## 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

- **Daily Life Employment**
  - 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

- **Community Living**
  - 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

- **Social & Spirituality**
  - 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

- **Healthy Living**
  - Communicates with doctors and other medical professionals
  - Knowable 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

### Personal Strengths & Assets

- Coworkers
- Parents, siblings, spouse, children, grandparents, other family
- Friends
- Teacher
- Mentors
- Parents/family of friends
- Business partner

### Relationship Based Supports

- 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

### Technology

- Volunteering
- Competitive employment/careers
- Colleges, universities, tech school
- Micro-enterprises
- Self employment
- Tutors
- Parent/Teacher Association (PTA)
- Summer Reading Program (library)

### Community Resources

- 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

### Eligibility Based Supports

- 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

- Center-based therapies (PT, OT, Speech, etc)
- Special/institutional medical care
- Home/community based therapies
- Special Olympics Healthy Communities Initiative
- Medical home
- IHP

### 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.

<table>
<thead>
<tr>
<th>LIFE DOMAIN</th>
<th>Personal Strengths &amp; Assets</th>
<th>Relationship Based Supports</th>
<th>Technology</th>
<th>Community Resources</th>
<th>Eligibility Based Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Life Employment</td>
<td>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</td>
<td>Coworkers, Parents, siblings, spouse, children, grandparents, other family, Friends, Teacher, Mentors, Parents/family of friends, Business partner</td>
<td>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</td>
<td>Volunteering, Competitive employment/careers, Colleges, universities, tech school, Micro-enterprises, Self employment, Tutors, Parent/Teacher Association (PTA), Summer Reading Program (library)</td>
<td>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</td>
</tr>
<tr>
<td>Community Living</td>
<td>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</td>
<td>Parents, siblings, spouse, children, grandparents, extended family, Friends, Roommates, Neighbors, Same age peers (college age, aging)</td>
<td>Adapted living space, Environmental technology, Remote monitoring, Ipad apps, Facetime/Skype, Electronic reminders</td>
<td>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</td>
<td>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</td>
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<td>Social &amp; Spirituality</td>
<td>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</td>
<td>Friendships, Dating/relationships, Members of your faith community, Friends of parents/siblings and other family members, People with a shared interest or hobby</td>
<td>Online social clubs, Social media (Facebook, Twitter, Instagram, Pinterest, etc), Online games, Email, Texting</td>
<td>Parks and Recreation, Service/social club/groups, Inclusive faith community, Sports teams and clubs, Preschool, Playground, Community Centers, Churches/Places of Worship</td>
<td>Separate or special church service, Special group outings &amp; activities, Special Olympics, Special passes, Social skills classes</td>
</tr>
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<td>Healthy Living</td>
<td>Communicates with doctors and other medical professionals, Knowable 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</td>
<td>Family member or school staff implement therapy, Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)</td>
<td>Pill-miniders, Chat with a nurse/nurseline, Tele-medicine, Web-MD, Fit-Bit/Nike Fuel Band, Exercise equipment (treadmill), Health/fitness apps for ipad, Smart Toothbrush</td>
<td>Gym membership, Community Centers, Neighborhood/City Pool, Community Health Centers, Health fairs, Family/General practice providers, YMCA, Neighborhood pharmacy</td>
<td>Center-based therapies (PT, OT, Speech, etc), Special/institutional medical care, Home/community based therapies, Special Olympics Healthy Communities Initiative, Medical home, IHP</td>
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<td><strong>Safety &amp; Security</strong></td>
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<td>■ Home security/alarm system</td>
<td>■ Parents, siblings, grandparents, other family members</td>
<td>■ Automatic bill pay/direct deposit</td>
<td>■ Powers of Attorney</td>
<td>■ Full guardianship</td>
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<tr>
<td>■ Knows address, phone numbers, other contacts</td>
<td>■ Friends</td>
<td>■ Limited/joint bank account</td>
<td>■ Neighborhood watch</td>
<td>■ 24 hour supervision</td>
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<tr>
<td>■ Knows how to appropriately use 911</td>
<td>■ Neighbors</td>
<td>■ Personal safety devices</td>
<td>■ Local Police Department</td>
<td>■ Limited guardianship</td>
<td></td>
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<tr>
<td>■ Family/person has an emergency/disaster plan</td>
<td>■ Familiar staff/workers at local stores, restaurants, etc.</td>
<td>■ Remote monitoring</td>
<td>■ Online banking</td>
<td>■ Special Needs Trust</td>
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<tr>
<td>■ Able to lock/unlock door (with key or code)</td>
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<td>■ Ipad/smart phone apps</td>
<td>■ Living Trust</td>
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<td>■ Carries identification or specific information in wallet or on person</td>
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<td>■ Ipad advocacy apps</td>
