





CHARTING the life course



Integrated Services and 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.

LIFE DOMAIN	Personal Strengths & Assets	Relationship Based Supports	Technology	Community Resources	Eligibility Based Supports
 Daily Life Employment	<ul style="list-style-type: none"> • Work/volunteer experience • Summer jobs • Vision or dream for job or career • Responsibilities at home or school • Makes choices and decisions • Communicates ideas, needs, thoughts to others • Knowledge of a variety of different jobs/careers • Good social skills • Practices everyday living skills 	<ul style="list-style-type: none"> • Coworkers • Parents, siblings, spouse, children, grandparents, other family • Friends • Teacher • Mentors • Parents/family of friends • Business partner 	<ul style="list-style-type: none"> • Electronic reminders • Alarm clock • Cell phone • Ipad educational/life skills apps • Online resume builders • Online classes or training • Internet job search • Calculator • Computer • Iphone/smart phone • Ipad apps 	<ul style="list-style-type: none"> • Volunteering • Competitive employment/careers • Colleges, universities, tech school • Micro-enterprises • Self employment • Tutors • Parent/Teacher Association (PTA) • Summer Reading Program (library) 	<ul style="list-style-type: none"> • Work crews/enclaves • Job coaches • Supported employment • Special college programs • Special Education/IEP's • HeadStart • Vocational Rehabilitation • Case manager/support coordinator • Sheltered workshops • Day habilitation
 Community Living	<ul style="list-style-type: none"> • Knowledge of how to navigate community • Drives, rides bus, cab, or other public transportation • Housekeeping skills • Can prepare simple meals/snacks • Can spend time alone or away from family • Knowledge of different types of living options 	<ul style="list-style-type: none"> • Parents, siblings, spouse, children, grandparents, extended family • Friends • Roommates • Neighbors • Same age peers (college age, aging) 	<ul style="list-style-type: none"> • Adapted living space • Environmental technology • Remote monitoring • Ipad apps • Facetime/Skype • Electronic reminders 	<ul style="list-style-type: none"> • Home Ownership • Rental home/apartment • Co-op for housing or transportation • Public transportation (bus, train, taxi) • Universal design • Neighborhood Watch • Home Owner's Association • Food Pantries 	<ul style="list-style-type: none"> • Independent Supported Living (ISL) • Independent Living Center • Shared Living/host family • Institutions • Intermediate Care Facility (ICF) • Group Homes • Meals on Wheels • Section 8 Housing Vouchers
 Social & Spirituality	<ul style="list-style-type: none"> • Has hobbies and interests and needed supplies • Knowledge/experience playing games or other social activities • Outgoing, friendly personality • Understands social cues and norms • Has money/budget for social activities • Interest in/belief in faith/higher power • Belongs to/has roles in a faith community • Exposure/experience going to weddings/funerals • Good conversation skills 	<ul style="list-style-type: none"> • Friendships • Dating/relationships • Members of your faith community • Friends of parents/siblings and other family members • People with a shared interest or hobby 	<ul style="list-style-type: none"> • Online social clubs • Social media (Facebook, Twitter, Instagram, Pinterest, etc) • Online games • Email • Texting 	<ul style="list-style-type: none"> • Parks and Recreation • Service/social club/groups • Inclusive faith community • Sports teams and clubs • Preschool • Playground • Community Centers • Churches/Places of Worship 	<ul style="list-style-type: none"> • Separate or special church service • Special group outings & activities • Special Olympics • Special passes • Social skills classes
 Healthy Living	<ul style="list-style-type: none"> • Communicates with doctors and other medical professionals • Knowledgeable about own disability or special healthcare needs • Knows how/when to seek help for health issues • Understands changes as body becomes adult, and has well woman/man checkups • Manages (or helps manage) own medication and other healthcare needs • Understands health risks associated with smoking, drinking, drug use, unprotected sex) • Knowledge and/or ability to plan/execute healthy meals; eats a healthy diet • Has health insurance • Gym membership/exercises regularly/rides bike • Medical home 	<ul style="list-style-type: none"> • Family member or school staff implement therapy • Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.) 	<ul style="list-style-type: none"> • Pill-minders • Chat with a nurse/nurseline • Tele-medicine • Web-MD • Fit-Bit/Nike Fuel Band • Exercise equipment (ie treadmill) • Health/fitness apps for ipad • Smart Toothbrush 	<ul style="list-style-type: none"> • Gym membership • Community Centers • Neighborhood/City Pool • Community Health Centers • Health fairs • Family/General practice providers • YMCA • Neighborhood pharmacy 	<ul style="list-style-type: none"> • Center-based therapies (PT, OT, Speech, etc) • Special/institutional medical care • Home/community based therapies • Special Olympics Healthy Communities Initiative • Medical home • IHP

