



The Arc of Frederick County

ENDOWMENT EDITION



MARCH 2015

Following Through on Future Planning

A child with disabilities requires special care now and in the future, but because there is so much to focus on, the here and now, many parents and caregivers put off proper planning. There are usually several reasons why families have not taken the steps to plan; they often have anxiety about their mortality or they do not know where to begin the planning process or they may lack knowledge of the resources and options available to them. The family has good intentions and may even have begun some planning but quite often they do not have a completed plan. Possibly thinking “I’ll do it tomorrow,” and before they know it, “tomorrow” is here.

A family we are currently working with faced such a situation. Two years ago, they recognized the need for future planning and they began the process by getting information about setting-up a Special Needs Trust, but they did not follow through with completing the plans. The couple was elderly and their son was in his forties. Recently, the husband and father of the family passed away which put his wife in a crisis regarding the future of their child with disabilities. The mother contacted The Arc of Frederick County again and is now working with a Support Coordinator through the Futures & Estate planning. With the information and resources she has been given, she is earnestly working to complete future plans for her son.

Her first step was to complete the Five Wishes Document. Her son was able to name a healthcare agent and complete a living will. Next, she began a Letter of Intent. Over several meetings with the Support Coordinator from the The Arc of Frederick County, she completed the letter putting important medical, financial and legal information in the document. She included current lifestyle, likes, dislikes, wishes and plans for her son’s future. This process enabled her to see areas where increased support for her son was needed.

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Thank you to our
Endowment Planning
Committee for their
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community.

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The Arc
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Endowment Edition

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Mission Statement

The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.



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One of his siblings volunteered to be his brother's main support but his mother was concerned that it would be too difficult for the brother and his wife to have all of the responsibility. The Support Coordinator suggested she have a meeting with her family to discuss areas of needed support other siblings would be willing to provide. For example, one brother said they would take him on vacations and to visit distant family members, one sister said she would be available to take him to his medical appointments and another family member said they were willing to take him to community activities. It was a relief for the mother to know that all her children would work together to support their brother.

The final step in her plan is to set up a Special Needs Trust which she has made plans in the very near future to complete. With the assistance of her Support Coordinator from The Arc of Frederick County, the mother was able to understand the necessary steps to create a plan that will ensure her son will continue to lead a full and complete life after she can no longer care for him.

Spring Events

April 25, 2015

"Meet the Planners"
C. Burr Artz Library, Frederick, MD
10:30-12:30

Families can meet financial planners and attorneys in the community that are familiar with helping them plan for their child's future.