



An Overview of Charting the LifeCourse for Children, Youth and Adults`

Charting the LifeCourse Trainings are provided by



THE OHIO STATE
UNIVERSITY
NISONGER CENTER

and



The University of Cincinnati
University Center for Excellence in
Developmental Disabilities

Funding for this statewide effort is provided by



Department of
Developmental Disabilities

Celia Schloemer
Family Support Coordinator
UC-UCEDD



What is the LifeCourse Framework

The LifeCourse Framework was created by families to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live.

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All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.



Services and Supports have changed across time



Services and Supports have changed across time



Services and Supports have changed across time



1950

Services and Supports have changed across time



1950

Services and Supports have changed across time



1950



1965



Services and Supports have changed across time



1950



1965



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1998



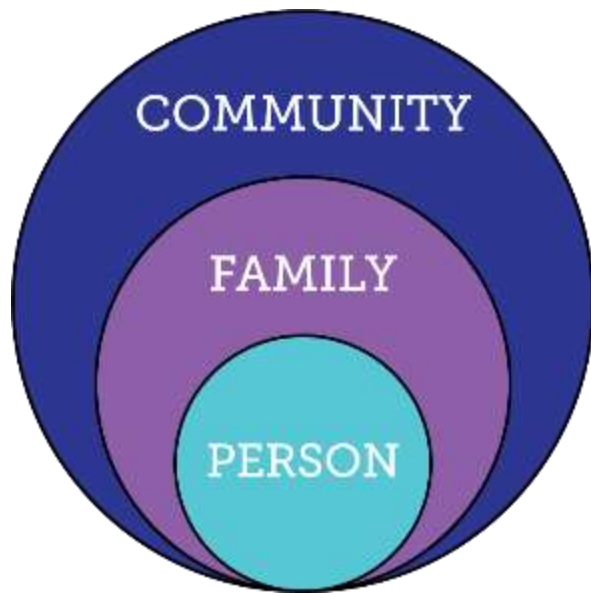
2012

Wingspread Report 2012

A National Agenda for Supporting Families



Services and Supports Evolve



Everyone exists
within the context
of family and
community



Traditional
Disability Services



Integrated Services
and Supports within
context of person,
family and
community

Supporting All Families where they are

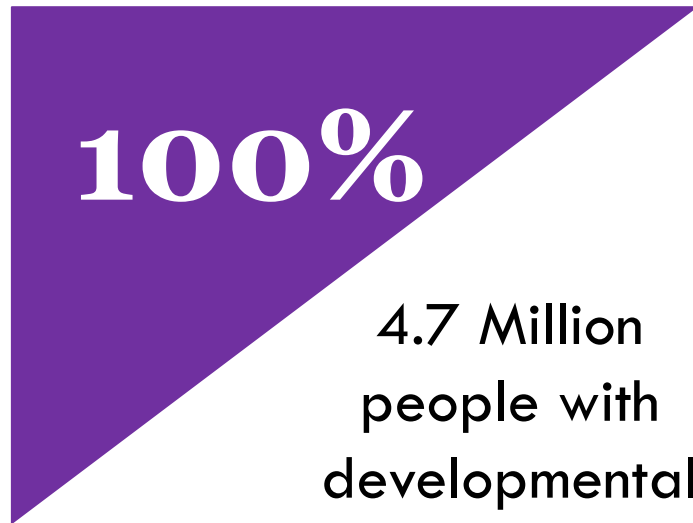
Support individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live.

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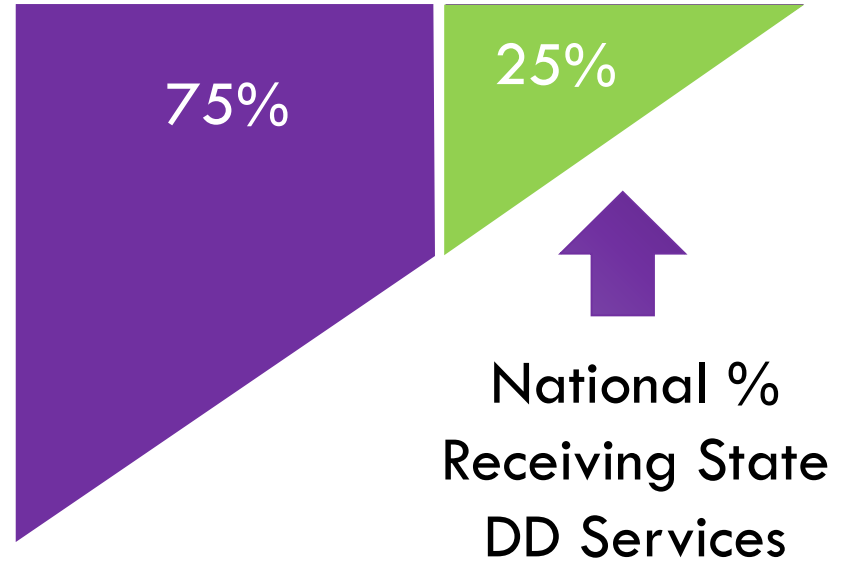
All People



Nationally 1 in 4 Persons with I/DD Receive Formal State DD Services



4.7 Million
people with
developmental
disabilities



75%

25%

National %
Receiving State
DD Services

** Based on national definition of developmental disability with a prevalence rate of 1.49%

Why focus on supporting families?

