



LifeSPAN supports families to develop safe, secure and quality futures for relatives with disabilities.

Looking to the future, before a family reaches a crisis, improves the present. LifeSPAN addresses the basic needs of potentially vulnerable individuals and often, their elderly parents by developing personal social networks of support. We also teach future planning and wills and estate seminars.

We focus on the question, "What is a Good Life?" As family leaders ourselves, we help other families explore how to weave a future that includes: personal dreams, caring relationships, a welcoming home, financial security, contribution, and honoring choices.

We also help families develop personal support networks filled with quality friendships. We know that ending isolation has a profound positive impact on the individual with a disability and their family. These networks are designed to assist the individual with a disability in a way that survives the death of the parents or other primary caregivers.

Lifetime Secure Personal Assistance Network (LifeSPAN)



Future Planning

Planning ahead is an emotional experience that takes courage. You can begin taking action today. Through workbooks, workshops and mentoring, LifeSPAN offers you ways to begin making your plan. As a result, your plan will be in place during your lifetime while you can see it in action.

- One Day Workshops
- Planning Workbooks & Tools
- Wills & Estate Seminars
- Look for our news of our Sibling Workshop (coming soon)

You Are Not Alone

For the first time in history, individuals with disabilities are outliving their parents, older relatives or primary caregivers. What are your plans to make sure supports are in place? Have you told your family what your plans are? Have you made a will that ensures that your son or daughter does not lose their government benefits?



Personal Support Networks

Do you imagine a satisfying life in community for your son or daughter with a disability? LifeSPAN can help you create a personal support network that will provide quality friendships for your relative today and into the future. You will feel secure in the knowledge that other people see the gifts of your family member and understand your wishes for the future.

- Network Development & Facilitation
- Facilitator Training

A Lifetime Commitment

If you are a parent or caregiver who is interested in securing the continuation of plans for your relative, LifeSPAN also offers **Lifetime Memberships** to help monitor your plan and facilitate networks of support for the lifetime of your relative with a disability. We are happy to discuss this option with you.

- Visit us at www.lifesp-an-wa.org
- Click on "Get Involved"
- Click on "Lifetime Member FAQ"

Welcome ...

Become an Associate

- \$500 (Business)*
- \$250 (Professional)*
- \$100 (Non-Profit)*
- \$60 (Individual)

* Includes a 2-hour "Introduction to Future Planning and LifeSPAN"

Benefits include:

- A Good Life workbook (\$40 value) OR
- Peace of Mind CD-Rom (\$25 value)
- 10% workshop discount & e-newsletter

Become a Contributor

- \$500 or higher \$ _____
- \$250 \$100 \$50 Other \$ _____

Purchase Planning Tools

- Good Life book: \$40+\$5 S&H*
- Peace of Mind CD-Rom: \$25+\$5 S&H*
- Ties That Bind DVD: \$30+\$5 S&H*

* Purchase at a workshop and save shipping costs.

Contact Information

Total order: \$ _____

- Check enclosed (Payable to LifeSPAN)

Name: _____

Address: _____

City: _____ ST _____ Zip _____

Email: _____

Phone: _____

My Credit Card: _____ Visa _____ MasterCard # _____

Exp. Date: ____/____/____

Signature: _____

Information on Networks & Lifetime Memberships

Please contact me with information on:

- Lifetime Membership
- Personal Support Networks



LifeSPAN
1801 130th Ave. NE, Ste 220
Bellevue, WA 98005

LifeSPAN supports families to develop safe, secure and quality futures for relatives with a disability.

www.lifespan-wa.org

Visit Us: www.lifespan-wa.org

Planning tools and workshops designed with you in mind

Purchase planning workbooks and tools:

- A Good Life workbook (\$40+S&H*)
- Peace of Mind CD-Rom (\$25+S&H*)

- * Add \$5 for shipping & handling
- Buy materials at workshops and save shipping
- New Associates get a book or CD-Rom (Please see the reverse side for details.)

Attend a future planning workshop:

- A Good Life — a day-long workshop
- 3-Part Wills & Estate Seminar
- Seven Steps—a book discussion group
- Attend a workshop
- Ask about bringing a workshop to your area

Learn more through our two-hour “Introduction to Future Planning and LifeSPAN.”

- Offered at regional conferences.
- Also available as a benefit of a Non-Profit, Professional, or Business Associate Memberships.

Check our website for the free, one-hour “Introduction to LifeSPAN” in Seattle.

- Affiliated with PLAN™**
- www.plan.ca
 - www.planinstitute.ca

Featured on KCTS 9 television in 2006:

- Purchase the DVD from LifeSPAN. Ask for: “The Ties That Bind.” (\$30+S&H*)



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www.lifespan-wa.org

Our Core Values

Family leadership: The majority of LifeSPAN’s Board members are relatives of individuals with disabilities. Families are also responsible for directing plans with their relatives.

Safety through relationships: Safety is related to the number and quality of relationships in one’s life as well as a system of checks and balances established by the family.

Contribution equals citizenship: Our focus is on relationships and the capacity of individuals with disabilities and their families. This encourages participation and discourages victimization.

Self-sufficiency with an entrepreneurial spirit: This value requires LifeSPAN to develop community support and partnerships. We also charge families a fee for partial costs of our services. As an organization, LifeSPAN does not accept ongoing government support for our work.



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Offering:

- **Future Planning Workshops**
- **Personal Support Networks**
- **A Lifetime Commitment**