## CHARTING the LifeCourse













## **Integrated Supports**

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.

**Personal Strengths & Assets** Relationships Technology \*Creative \*Communication style \*Funny \*Playful \*Kind \*Flexible \*Outgoing \*Thoughtful \*Kind \*Imaginative \*Determined **Family** \*Generous \*Capable Friends **Phone Calls** \*Independent \*Tough Classmates **Face Time** \*Easy Going **Teachers** Text Messaging \*Tenacious Neighbors Gaming System Chats **Teammates** Video Chats Club mates FB messanger Co-Workers Social Media Groups **Therapists** Messenging Apps **DSPs** Maintaining Boy/girlfriend Relationships

Virtual faith services
Virtual library programs
Best Buddies e-buddies
Virtual excerise programs
Online hobby groups/book club
USPS - Mail
Delivery services

Telehealth School/Special Education Classroom Chats Day Program Chats Remote Work Options

**Community Based** 

Eligibility Specific