# 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.

# Technology

# **Personal Strengths & Assets**

#### Relationships

Current

Current

Future

What type of equipment

Smart Phone & Helpful Apps

Specialized Medical Equipment

iPad/Tablet & Helpful

Current Future What are the strengths of person/family that can increase their sucess?

What type of equipment & supplies do I HAVE Understanding and use of: that will help me stay connected, manage my day, give me prompts/reminders and monitor my symptoms?

Thermometer Face Masks Hand Sanitizer Disinfecting Wipes **Internet Access** Smart Phone w/ helpful apps Computer to access virtual activities iPad/Tablet w/ helpful apps Specialized Medical Equipment

& supplies do I NEED that will help me stay connected, manage my day, give me

Computer to access virtual activities

prompts/reminders and monitor my symptoms?

Thermometer Face Masks Hand Sanitizer Disinfecting Wipes Internet Access

Social Distancing Washing Hands Wearing a Face Masks Hand Washing/Sanitizer Cleaning/disinfecting

> Ability to recognize & communicate symptoms

> > Current safeguards in place

Opportunities for Education in:

AAA

Social Distancing Washing Hands/Sanitizer Wearing Face Masks Use of disinfecting wipes Recognizing symptoms Not touching face Personal hygiene

Who are the people in my life now that can provide the supports that I need?

Existing Staff Family Friends of the Family Friends Family of Friends Staff at places I go to frequently Coaches of teams I play on

> Future What opportunities exist to build relationships/support?

Friends of the family Family of my friends Past Classmates/Teammates Past Teachers/Instructional Assistance Staff/regulars at places I like to go New staffing options

What activities can I contine to do virtually? Are there activities I do now that I enjoy Current and want to continue in? Have I discovered new interests that I want to do more with?

Conversation starters for return into community activities

> What services are currently in place that can support me?

# Current

Specify Waiver Services Vocational Rehabilitation Nursing/home health Medicaid State Health Plan **Transportation Services** 

Do I want/need to change or add services?

Addition/change of waiver services Vocational Rehabilitation Nursing/home health Specialized Transportation

# **Community Based**

Future Future **Eligibility Specific** 

# Access the LifeCourse framework and tools at lifecoursetools.com.

How many people will be there? What is open? What are the hours?

Will I need to use the public restroom? How will I get there?

Can I practice social distancing while there?