All people exist in the context of family

Wingspread Report 2012

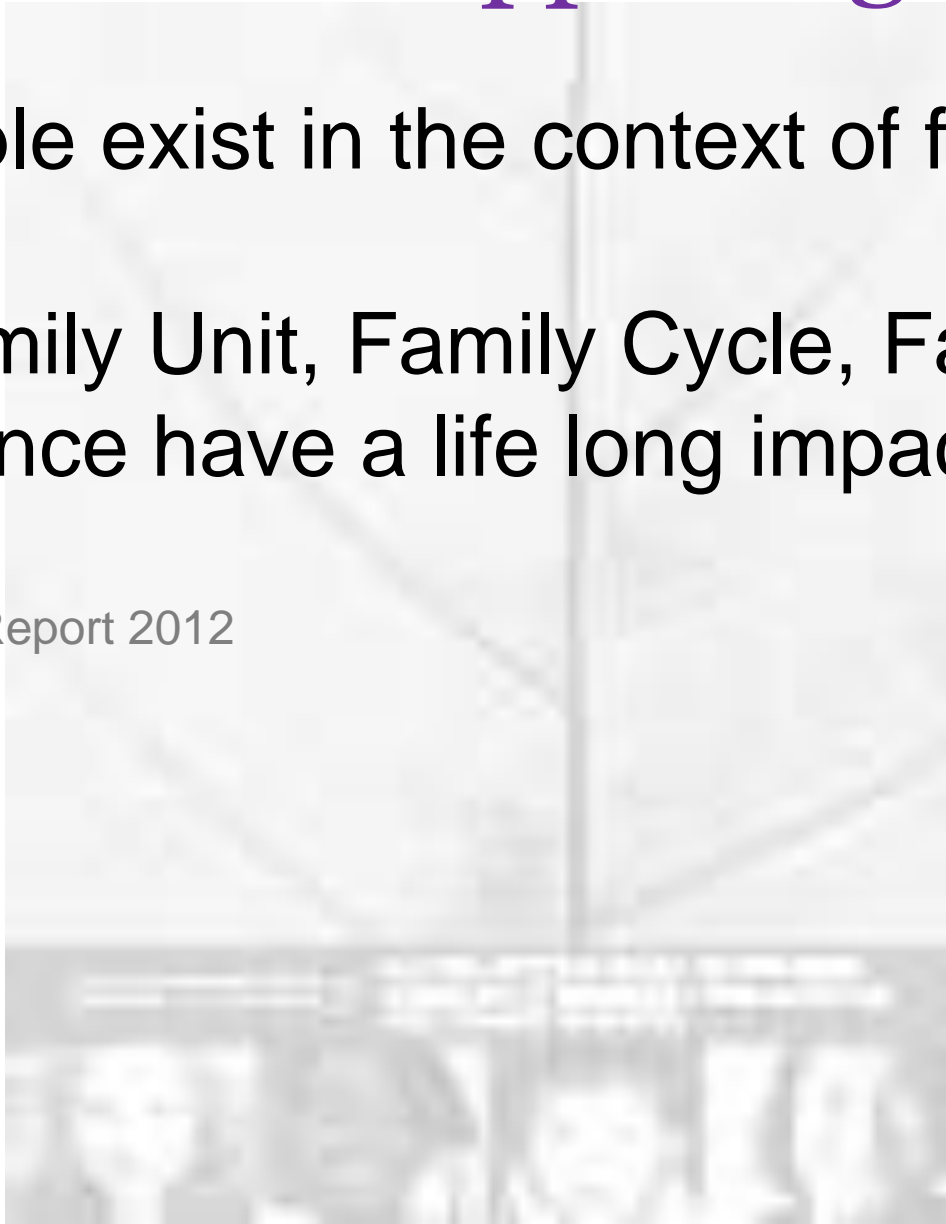


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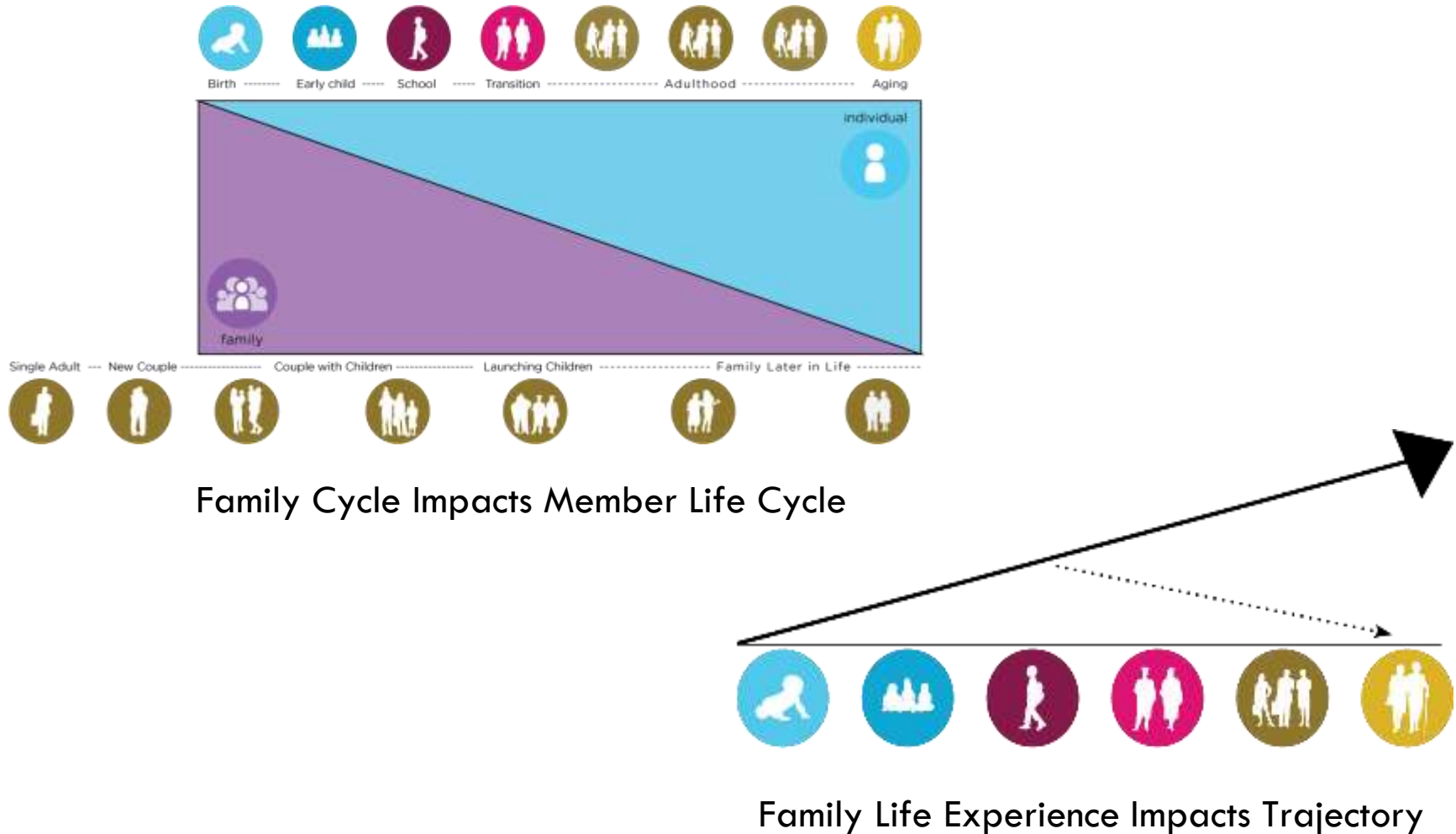
All people exist in the context of family

