

Footprints for the Future™

A Personal Planning Manual

If you are reading this, you love someone who needs you. My son, Jonathan, was born in 1979 with Down syndrome and four heart defects known collectively as Tetralogy of Fallot. He wears hearing aids, has sleep apnea, has had open heart surgery three times and has an implantable defibrillator.

Jon is also a high school graduate, attended community college and is an accomplished athlete. He has been inducted into the National Jewish Sports Hall of Fame. He has his own home, a great job and many friends and a loving family. Jon is also afraid of the dark, drinks lots of diet soda, loves wrestling, listens to an iPod, likes to travel, go to the movies and eat in restaurants. As Jon increased his independence I worried about him a lot. I worry about all the information only I know. What would happen if I were gone? Who would know his medical record numbers and where the records were? Who would know all his benefit and staffing information? Who would remember to have night lights everywhere and flashlights handy? Who would make sure he had an ample supply of soda or transfer his new CD's to his iPod? The worries went on and on. I needed to address my worries and that is why I created **Footprints for the Future**.

Footprints for the Future is a personal planning tool that provides a place for you to record specific and personal information about your loved one.

I developed this so I could sleep more easily at night, comfortable in the knowledge that important information would be available to future caregivers and to the people who currently support Jonathan.

I wanted this document to be inviting, complete and easier than the other products that were available. I also wanted families and caregivers to have free access to it and be able to make changes easily. This downloadable MS Word document available at <http://www.themarc.org/resources12.html> can be saved onto your computer. Once downloaded any changes you make in the future can be saved.

This work would not be possible without Jonathan who is and continues to be my greatest teacher.

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