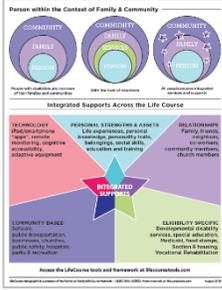


# Learning Materials

## Educational Resources to help you learn about the LifeCourse framework, life stages, and life domains.



### Charting the LifeCourse Infographic

This 2-page handout is a visual representation to help with understanding the LifeCourse framework guiding principles. It highlights the key areas of the framework and presents the information concisely. This handout pairs best with a presentation or professional who knows the framework well and is able to answer any questions.



### Foundation of the LifeCourse Framework

This tool explains the main elements and core beliefs of the LifeCourse framework. It can be used to help someone who is unfamiliar with the LifeCourse framework or tools understand the basics and explain it to others.



### Charting the Life Course: Experiences and Questions Booklet

This booklet helps individuals and families know the questions to ask and things to think about throughout the life course, in order to have the experiences that help lead to the good life that they envision. Most of the





**Charting the LifeCourse: Daily Life & Employment**

questions and life experiences in this booklet could apply to anyone, whether they have a disability or not.

This 20-page guide is meant to help transition age youth and families figure out what daily life is going to look like after high school ends. It includes activities and resources to begin to think about jobs, careers, or continuing education in adult life.



**Charting the LifeCourse: Focus on Transition**

This short 4-page guide can be given to youth and parents of youth who are nearing or have reached transition age, to help them begin to think about things in each of the life domains that will be important in the transition from school to adult life. It includes questions to ask and options to consider and discuss with transitioning youth, to move toward a vision for a good life as an adult.



**Charting the LifeCourse: Focus on Aging**

This short 4-page guide can be given to aging individuals, caregivers, family members, and supporters to help them think about some of the questions to ask, options to consider, and conversations to have as they age. Choices and decisions you and family members make

during this time can help to positively shape the future and the life they will live as they get older.