### CHARTING the LifeCourse

#### Integrated Support Options

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

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<th>LIFE DOMAIN</th>
<th>Personal Strengths &amp; Assets</th>
<th>Relationship Based Supports</th>
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</table>
| **Daily Life Employment** | - Work/volunteer experience  
- Summer jobs  
- Vision or dream for job or career  
- Responsibilities at home or school  
- Makes choices and decisions  
- Communicates ideas, needs, thoughts to others  
- Knowledge of a variety of different jobs/careers  
- Good social skills  
- Practices everyday living skills | - Coworkers  
- Parents, siblings, spouse, children, grandparents, other family  
- Friends  
- Teacher  
- Mentors  
- Parents/family of friends  
- Business partner | - Electronic reminders  
- Alarm clock  
- Cell phone  
- Ipad educational/life skills apps  
- Online resume builders  
- Online classes or training  
- Internet job search  
- Calculator  
- Computer  
- Iphone/smartphone  
- Ipad apps | - Volunteering  
- Competitive employment/careers  
- Colleges, universities, tech school  
- Micro-enterprises  
- Self employment  
- Tutors  
- Parent/Teacher Association (PTA)  
- Summer Reading Program (library) | - Work crews/enclaves  
- Job coaches  
- Supported employment  
- Special college programs  
- Special Education/IEP’s  
- HeadStart  
- Vocational Rehabilitation  
- Case manager/support coordinator  
- Sheltered workshops  
- Day habilitation |
| **Community Living** | - Knowledge of how to navigate community  
- Drives, rides bus, car, or other public transportation  
- Housekeeping skills  
- Can prepare simple meals/snacks  
- Can spend time alone or away from family  
- Knowledge of different types of living options | - Parents, siblings, spouse, children, grandparents, extended family  
- Friends  
- Roommates  
- Neighbors  
- Same age peers (college age, aging) | - Adapted living space  
- Environmental technology  
- Remote monitoring  
- Ipad apps  
- Facetime/Skype  
- Electronic reminders | - Home Ownership  
- Rental home/apartment  
- Co-op for housing or transportation  
- Public transportation (bus, train, taxi)  
- Universal design  
- Neighborhood Watch  
- Home Owner’s Association  
- Food Pantries | - Independent Supported Living (ISL)  
- Independent Living Center  
- Shared Living/host family  
- Institutions  
- Intermediate Care Facility (ICF)  
- Group Homes  
- Meals on Wheels  
- Section 8 Housing Vouchers |
| **Social & Spirituality** | - Has hobbies and interests and needed supplies  
- Knowledge/experience playing games or other social activities  
- Outgoing, friendly personality  
- Interests in/belief in faith/higher power  
- Belongs to/has roles in a faith community  
- Exposure/experience going to weddings/funerals  
- Good conversation skills | - Friendships  
- Dating/relationships  
- Members of your faith community  
- Friends of parents/siblings and other family members  
- People with a shared interest or hobby | - Online social clubs  
- Social media (Facebook, Twitter, Instagram, Pinterest, etc)  
- Online games  
- Email  
- Texting | - Parks and Recreation  
- Service/social club/groups  
- Inclusive faith community  
- Sports teams and clubs  
- Preschool  
- Playground  
- Community Centers  
- Churches/Places of Worship | - Separate or special church service  
- Special group outings & activities  
- Special Olympics  
- Special passes  
- Social skills classes |
| **Healthy Living** | - Communicates with doctors and other medical professionals  
- Knowledgeable about own disability or special healthcare needs  
- Knows how/what to seek help for health issues  
- Understands changes as body becomes adult, and has well woman/man checkups  
- Manages (or helps manage) own medication and other healthcare needs  
- Understands health risks associated with smoking, drinking, drug use, unprotected sex)  
- Knowledge and/or ability to plan/executive healthy meals; eats a healthy diet  
- Has health insurance  
- Gym membership/exercises regularly/rides bike  
- Medical home  
- Pill-minders  
- Chat with a nurse/nurseline  
- Tele-medicine  
- Web-MD  
- Fit-bit/Nike Fuel Band  
- Exercise equipment (ie treadmill)  
- Health/fitness apps for Ipad  
- Smart Toothbrush | - Family member or school staff implement therapy  
- Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)  
- Pill-minders  
- Chat with a nurse/nurseline  
- Tele-medicine  
- Web-MD  
- Fit-bit/Nike Fuel Band  
- Exercise equipment (ie treadmill)  
- Health/fitness apps for Ipad  
- Smart Toothbrush | - Gym membership  
- Community Centers  
- Neighborhood/City Pool  
- Community Health Centers  
- Health fairs  
- Family/General practice providers  
- YMCA  
- Neighborhood pharmacy  
- Community Resources |

