



# About LifeSPAN

## Lifetime Secure Personal Assistance Network

1<sup>st</sup> U.S. and International Affiliate of PLAN.<sup>TM</sup> LifeSPAN is located in Washington State.

### Through planning, families envision futures where people with disabilities:

- Share their vision for the future (Dreams)
- Have financial security through will & estate plans (Wealth)
- Live in a place of their own choice (Home)
- Participate in a caring and hospitable community (Fellowship)
- Have their wishes supported by family and friends (Choice)
- Are protected from abuse and exploitation (Security)
- Are encouraged to participate (Contribution)

### Four overarching values guide LifeSPAN's work:

#### • Family leadership

The majority of volunteer leaders of LifeSPAN are relatives of an individual with a disability. Independently, each family is responsible for directing plans with their relative. Together, families view their collective wealth as an economic and social force in negotiating with government and the private sector.

#### • Safety through relationships

Families know that the safety of their loved one is directly related to the number and quality of relationships in that person's life as well as a system of checks and balances established by the family. Relationships are strengthened between families and within communities through sustainable, personal networks of support.

#### • Contribution equals citizenship

A focus on community relationships and the capacity of individuals with disabilities and their families encourages participation and discourages victimization.

#### • Self-sufficiency

Organizational independence from ongoing government funds is necessary to monitor and advocate for people with disabilities when their parents or relatives are no longer able to provide support. Self-sufficiency requires that LifeSPAN rely on community partnerships and charge families a partial fee for services. This also makes LifeSPAN accountable to the families served. (At the same time, LifeSPAN supports individual efforts to maintain and increase personal governmental support.)

### Four primary activities form the basis of our work:

- Future planning advisory services.
- Creating and sustaining personal networks of support.
- Family support, mentoring and advocacy.
- "A Lifetime Commitment" to maintaining an enduring network for the individual of disability that is supported, in part, by a modest bequest and understanding stated in the parent's will.

### Simple facts:

- 15% to 20% of people have a disability.
- 1 in 10 have a moderate to severe disability.
- Over 2 in 10 people are family members of a relative with a disability.
- 80% of caregivers are relatives.
- 25% of family caregivers are 60 years or older.
- 25% of family caregivers are in the workforce.
- For the first time in history, individuals of disability are outliving their parents.
- Fewer than 50% of these individuals have a viable plan for the future after their parents die.

### About LifeSPAN:

LifeSPAN supports families in Washington State to develop safe, secure, quality futures for their relatives with a developmental disability. LifeSPAN came together in fall 2000, after a PLAN<sup>TM</sup> "Good Life Workshop" for families sponsored in King County by Parkview Services. From the 60 people attending the workshop, 20 stepped forward in an advisory role to bring the PLAN<sup>TM</sup> model to Washington. Eight individuals became founding board members of LifeSPAN in winter 2001.

Early development of LifeSPAN was funded by Parkview Services, a non-profit dedicated to supporting individuals with developmental disabilities and their families. Other founding partners/donors are Kathy and Bill Sellars and The Seattle Foundation.

LifeSPAN was incorporated in June 2001 and became an independent 501(c)3 organization in spring 2002. In 2002, LifeSPAN also became the first U.S. and international Affiliate of PLAN<sup>TM</sup>.

### LifeSPAN Board Members:

Jean M. Bateman, President  
Sue Willey, Secretary/Treasurer  
Valerie Ohlstrom, Past President  
Kathy Sellars  
Deborah Wakefield  
Linda Davidson

### Web:

[www.lifeSPAN-wa.org](http://www.lifeSPAN-wa.org) or [www.PLAN.ca](http://www.PLAN.ca)