

Planning for the future is a task that is important for all adults.

For people living with disability who are supported by family members, planning is particularly important to avoid disruptive and even more stressful transitions when family members can no longer provide the level of support they have in the past.

This session has been designed for adult siblings who have never heard of 'Future Planning' as well as those who have thought about it but never taken the next step.

Topics for discussion will include:

- WHAT DOES FUTURE PLANNING MEAN?
- HOW CAN ADULT SIBLINGS BE INVOLVED IN FUTURE PLANNING?
- WHAT TASKS ARE INVOLVED IN FUTURE PLANNING?
- HOW DO I TALK WITH MY PARENTS ABOUT FUTURE PLANNING?

PLEASE BRING ANY QUESTIONS YOU HAVE AND WE WILL TRY TO ANSWER THEM ON THE NIGHT

For more information or to **register** for "Future Planning" contact the Director of Siblings Australia Kate Strohm
kate@siblingsaustralia.org.au or call **83571214**

Thursday 25 June 2009

7:00—9:00 pm Includes light supper
Disability Information & Resource Centre
195 Gillies Street Adelaide

FUTURE PLANNING

An overview of Future Planning processes for brothers and sisters of people living with disability.

Session is no-cost, but **bookings are essential**

This Information Session about Future Planning is part of the "Adult Sibling Project" funded through the Julia Farr MS McLeod Benevolent Fund.

