

# Dream Mapping your Lifespan Respite Program (1:15-2:00 PM)

With a partner from your state, or alone, take 10 minutes to consider questions 1 and 2 below.

1) What are the key elements of your Dream Lifespan Respite Program? List them in the box provided. Circle one key element you want to examine further today.

Then,

2) Identify three barriers to achieving the key element you circled. Use the boxes on the left to list them.

Barrier

Pathway 1

Pathway 2

Pathway 3

Barrier

Pathway 1

Pathway 2

Pathway 3

Barrier

Pathway 1

Pathway 2

Pathway 3

Key elements of Your Dream Lifespan Respite Program

**15 Minutes:** Join another state team and discuss various solutions or pathways that will help you fully achieve the element of your dream Lifespan Respite program. Help each other identify pathways for overcoming or bypassing the barriers. If you have time, move to a second key element, and discuss the barriers and pathways towards achieving it.

**15 Minutes:** Facilitated discussion on pathway