

Findings from “Seed” Meeting

Red post-its

Barrier	Solutions
Time Commitment <ul style="list-style-type: none"> • Schedule Coordination (family mentors) 	<ul style="list-style-type: none"> • Encourage mentees to be proactive in scheduling-- provide family with general availability and get visits scheduled early. • Point out ways that Va-LEND training can alleviate other time commitments (e.g. career advancement, better advocating to lessen time spent on solving problems. • distance learning
Childcare <ul style="list-style-type: none"> • finding and paying for dependable person 	<ul style="list-style-type: none"> • stipend for childcare
Financial <ul style="list-style-type: none"> • Cost of parking, tolls, meals, gas, tuition 	<ul style="list-style-type: none"> • distance learning • mileage reimbursement • stipend amount needs to be enough to cover gas, tolls, parking, books, childcare, meal (?)
Undergraduate degrees <ul style="list-style-type: none"> • Yes 	<ul style="list-style-type: none"> • open to people with undergrad degrees AND advertise at local colleges and universities as a “head start” on grad studies or career.
Intimidation <ul style="list-style-type: none"> • yes • Any previous training with PIP, etc. 	<ul style="list-style-type: none"> • have parent grads tell their stories to groups of potential trainees at PIP, ARC meetings, SEAC meetings, etc. • disseminate videos we saw today on social media so that people see it involves people they can relate to.
Other Issues/Barriers <ul style="list-style-type: none"> • downtown VCU traffic/parking navigation • stress • no transportation • lack of awareness of program 	<ul style="list-style-type: none"> • advertise that there are locations for activities beyond VCU/downtown--tolls, parking, crowds can be daunting. • distance learning (hybrid) • getting the word out--speakers to local groups, invite media to cover activities, families, social media.

Mustard colored post-its

Barrier	Solutions
<p>Time Commitment</p> <ul style="list-style-type: none"> • classes plus time needed to complete projects, what is number of hours • Mentorship: the ability to coordinate schedule • Deadlines cannot commit, routine occasion, cannot predict future 	<ul style="list-style-type: none"> • pre-cursor course • calendars • assignments • transparency of time for LEND
<p>Childcare</p> <ul style="list-style-type: none"> • missing work to come to class early • obtaining trusted childcare • child care plus flexibility of CCP 	<ul style="list-style-type: none"> • If family understands time commitment • encourage parents to communicate and network
<p>Financial</p> <ul style="list-style-type: none"> • loss of income, leaving work early • parking availability and parking time • tolls plus gas • potential food costs 	<ul style="list-style-type: none"> • stipends • move to another location • 2 part FME
<p>Undergraduate degrees</p> <ul style="list-style-type: none"> • knowledge of BB, PPT, Posters, APA • family voice • understanding basic disability policy 	<ul style="list-style-type: none"> • basic disability info • waiver resources • Partners in Policymaking as ...? • Parallel track • Toolbox to prep LEND trainees: waiver, IEP, Doctor's visit, DD Acts, pre-class modules.
<p>Intimidation</p> <ul style="list-style-type: none"> • family intimidation 	<ul style="list-style-type: none"> • alumni • family discipline network • reunion of mentors • empower parents • elective class for associate degree or certificate program • act as a family mentor prior to applying to LEND
<p>Other Issues/Barriers</p> <ul style="list-style-type: none"> • parking availability 	<ul style="list-style-type: none"> • mom topics • network with families • interactive LEND page • go off campus for classes