The Family Unit, Family Cycle, Family Life Experience have a life long impact

Wingspread Report 2012



Family's lifelong impact on it's members



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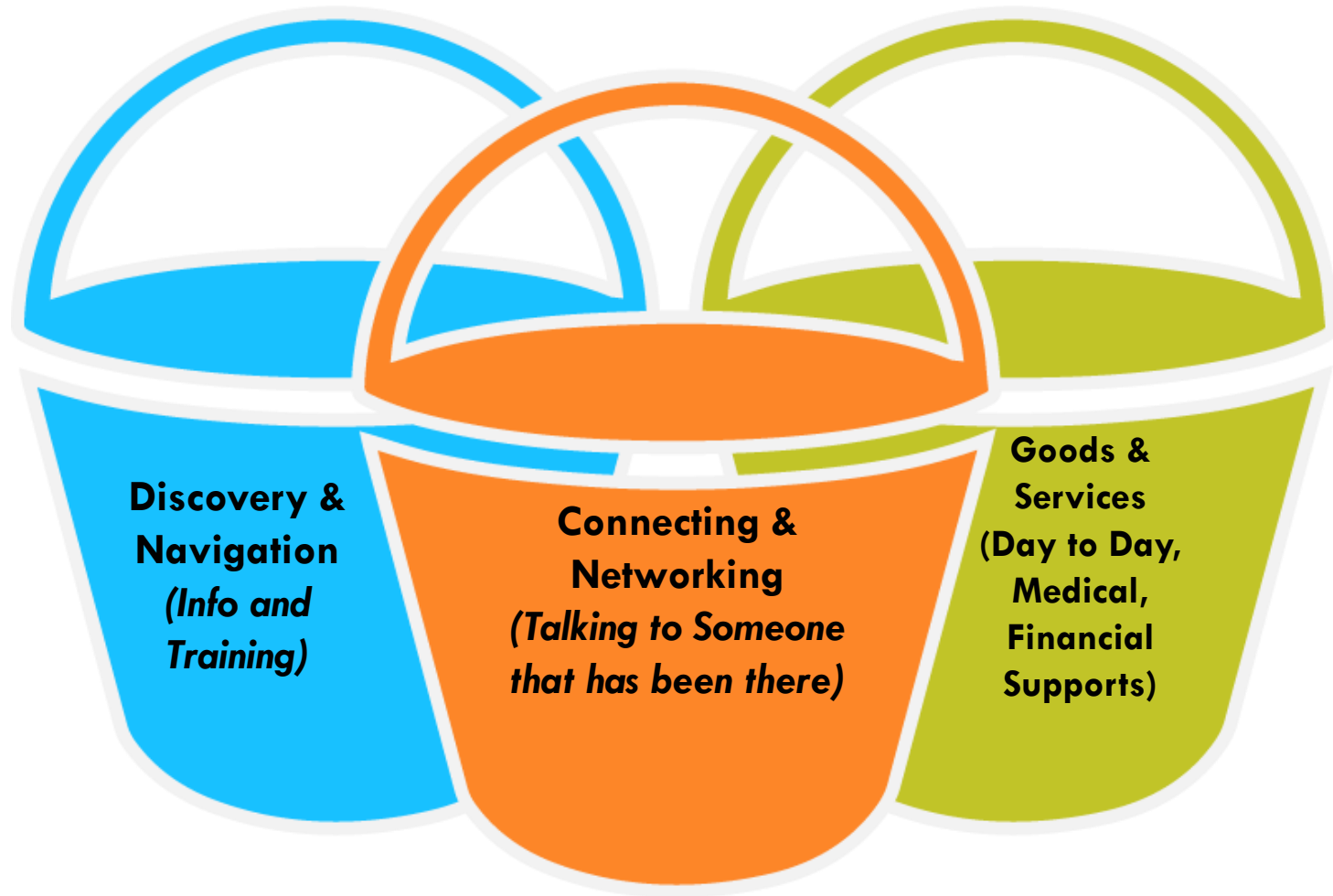
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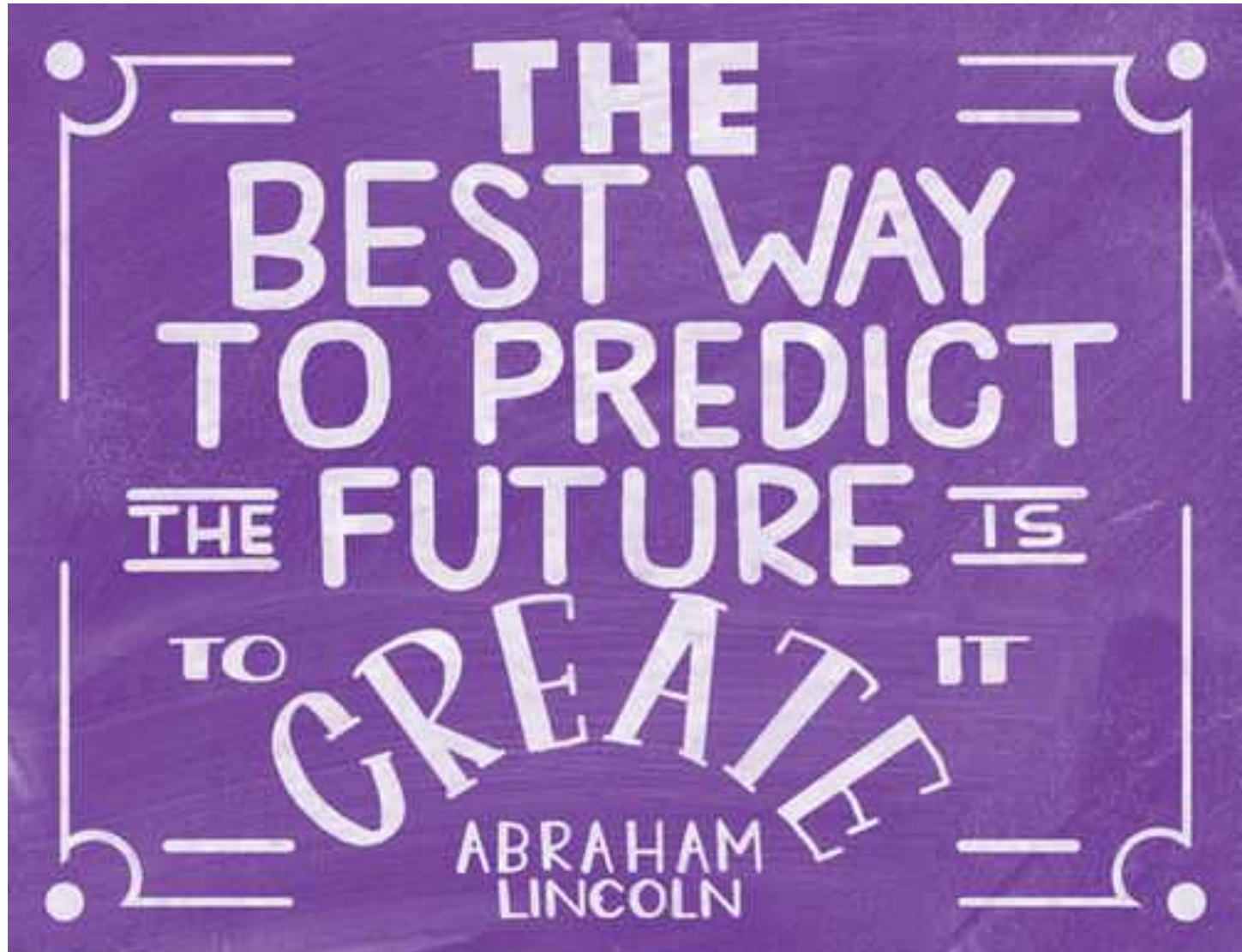
Family members have a key role in identifying and securing opportunities for their family members with I/DD

Wingspread Report 2012

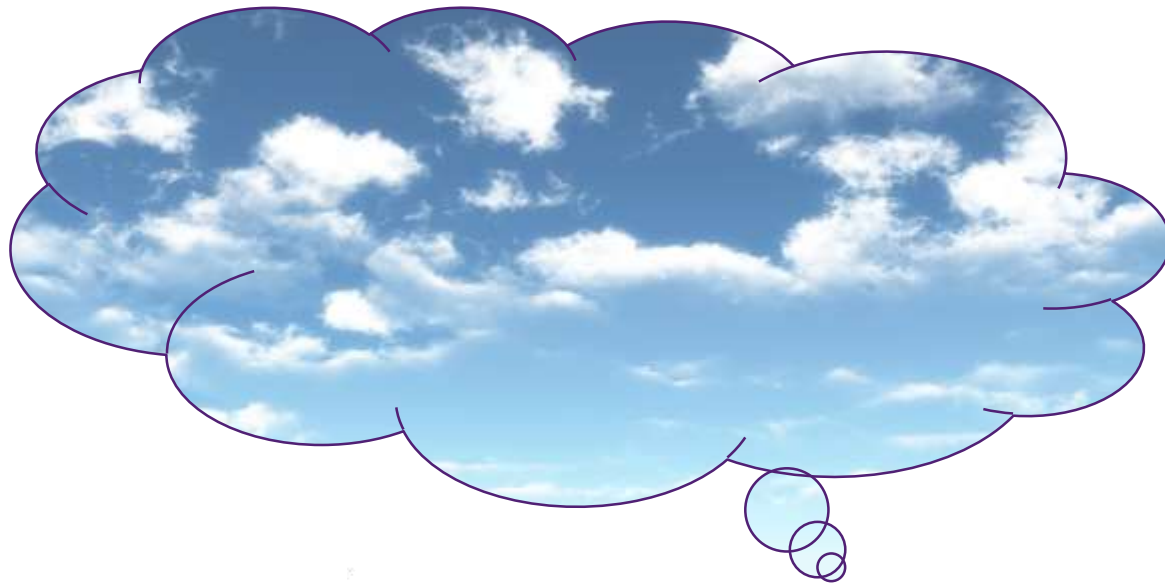
How do we Support Families?



