

Presents

# If Not Me, Then Who?

## A 4-Part Live Webinar Series

As things begin to open up around the world, the Covid19 outbreak has brought to light many of the gaps in planning that we are now being called to address. In light of this fact we have put together a 4 part series that will address some of the planning that should be in place for ourselves and the vulnerable people we support in our lives.

While we may imagine that this planning applies to only those who require daily support, the fact is that we could all spend a little time planning and thinking about how we might wish to be cared for in a time of crisis.

These free workshops are designed to spark our collective and individual imaginations so we can ask deeper questions of ourselves and those around us. Our intention is to support participants to think about creating a plan to tap into when in crisis, which in turn leads us to think about future planning on a deeper level. When we are willing to engaging the community around us, we can all have richer and more meaningful lives of connection and contribution. The workshops are meant to run sequentially, but feel free to join in whether you can attend them all or not.

**\*\*\*For a more complete description of these timely presentations and information about the presenters please see the next page\*\*\***

### 1. Why Planning Matters

Held: Tuesday, July 7<sup>th</sup> from \*1:30pm – 3:00pm  
To Register Click [Here](#)

### 2. Planning for Immediate Needs

Held: Tuesday, July 21<sup>st</sup> from \*1:30pm – 3:00pm  
To Register Click [Here](#)

### 3. Building and Enhancing Networks of Support

Held: Tuesday, July 28<sup>th</sup> from \*1:30pm – 3:00pm  
To Register Click [Here](#)

### 4. Planning For the Day-To-Day

Held: Tuesday, August 4<sup>th</sup> from \*1:30pm – 3:00pm  
To Register Click [Here](#)

*\*The panel will dedicate last half hour of each presentation for your questions*

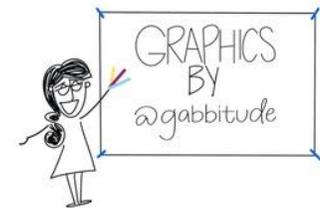
This series is free to you thanks to our partners,



MORC's Webinar Series

# Hour to Empower

**Trainings are 1.5 hours**  
(Last ½ hour for your Q&A)



Live Graphic Recording

**\*ASL Interpreter also available upon request**



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\*2 week notice required for Deaf Interpreter request.  
Email request to [training@morcinc.org](mailto:training@morcinc.org)  
To test your computer or device's compatibility with the webinar platform click [HERE](#).

## If Not Me, Then Who? Presentation Descriptions

### Part 1: Why Planning Matters

We'll take a deeper dive into the reasons we plan for our family members and for ourselves.

In addition we will be examining processes and tools we might use to ensure that our wishes and the wishes of the ones we love are articulated. These processes can focus on safe transition in times of crisis. Utilizing the tenets of Person Centered Work, we will be looking at ways to extend our social network so that we have the support we need in times of crisis. Attendees will have an idea of what a good plan should entail. Topics of discussion will include Wills, Powers of Attorney, and Supported Decision Making. We will also guide the creation of a "one sheet" to share what is important to you regardless of the current circumstance.

### Part 2: Planning for Immediate Needs

In this webinar, we will imagine that you are actually in crisis. We will spend some defining what the gifts of the person supported are. How can we make sure these don't get lost as things play out and become more difficult for everyone? What kinds of connections are going to be important to make the transition to different or more enhanced supports? What are the things that are non-negotiable? Necessary? Important to keep in mind during this transition? We will explore some hard questions regarding how decisions will be made, when we are not able to. Attendees will have a better idea of who you can call on for assistance and support and begin to deepen those connections intentionally. You will have an idea of what is critical and when grace may be necessary to get through.

### Part 3: Building and Enhancing Networks of Support

Here we will work on discovering ways to grow our circles and expand our networks. The truth is that we NEVER get anywhere alone and it is key to know who might be willing to step in when the going gets tough. Using the lens of "Giftedness" we will examine the places where we might need support and who in our circle might be able to offer assistance, on a regular basis and in times of trouble. Attendees will have an idea of who to invite and get clearer about specific roles people might play.

### Part 4: Planning for the-Day to-Day

Our final webinar! We will spend some time defining what a regular day looks like for us and/or those we support. What things need to be in place, so that there is as little disruption to routine? What are the expectations at a time when things already feel unsafe for us and those around us?

Attendees will walk away with a number of Person Centered Tools that they can utilize in helping to define clear routines and expectations for those who provide support.

### Biographies of our Presenters



Sheldon Schwitek is currently the Executive Director at The Arc Community Advocates in Kalamazoo and Co-Founder of *In the Company of Others*. With more than 3 decades of experience in the Person Centered work, he continues to be inspired to find ways to assist people to live their best lives in communities of connection and contribution.



Shelley Nessman is currently the Director of Family Support and Leadership at *Planned Lifetime Advocacy Networks (PLAN)* in Vancouver British Columbia and cofounder of *In the Company of Others*. She has spent her career supporting people to find their voice, express their passion and turn it all into action that makes change in community. Shelley deeply believes that our relationships are the fabric of good lives for everyone and that when we organize our networks- we can do anything!



E Jennifer Brown founded *Eiros Group* in 2017 to bring together those that have been previously cast aside. Her gift of listening deeply and creating space for people to feel safe in expressing their truths comes from being the mom to her three exceptional young adults. She is the most recent addition to the *In the Company of Others* roster.

