

50 Names Fast

Our networks (and our network's networks!) are an important resource in building more inclusive communities, and for adding new connections to the lives of people with disabilities and their families.

This is a helpful exercise in getting started.

Step 1: Think deeply about a person you want to help connect to more people.

- What lights them up?
- What have they experienced in the past that hinted at who they might be today?
- What connections around them offer some possibilities?

Step 2: It might be helpful to think about “areas of social life”

- Spiritual & Religious
- Home & Family
- Friends
- Work
- Social Justice
- Learning
- Community & Neighborhood
- Exercise & Leisure
- Creative Expression

Step 3: Take some time with the person, their family, a colleague, a friend or other neighbor and see if you can list 50 names of potential connections. Some possible questions:

- Who do we know in this area of social life?
- Who do we know who knows people in this area of social life?
- Where would people in this area of social life gather or meet each other?
- What more could we learn about this area of social life? Who might we ask to teach us more?

