Our Founders
Judy Barclay and Jan Cobb met on a softball field in 1994 where their daughters Dine and Amanda met and became friends. Like most young women the girls made plans for the future. Their parents smiled never really thinking much about that future because both young women had disAbilities. Judy was experienced in working the school system and had been an advocate for her daughter for many years. Jan was a novice in this arena. She had worked with her daughter’s school counselors, but never thought much about the future. The two were brought closer together after Judy became employed by the State Department of Education as a Parent Support Specialist. She was assigned to create a guidebook on transitioning school-aged children with disAbilities. This assignment would eventually lead to the Full Life Ahead’s current workbook. Today, both women and Judy’s husband Henry continue to advocate for families and young adults with disAbilities. They want to share all that they have learned over the years and help families in need.

Resources
The Full Life Ahead Foundation has a wealth of information available online at our website FullLifeAhead.org. Our workbooks are also available for purchase online and special discounts are available for those that want to order the books in bulk.

Full Life Ahead: Workbook and Guide
Cost is $25 + $6.95 shipping and handling. For orders of more than 4 workbooks, please call 205-439-6534.

If you have questions about the Full Life Ahead Foundation, please contact our office 205-439-6534. We are always happy to talk to families and answer any questions.

FullLifeAhead.org
Our Vision

The Full Life Ahead Foundation exists to provide H.O.P.E., Knowledge, Encouragement and Connections for families who have a teen or young adult with a disAbility. We are a group of caring, passionate parents who have our own young people with disAbilities so we understand the challenges and have the compassion needed to help families plan and set goals for their future. We have been where you are. Join our family. Know, there is a Full Life Ahead!

Who Benefits?
- Individuals with disAbilities
- Parents
- Siblings
- Educators
- Counselors
- Service Providers
- Physicians
- Advocates
- Anyone involved with individuals with disAbilities

What We Offer

H.O.P.E. for the future. We Help Other People Envision by bringing together family and community to form a H.O.P.E. team. Together we identify gifts, strengths, interests, look at possibilities, what works, what doesn’t and so much more. We help set actionable goals and personally connect families with individuals, agencies and organizations that can help them reach those goals. We see families through the entire process. Team meetings take place every six to eight weeks as long as needed and are facilitated by Full Life Ahead personnel.

Knowledge. Our Family Weekends at Children’s Harbor on beautiful Lake Martin offer the perfect setting to get away, meet other parents, and be exposed to experts in a group as well as in one-on-one consultations. Teens and young adults with a disAbility get the chance to have fun as they practice real life skills and make new friends. Their parents gain knowledge on how to help them reach their goals.

Encouragement. Families often come to us feeling totally alone, in search of direction and support. We are there for them in their homes, on the phone, via email and out in the community, offering technical support, guidance and encouragement. These interactions can completely change their perspective. Many realize for the first time, there’s MORE - more independence, more community involvement, more H.O.P.E. for their future.

Connections. Personal interaction and personal relationships are what make the Full Life Ahead Foundation such a unique organization. We strive to personally connect families to other families, providers, experts and to the community through our H.O.P.E. Teams, family workshop retreats and technical support.

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These weekends are held three times a year and are tailored to the families’ needs with activities for the teens and young adults and educational seminars for parents. Details are on our website.

FLAF provides cutting edge community workshops and live webinars relevant to transition. All are available to families and providers in Alabama and beyond and are archived on our website. The Full Life Ahead Workbook is an invaluable tool for your family to plan the transition from school to adult life. It is packed with information we wish we had when our children were first going through this process.

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