Developed by the UMKC Institute for Human Development, UCEDD. More tools and materials at lifecoursetools.com

Pennsylvania Department of Human Services Pennsylvania Family Network mydp.org Updated MAY 2016
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<td><strong>Safety &amp; Security</strong></td>
<td>▪ Home security/alarm system ▪ Knows address, phone numbers, other contacts ▪ Knows how to appropriately use 911 ▪ Family/person has an emergency/disaster plan ▪ Able to lock/unlock door (with key or code) ▪ Carries identification or specific information in wallet or on person ▪ Home is modified for safety ▪ GPS tracking device ▪ Reciprocal knowledge with First Responders ▪ Has and knows how to use a debit card ▪ Family/person has engaged in financial planning</td>
<td>▪ Parents, siblings, grandparents, other family members ▪ Friends ▪ Neighbors ▪ Familiar staff/workers at local stores, restaurants, etc.</td>
<td>▪ Automatic bill pay/direct deposit ▪ Limited/joint bank account ▪ Personal safety devices ▪ Remote monitoring ▪ Ipad/smart phone apps</td>
<td>▪ Powers of Attorney ▪ Neighborhood watch ▪ Local Police Department ▪ Online banking ▪ Living Trust ▪ LifeLock (identity theft protection) ▪ Neighborhood Watch</td>
<td>▪ Full guardianship ▪ 24 hour supervision ▪ Limited guardianship ▪ Special Needs Trust</td>
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<td><strong>Citizenship &amp; Advocacy</strong></td>
<td>▪ Registered to vote, has voter ID, and understands how to vote ▪ Knowledge of and membership in advocacy groups or organizations ▪ Volunteers ▪ Political awareness and advocacy ▪ Has had leadership training and/or experience ▪ Understands right/wrong, importance of doing the right thing and being a law-abiding citizen ▪ Is able to speak up for self-parents modeling, social experiences, group participation</td>
<td>▪ Parents, siblings, grandparents, other family members ▪ Self-advocate peers ▪ Friends</td>
<td>▪ Ipad advocacy apps ▪ Communication devices ▪ Online service group sites</td>
<td>▪ Voting ▪ Neighborhood group or organization ▪ Visiting your legislator ▪ Scouting/Camp Fire/Optimist Club</td>
<td>▪ Paid advocate ▪ Self Advocacy Groups ▪ Disability Rights Day at the Capitol ▪ Self Advocacy Training</td>
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<td><strong>Supports for Family Unit</strong></td>
<td>▪ Family is active and engaged in community, networks, support groups, or mentoring ▪ Understands rights and responsibilities ▪ Well organized, keeps track of things ▪ Has end of life plan/plan for when parents can no longer fulfill their many caring for and caring about roles ▪ Has and utilizes social capital/community connections ▪ Willing to share their story</td>
<td>▪ Grandparents, aunts, uncles, extended family ▪ Neighbors ▪ Other parents/families ▪ Church/worship community</td>
<td>▪ Family calendar/schedule apps ▪ Online support groups or facebook pages</td>
<td>▪ Mom’s Day Out programs ▪ Preschool ▪ Library ▪ Counselors ▪ Utility assistance programs ▪ Child Care ▪ After school programs</td>
<td>▪ Respite ▪ Sibshops ▪ Face to Face support groups ▪ Special after school care programs ▪ Specialized child care centers</td>
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<td><strong>Supports &amp; Services</strong></td>
<td>▪ Knowledge of different sources of support and how to navigate systems and organizations ▪ Ability to integrate different kinds of support into family and individual’s life ▪ Knows who to contact for help or guidance ▪ Has someone who can/will provide paid services (potential staff and networks to recruit)</td>
<td>▪ Parents, siblings, grandparents, spouse, children, other family ▪ Neighbors ▪ Classmates/former classmates ▪ Church/Worship community ▪ Teachers</td>
<td>▪ Smart Home ▪ Remote Monitoring Devices ▪ GPS Devices</td>
<td>▪ Financial planner ▪ Piggy bank ▪ Free/Reduced school lunch ▪ Bank ▪ Community Centers ▪ Community clubs (Elks, Eagles, Lions) ▪ Pets ▪ Service animals</td>
<td>▪ Vocational Rehabilitation ▪ Division Developmental Disabilities ▪ Health and Senior Services ▪ Medicaid/Medicare ▪ Social Security ▪ Food Stamps ▪ Medicaid Waivers ▪ Mental/Behavioral Health Centers ▪ Independent Living Centers ▪ Meals On Wheels</td>
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