

F Word	Overview	Goals
FUNCTION	<p>By advancing these boys' ability to Function, not only can we improve their quality of life, we can slow and even stave off the progression of the disease. FUTURES will cover how advancements in science and medicine can help to improve patients' daily Function</p>	<ul style="list-style-type: none"> • Using up-to-date Standards of Care to support patients, from Duchenne experts • Finding the silver linings in Duchenne, turning, "how can I?" into, "I can!" • Understanding the effectiveness of a comprehensive healthcare team
FAMILY	<p>By supporting the Family unit, we can improve overall quality of life and foster a 'never give up' mindset. FUTURES will offer resources to help families defy expectations.</p>	<ul style="list-style-type: none"> • Navigate the stages of grief including anticipatory grief • Access resources for medical care and equipment • Plan for the future: college, career and beyond • Learn how to not let Duchenne define who you are • Support with decision making
FITNESS	<p>The emotional burden on families of individuals living with Duchenne is often under addressed. When we hear Fitness – we first think Physical, but there's more to Fitness than Physical alone – there's Mental Fitness. FUTURES will offer opportunities to find ways to refill your cup.</p>	<ul style="list-style-type: none"> • Family focused activities that support social and emotional well-being • Behavior management techniques • Stretching activities for Caregivers • Supporting the siblings

F Word	Overview	Goals
FRIENDS	Quality over Quantity. Peer relationships are an important component of social development. Engaging in activities with friends promotes self-advocacy and increases self-esteem.	<ul style="list-style-type: none"> • Promote Inclusion • Focus on Abilities rather than Disabilities • Optimize everyday naturally developing social situations • Get involved • Visualize limitless opportunities
FUN	Fun is characterized by an individual's preferences. Finding the joy and creating alternative means in accessing is a key to happiness. Participation in recreation activities can boost confidence and increase an overall sense of achievement.	<ul style="list-style-type: none"> • Ways to access the environment • Increased opportunities for independent functioning • How to find your passion • Thinking out of the box
FUTURE	While families of loved ones living with Duchenne strive to live in the moment, it is important to recognize that there is a future.	<ul style="list-style-type: none"> • Updates on gene therapy and gene editing • Stories of ordinary people doing extraordinary things • Setting goals and reaching them!