<td>■ LifeLock (identity theft protection)</td>
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<td>■ Home is modified for safety</td>
<td>■ Communication devices</td>
<td>■ Voting</td>
<td>■ Neighborhood group or organization</td>
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<tr>
<td>■ GPS tracking device</td>
<td>■ Online service group sites</td>
<td>■ Visiting your legislator</td>
<td>■ Scouting/Camp Fire/ Optimist Club</td>
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<tr>
<td>■ Reciprocal knowledge with First Responders</td>
<td>■ Friends</td>
<td>■ Mom’s Day Out programs</td>
<td>■ Self Advocacy Groups</td>
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<tr>
<td>■ Has and knows how to use a debit card</td>
<td>■ Grandparents, aunts, uncles, extended family</td>
<td>■ Preschool</td>
<td>■ Disability Rights Day at the Capitol</td>
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<tr>
<td>■ Family/person has engaged in financial planning</td>
<td>■ Neighbors</td>
<td>■ Library</td>
<td>■ Self Advocacy Training</td>
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<tr>
<td><strong>Citizenship &amp; Advocacy</strong></td>
<td></td>
<td>■ Counselors</td>
<td>■ Neighborhood group or organization</td>
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<tr>
<td>■ Registered to vote, has voter ID, and understands how to vote</td>
<td>■ Other parents/families</td>
<td>■ Utility assistance programs</td>
<td>■ Visiting your legislator</td>
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<tr>
<td>■ Knowledge of and membership in advocacy groups or organizations</td>
<td>■ Church/worship community</td>
<td>■ Child Care</td>
<td>■ Scouting/Camp Fire/ Optimist Club</td>
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<tr>
<td>■ Volunteers</td>
<td>■ Family calendar/schedule apps</td>
<td>■ After school programs</td>
<td>■ Self Advocacy Groups</td>
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<tr>
<td>■ Political awareness and advocacy</td>
<td>■ Communication devices</td>
<td>■ Online support groups or facebook pages</td>
<td>■ Disability Rights Day at the Capitol</td>
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<tr>
<td>■ Has had leadership training and/or experience</td>
<td>■ Online service group sites</td>
<td>■ Self advocate peers</td>
<td>■ Self Advocacy Training</td>
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<tr>
<td>■ Understands right/wrong, importance of doing the right thing and being a law-abiding citizen</td>
<td>■ Friends</td>
<td>■ Smart Home</td>
<td>■ Visiting your legislator</td>
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<tr>
<td>■ Is able to speak up for self - parents modeling, social experiences, group participation</td>
<td>■ Grandparents, aunts, uncles, extended family</td>
<td>■ Remote Monitoring Devices</td>
<td>■ Scouting/Camp Fire/ Optimist Club</td>
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<tr>
<td><strong>Supports for Family Unit</strong></td>
<td>■ Parents, siblings, grandparents, other family members</td>
<td>■ GPS Devices</td>
<td>■ Self Advocacy Groups</td>
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<tr>
<td>■ Family is active and engaged in community, networks, support groups, or mentoring</td>
<td>■ Neighbors</td>
<td>■ Financial planner</td>
<td>■ Disability Rights Day at the Capitol</td>
<td></td>
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<tr>
<td>■ Understands rights and responsibilities</td>
<td>■ Other parents/families</td>
<td>■ Piggy bank</td>
<td>■ Self Advocacy Training</td>
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<tr>
<td>■ Well organized, keeps track of things</td>
<td>■ Church/worship community</td>
<td>■ Free/Reduced school lunch</td>
<td>■ Special after school care programs</td>
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<tr>
<td>■ Has end of life plan/plan for when parents can no longer fulfill their many caring for and caring about roles</td>
<td>■ Family calendar/schedule apps</td>
<td>■ Bank</td>
<td>■ Specialized child care centers</td>
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<tr>
<td>■ Has and utilizes social capital/community connections</td>
<td>■ Communication devices</td>
<td>■ Community Centers</td>
<td>■ Meals On Wheels</td>
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<tr>
<td>■ Willing to share their story</td>
<td>■ Online service group sites</td>
<td>■ Community clubs (Elks, Eagles, Lions)</td>
<td>■</td>
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</tr>
<tr>
<td><strong>Supports &amp; Services</strong></td>
<td>■ Parents, siblings, grandparents, spouse, children, other family members</td>
<td>■ Teachers</td>
<td>■ Pets</td>
<td></td>
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<tr>
<td>■ Knowledge of different sources of support and how to navigate systems and organizations</td>
<td>■ Neighbors</td>
<td>■ Service animals</td>
<td>■ Service animals</td>
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<tr>
<td>■ Ability to integrate different kinds of support into family and individual’s life</td>
<td>■ Classmates/former classmates</td>
<td>■ Special Needs Trust</td>
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<tr>
<td>■ Knows who to contact for help or guidance</td>
<td>■ Church/Worship community</td>
<td>■ 24 hour supervision</td>
<td>■</td>
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</tr>
<tr>
<td>■ Has someone who can/will provide paid services (potential staff and networks to recruit)</td>
<td>■ Teachers</td>
<td>■ Full guardianship</td>
<td>■</td>
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</tr>
</tbody>
</table>

**CHARTING the life course**

December 2014

MISSOURI FAMILY TO FAMILY | UMKC-IHD, UCEDD