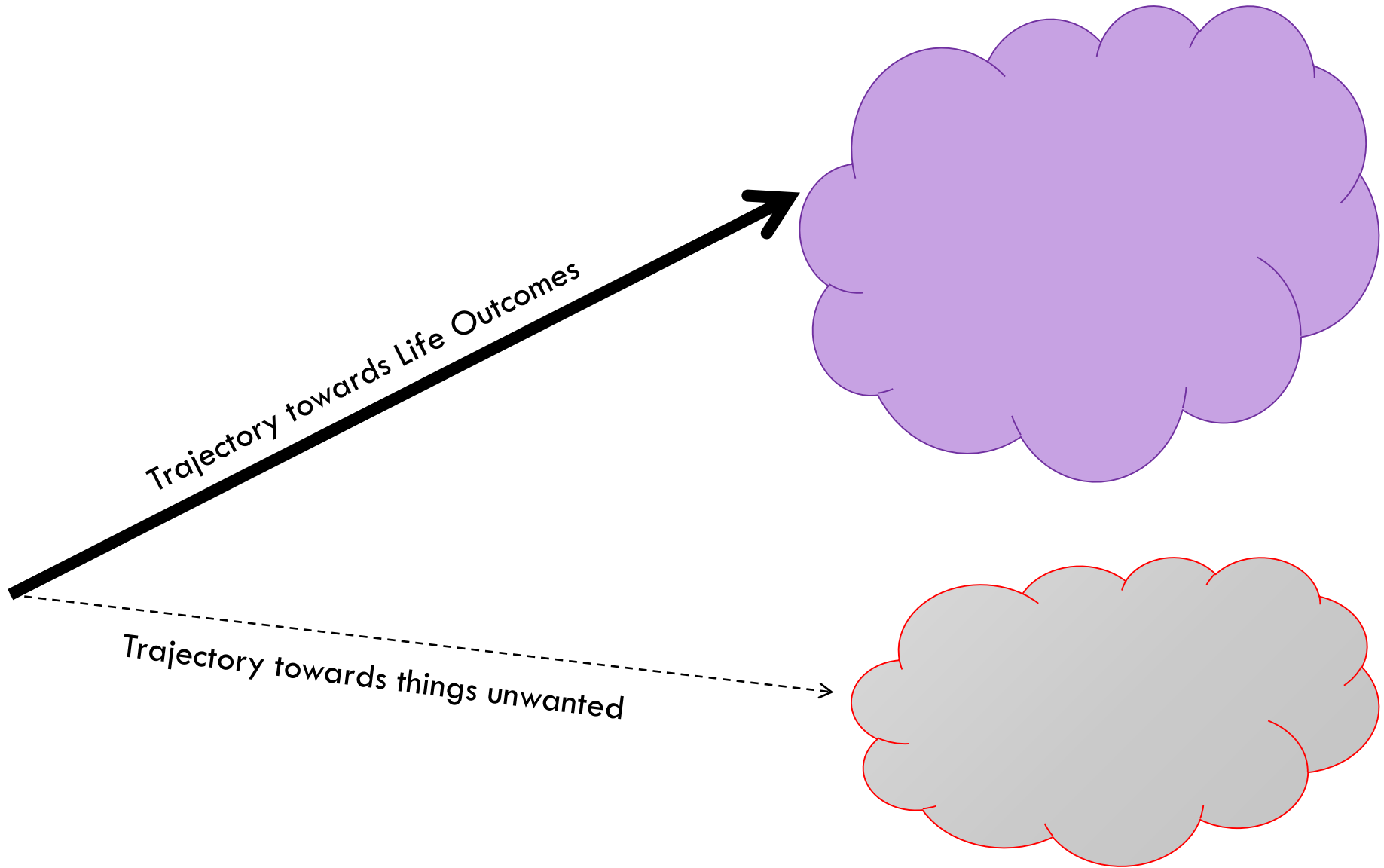
So where do we begin?



