CHARTING the LifeCourse









Relationships





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.

Technology

Personal Strengths & Assets Use the individuals strenghts and assets to stay

connected with their friends and family in creative ways and do activities that bring joy.

Explore ways to use the current technology the individual has access to and/or work with local resources bring new technology to them.

YouTube Social Media Online communities Smart phone apps

Create artwork Write stories Create videos Write cards Journal Make jewelry

> Social Distancing

Create avenues and a routine to have contact with important people in their life, this can be through:

> Phone calls Video chat Letters/Cards Mail Porch delivery

Take advantage of current free virtual options. Go outdoors when weather permits.

Take a walk Paint/chalk sidewalk Ride a bike Throw the ball in yard Go on a scavenger hunt Build a garden Virtual theme parks Virtual art classes/theater Virtual concerts Virtual exercise classes

Community Based

Access telemedicine, remote work and/or remote learning when possible. Use mental health resources to work through feelings of anxiety/fear/isolation

> Virtual therapy Virtual classrooms Virtual work/meetings Virtual health care

> > Eligibility Specific