## 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.

### Current

- **What type of equipment & supplies do I HAVE 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

- **Understanding and use of:**
  - Social Distancing
  - Washing Hands
  - Wearing a Face Mask
  - Hand Washing/Sanitizer
  - Cleaning/disinfecting
  - Ability to recognize & communicate symptoms
  - Current safeguards in place

### Future

- **What type of equipment & supplies do I NEED 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 & Helpful Apps
  - Computer to access virtual activities
  - iPad/Tablet & Helpful
  - Specialized Medical Equipment

### Relationships

- **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 frequently
  - Coaches of teams I play on

- **What type of equipment & supplies do I HAVE 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

- **Opportunities for Education in:**
  - Social Distancing
  - Washing Hands
  - Wearing Face Masks
  - Use of disinfecting wipes
  - Recognizing symptoms
  - Not touching face
  - Personal hygiene

### Community Based

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

- **How many people will be there?**
  - What is open? What are the hours?
  - Can I practice social distancing while there?
  - Will I need to use the public restroom?
  - How will I get there?

### Future

- **Do I want/need to change or add services?**
  - Addition/change of waiver services
  - Vocational Rehabilitation
  - Nursing/home health
  - Medicaid State Health Plan
  - Transportation Services

### Eligibility Specific

- **What services are currently in place that can support me?**
  - Specify Waiver Services
  - Vocational Rehabilitation
  - Nursing/home health
  - Medicaid State Health Plan
  - Transportation Services

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

Developed by the UMKC IHD, UCEDD. More materials at lifecoursetools.com. OCTOBER 2016