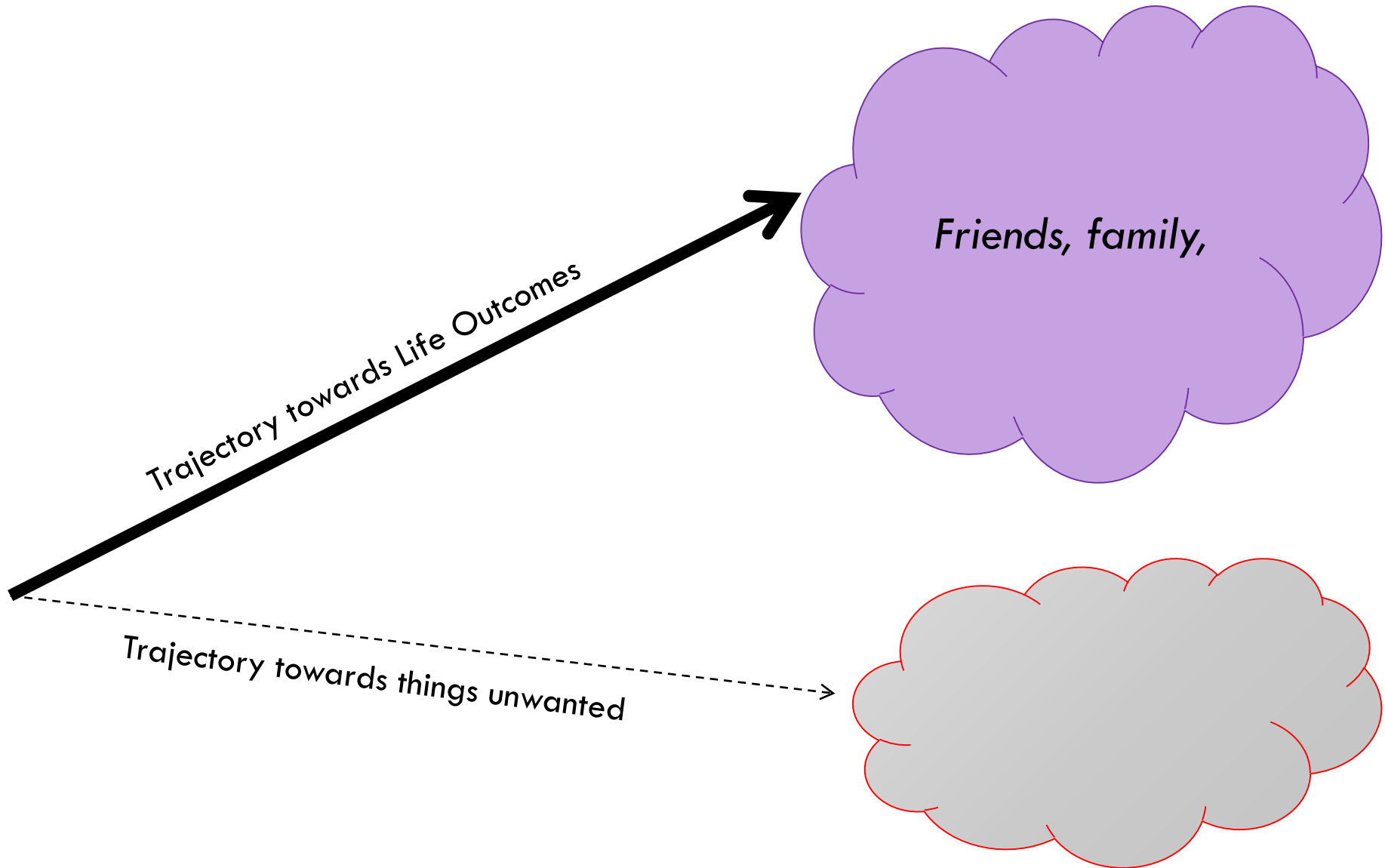
What is your vision of a Good Life



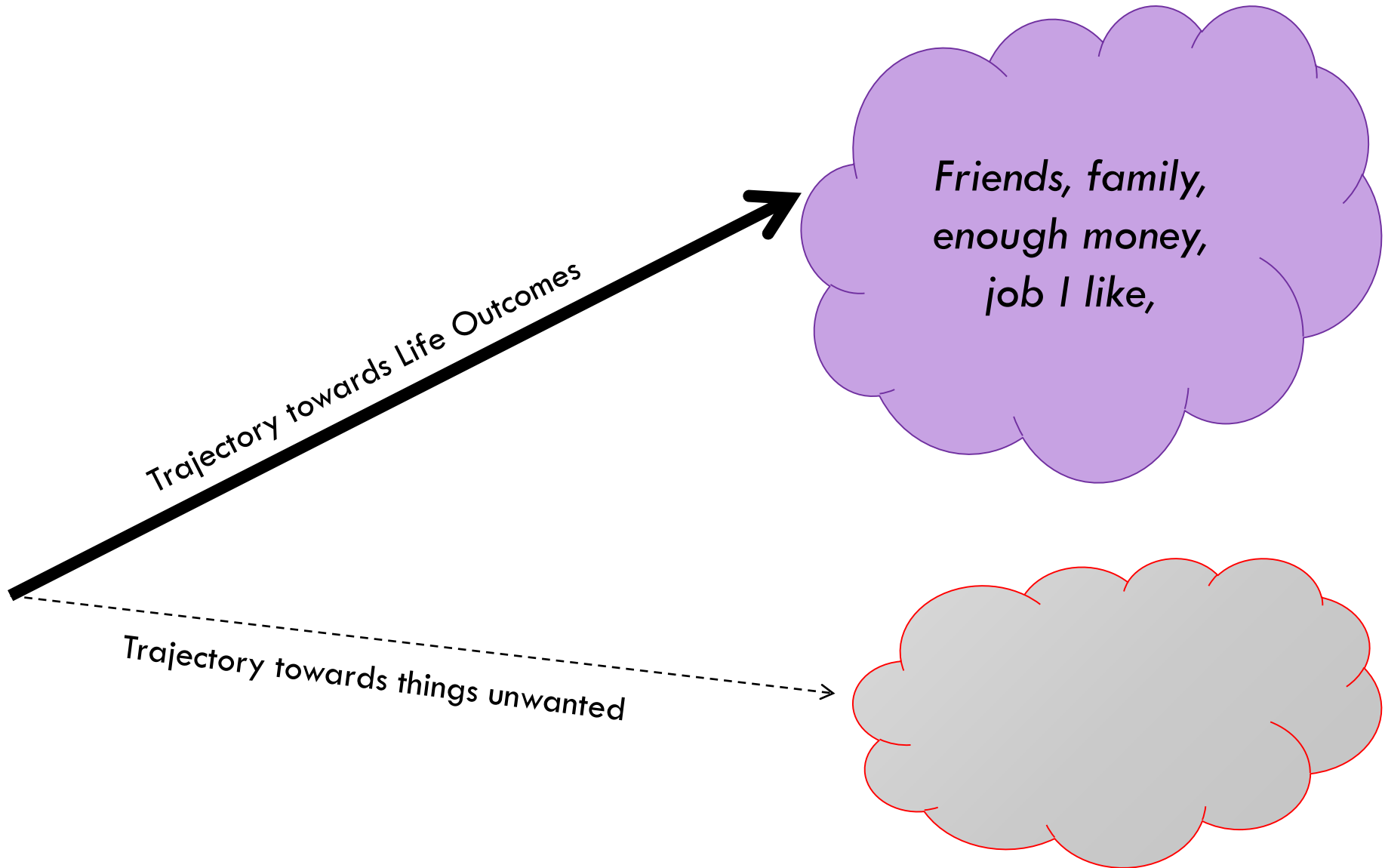
Trajectory towards Good Life



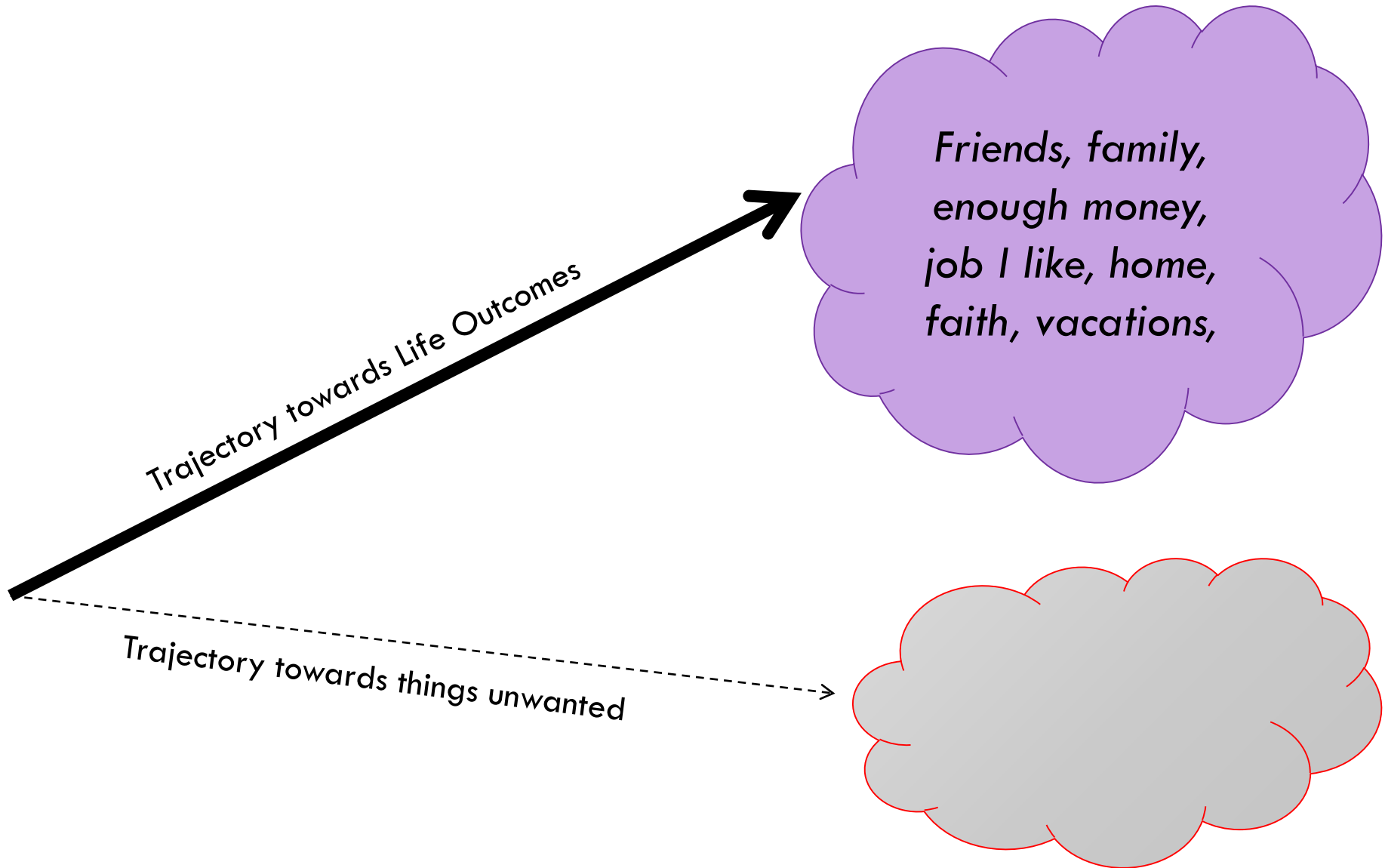
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