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	Personal Strengths & Assets	Relationship Based Supports	Technology	Community Resources	Eligibility Based Supports
<p>Safety & Security</p>	<ul style="list-style-type: none"> • Home security/alarm system • Knows address, phone numbers, other contacts • Knows how to appropriately use 911 • Family/person has an emergency/disaster plan • Able to lock/unlock door (with key or code) • Carries identification or specific information in wallet or on person • Home is modified for safety • GPS tracking device • Reciprocal knowledge with First Responders • Has and knows how to use a debit card • Family/person has engaged in financial planning 	<ul style="list-style-type: none"> • Parents, siblings, grandparents, other family members • Friends • Neighbors • Familiar staff/workers at local stores, restaurants, etc. 	<ul style="list-style-type: none"> • Automatic bill pay/direct deposit • Limited/joint bank account • Personal safety devices • Remote monitoring • Ipad/smart phone apps 	<ul style="list-style-type: none"> • Powers of Attorney • Neighborhood watch • Local Police Department • Online banking • Living Trust • LifeLock (identity theft protection) • Neighborhood Watch 	<ul style="list-style-type: none"> • Full guardianship • 24 hour supervision • Limited guardianship • Special Needs Trust
<p>Citizenship & Advocacy</p>	<ul style="list-style-type: none"> • Registered to vote, has voter ID, and understands how to vote • Knowledge of and membership in advocacy groups or organizations • Volunteers • Political awareness and advocacy • Has had leadership training and/or experience • Understands right/wrong, importance of doing the right thing and being a law-abiding citizen • Is able to speak up for self- parents modeling, social experiences, group participation 	<ul style="list-style-type: none"> • Parents, siblings, grandparents, other family members • Self-advocate peers • Friends 	<ul style="list-style-type: none"> • Ipad advocacy apps • Communication devices • Online service group sites 	<ul style="list-style-type: none"> • Voting • Neighborhood group or organization • Visiting your legislator • Scouting/Camp Fire/Optimist Club 	<ul style="list-style-type: none"> • Paid advocate • Self Advocacy Groups • Disability Rights Day at the Capitol • Self Advocacy Training
<p>Supports for Family Unit</p>	<ul style="list-style-type: none"> • Family is active and engaged in community, networks, support groups, or mentoring • Understands rights and responsibilities • Well organized, keeps track of things • Has end of life plan/plan for when parents can no longer fulfill their many caring for and caring about roles • Has and utilizes social capitol/community connections • Willing to share their story 	<ul style="list-style-type: none"> • Grandparents, aunts, uncles, extended family • Neighbors • Other parents/families • Church/worship community 	<ul style="list-style-type: none"> • Family calendar/schedule apps • Online support groups or facebook pages 	<ul style="list-style-type: none"> • Mom's Day Out programs • Preschool • Library • Counselors • Utility assistance programs • Child Care • After school programs 	<ul style="list-style-type: none"> • Respite • Sibshops • Face to Face support groups • Special after school care programs • Specialized child care centers
<p>Supports & Services</p>	<ul style="list-style-type: none"> • Knowledge of different sources of support and how to navigate systems and organizations • Ability to integrate different kinds of support into family and individual's life • Knows who to contact for help or guidance • Has someone who can/will provide paid services (potential staff and networks to recruit) 	<ul style="list-style-type: none"> • Parents, siblings, grandparents, spouse, children, other family • Neighbors • Classmates/former classmates • Church/Worship community • Teachers 	<ul style="list-style-type: none"> • Smart Home • Remote Monitoring Devices • GPS Devices 	<ul style="list-style-type: none"> • Financial planner • Piggy bank • Free/Reduced school lunch • Bank • Community Centers • Community clubs (Elks, Eagles, Lions) • Pets • Service animals 	<ul style="list-style-type: none"> • Vocational Rehabilitation • Division Developmental Disabilities • Health and Senior Services • Medicaid/Medicare • Social Security • Food Stamps • Medicaid Waivers • Mental/Behavioral Health Centers • Independent Living Centers • Meals On Wheels