Green Post-it Notes

Barrier	Solutions
<p>Time Commitment</p> <ul style="list-style-type: none"> Time to be part of regular class activity 	<ul style="list-style-type: none"> Families gradual progression of training and collaboration through F2F, PIP, YLF, LEND, VA Board... provide opportunities for families to meet, get to know each other, share information, stories, successes, needs...sort of like the meeting today! We could connect family trainees, mentoring families...etc.
<p>Childcare</p> <ul style="list-style-type: none"> lack of qualified childcare providers for parents whose disabilities include complex medical and/or communication and/or personal care needs 	<ul style="list-style-type: none"> "benefits" flyer/document big picture document that shows LEND connection to other VCU/PPD opportunities and projects Target those already involved on SEACS, boards, etc. who are more likely to donate time to LEND service learning to VCU students to provide childcare for parents while the parents are involved in LEND events/classes/etc.
<p>Financial</p> <ul style="list-style-type: none"> To serve in "professional role" at LEND, need a stipend (or other concrete reward), especially to be available all semester on a Teamwork small group for example). 	<ul style="list-style-type: none"> stipend or gift cards
<p>Undergraduate degrees</p> <ul style="list-style-type: none"> Have a family go through the FME curriculum as a Family trainee if one has undergrad but other does not 	<ul style="list-style-type: none"> help a family member complete or get their undergraduate degree-- connect them to degree programs, financial assistance, etc. if a prospective family trainee does not have a completed degree, they may be able to qualify by "life work" credits--we don't know any details on this. offer a similar program to families without a degree (certification when they take "x" number of hours.
<p>Intimidation</p>	

Other Issues/Barriers

- Finding diverse families as mentors
- language barriers if everything is in English (class, books, documents, presentations)
- language barriers interrupt services (ASL Services)
- motivation--why am i willing to participate; why am i being asked to participate
- self-advocates involvement
- lack of males/dads
- family support for family members who would like to be involved
- family members have a lot of stress and often have to eliminate the non-essentials.
- transportation to VCU to present to class, sit on a panel, attend a meeting
- parking and location of classes
- who on staff at PPD/VCU who can interpret and or translate?
- Use language line
- Expecting or asking CFI Family Navigator to be a mentoring family as part of their year service to VCU
- Family input piece via Ted Talks like taped presentations
- Do not compromise the academic rigor of LEND because that would compromise both the quality of the training but also our funding.
- reciprocation: helping someone learn how to budget, identify needs, opportunities and addressing person centered care.
- need to involve entire family in LEND conversations (when meeting with mom to talk about mentor role or to get a speaker to come to class)
- Va-Board of Self-Advocates mentors
- LEND present to VBPD
- Use students to provide childcare while a parent is involved at LEND.
- LEND give opportunities to students who need to accumulate volunteer service hours
- UBER type of system of LEND alumni and current mentors helping other families get to activities.
- Other PPD/VCU grants/projects who might have flexible funding to cover taxi, mileage, parking, CareVan, etc.

Gray (formerly Blue) Post it Notes

Barrier	Solutions
<p>Time Commitment</p> <ul style="list-style-type: none"> • study time to complete assignments • time commitment is tied to childcare • working part time plus time for classes. Do I have enough time in the day? • fear of commitment • fear of breaking routine • it takes planning ahead to commit, what if something comes up? • Overwhelmed with daily life already 	<ul style="list-style-type: none"> • planning ahead for childcare, travel time, back up childcare, several people • prioritize--quiet mind to see bigger picture
<p>Childcare</p> <ul style="list-style-type: none"> • getting childcare and paying for it. • what if I ask for childcare and I need care for something else really imp.t • EDCD waiver \$8.87 per hour...hard to get someone to work for that • don't feel comfortable asking for help • only feel I can ask for childcare for special occasion • Family support--they feel they have to watch your kid. You feel like you are using your family 	<ul style="list-style-type: none"> • paying childcare in gift cards • legitimize and prioritize so you don't feel bad asking for childcare • Attendant care would be better if not a family member. Feel better about asking for help. • EDCD Waiver, Sitter City, VCU Education and SW students, Add \$ to Waiver rate • support group--other moms
<p>Financial</p> <ul style="list-style-type: none"> • costs of childcare while studying 	
<p>Undergraduate degrees</p> <ul style="list-style-type: none"> • VCU requires students taking LEND courses to have a degree. 	<ul style="list-style-type: none"> • No undergrad degree should be required
<p>Intimidation</p> <ul style="list-style-type: none"> • with everything I go through as a parent, I am no longer intimidated • language barrier, knowing appropriate words 	
<p>Other Issues/Barriers</p> <ul style="list-style-type: none"> • marriage. Only 1/20 stay married. Stress of adding one more thing 	