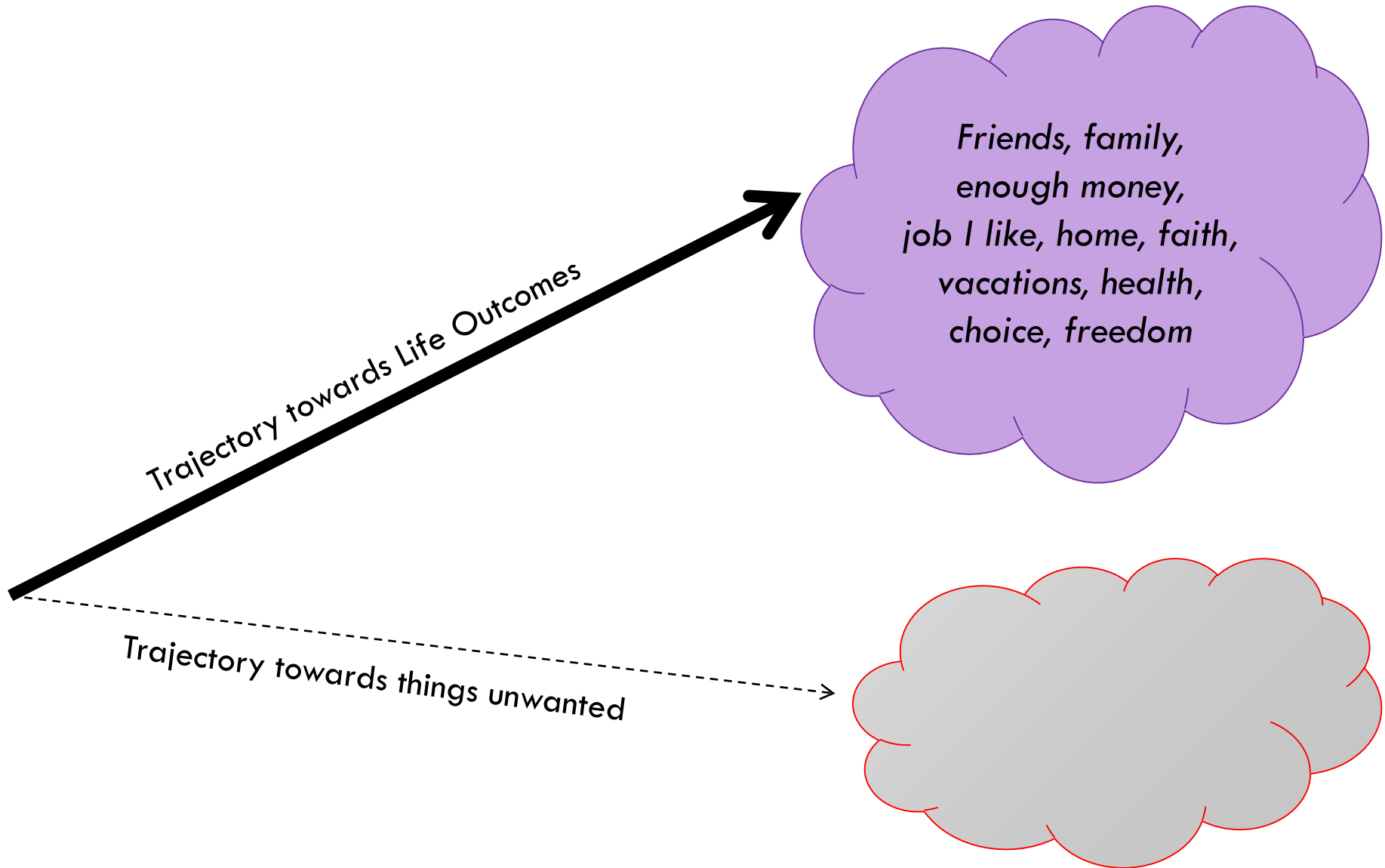
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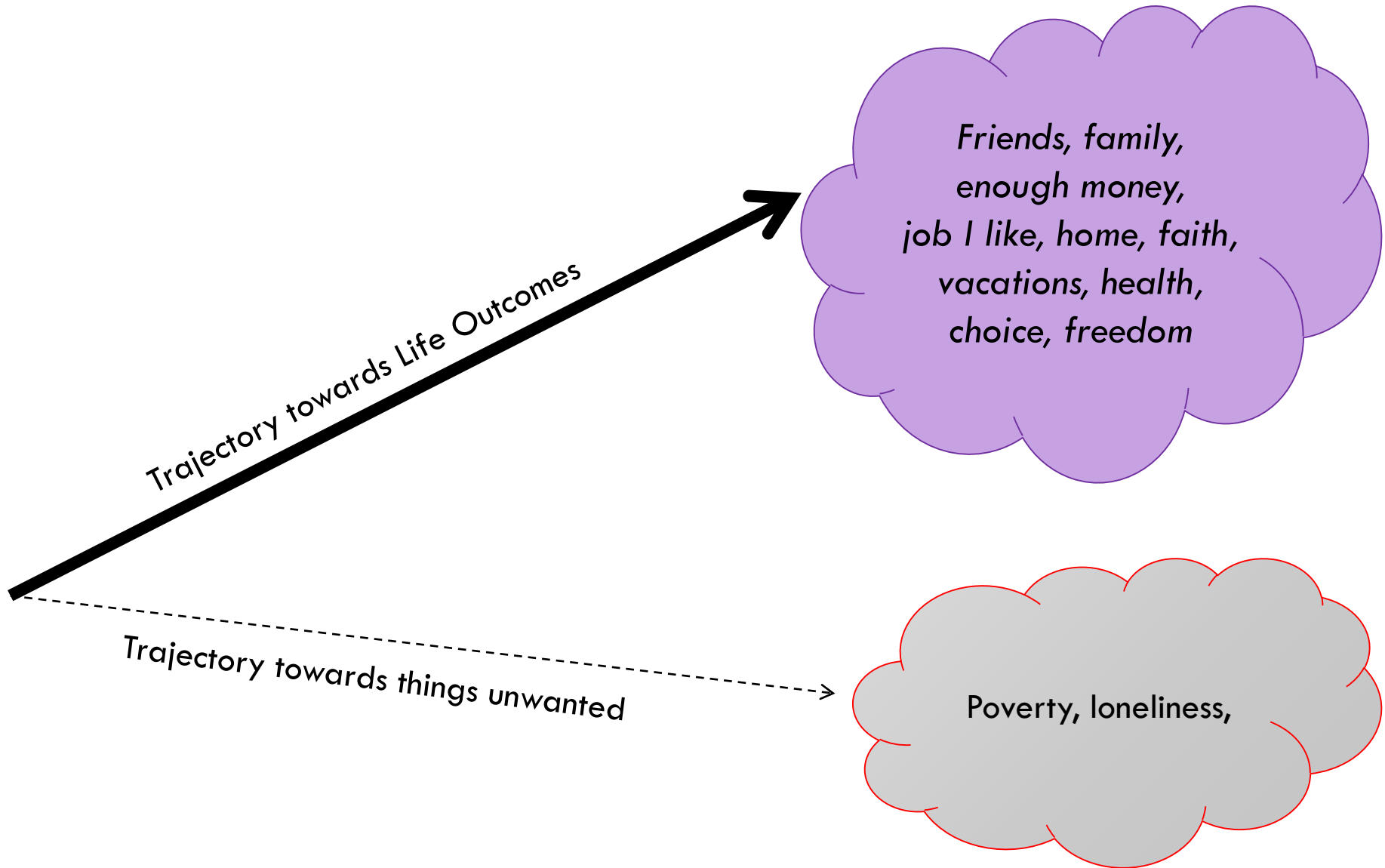
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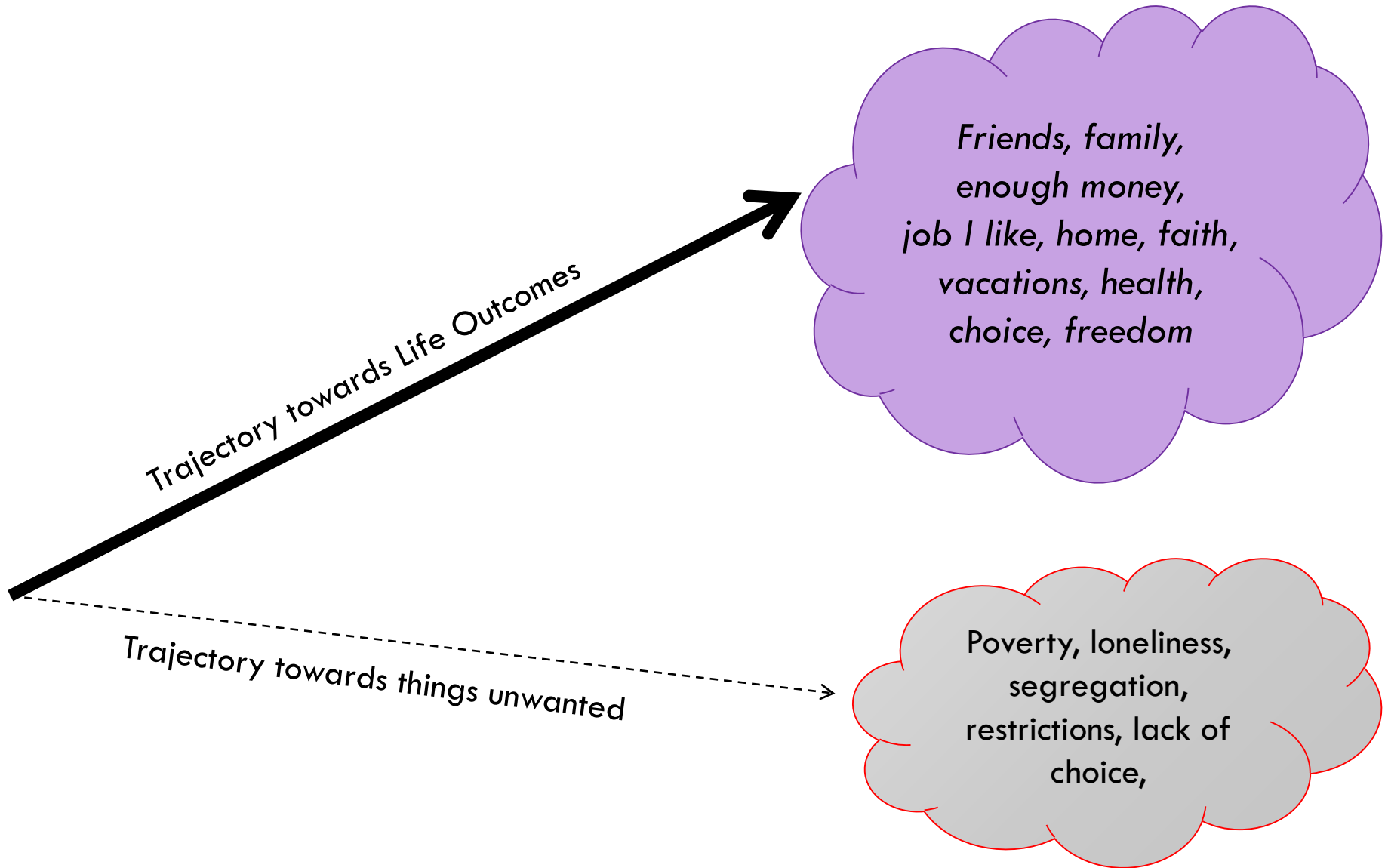
