: 9:00 am to Noon**

**Locations:**

1. **Friday, September 8, 2017** at Ability360, 5025 E. Washington Street (Phoenix)
2. **Wednesday, September 13** at DIRECT Center for Independence, 1001 N. Alvernon Way (Tucson)
3. **Wednesday, September 27** at Abrams Public Health Center, 3950 S. Country Club (Tucson)

**Registration is Required**

**Register at one of the following:**

**Online at:** [https://uarizona.co1.qualtrics.com/jfe/form/SV\\_2coMN5LqwRrV3tX](https://uarizona.co1.qualtrics.com/jfe/form/SV_2coMN5LqwRrV3tX)

**Email to:** [melissakushner@email.arizona.edu](mailto:melissakushner@email.arizona.edu)

**Leave message** for Melissa at: 520-603-3051



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COLLEGE OF MEDICINE TUCSON

**Sonoran Center for  
Excellence in Disabilities**