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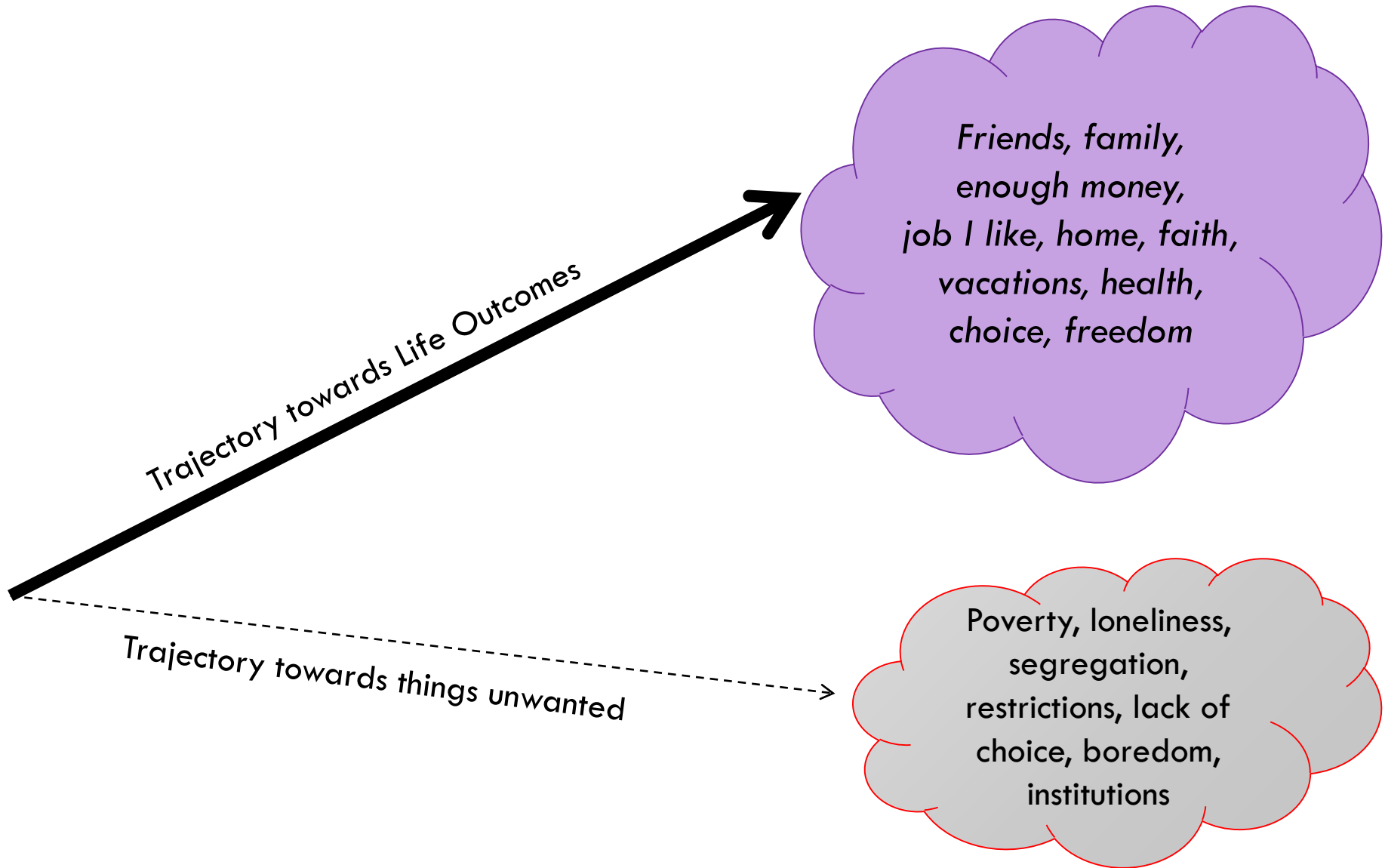
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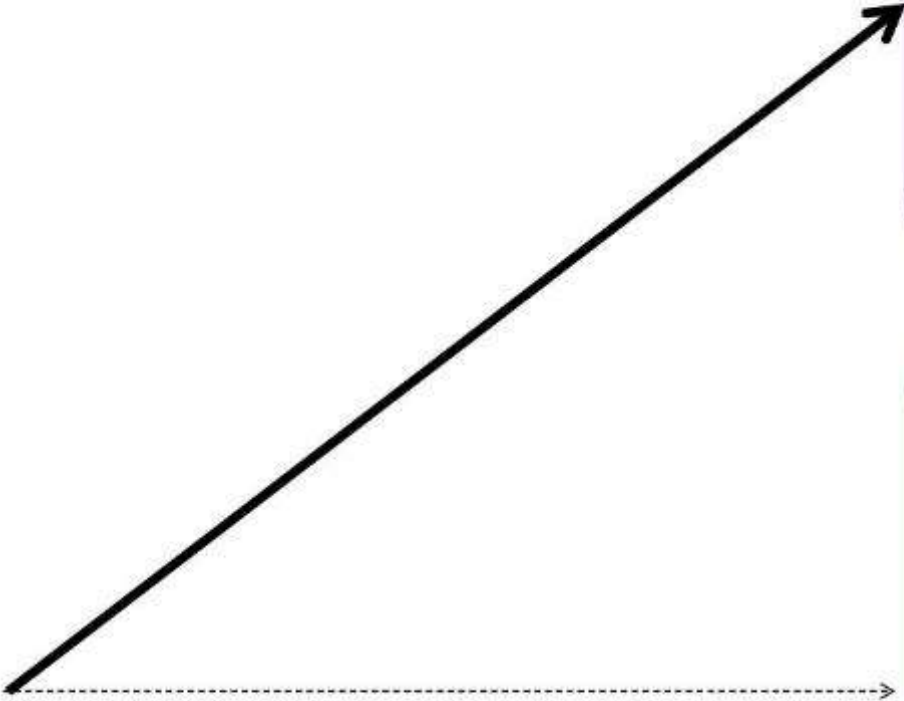
Charting the LifeCourse Trajectory

CHARTING the life course



Life Trajectory Worksheet: Family

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.




VISION for a GOOD LIFE

What I DON'T Want



Charting the LifeCourse Trajectory

Life Trajectory Worksheet

<p>Past Life Experiences LIST past life experiences and events that supported your vision for a good life.</p>	 <p>Write current age here</p>	<p>Future Life Experiences LIST current/ future life experiences that continue supporting your good life vision.</p>	<p>VISION for a GOOD LIFE LIST what you want your "good life" to look like ...</p>
<p>LIST past life experiences that pushed the arrow toward things you don't want.</p>		<p>LIST life experiences to avoid because they push you toward things you don't want.</p>	



Charting the LifeCourse Trajectory

Life Trajectory Worksheet

Past Life Experiences
LIST past life experiences and events that supported your vision for a good life.

Future Life Experiences
LIST current/ future life experiences that continue supporting your good life vision.



Write current age here

LIST past life experiences that pushed the arrow toward things you don't want.

LIST life experiences to avoid because they push you toward things you don't want.

VISION for a GOOD LIFE

LIST what you want your "good life" to look like ...

Family and friends
Girlfriend
Vacations
Concerts;
Nascar
Tattoos
Money; job or my own business
Volunteer at fire station

What I DON'T Want


LIST the things you don't want in your life...



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What I DON'T Want

LIST the things you don't want in your life...

- Poor health, Poverty/no money;
- Guardianship; institution/group home;
- being lonely /isolation;
- Being treated differently

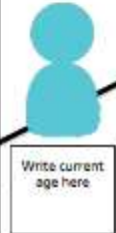


Charting the LifeCourse Trajectory

Life Trajectory Worksheet


<p>Past Life Experiences LIST past life experiences and events that supported your vision for a good life.</p> <p>Chores; boy scouts; School inclusion, real friends; social activities; Riding bike; Extra curricular ; Debit card; School dances; Volunteering High School diploma</p>	<p>Future Life Experiences LIST current/ future life experiences that continue supporting your good life vision.</p>	<p>VISION for a GOOD LIFE LIST what you want your "good life" to look like ...</p> <p>Family and friends Girlfriend Vacations Concerts; Nascar Tattoos Money; job or my own business Volunteer at fire station</p>
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Charting the LifeCourse Trajectory

Life Trajectory Worksheet

Past Life Experiences

LIST past life experiences and events that supported your vision for a good life.

Chores; boy scouts;
School inclusion, real friends; social activities;
Riding bike;
Extra curricular ;
Debit card; School dances; Volunteering
High School diploma

LIST past life experiences that pushed the arrow toward things you don't want.

Special education low expectations;
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Future Life Experiences

LIST current/ future life experiences that continue supporting your good life vision.

Volunteer at fire station;
Find more volunteer ops;
Workout regularly;
Keep in touch w/ friends;
Increase alone time;
Go out with friends;
Spend daytime hours out of the house;
Explore micro enterprise;

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Poor health, Poverty/no money;
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Being treated differently





Achieving Outcomes for Connected Life Domains



Daily Life and Employment
(school/education, employment, volunteering, routines, life skills)



Healthy Living
(medical, behavioral, nutrition, wellness, affordable care)



Community Living
(housing, living options, home adaptations and modifications, community access, transportation)



Safety and Security
(emergencies, well-being, legal rights & issues, guardianship options & alternatives)



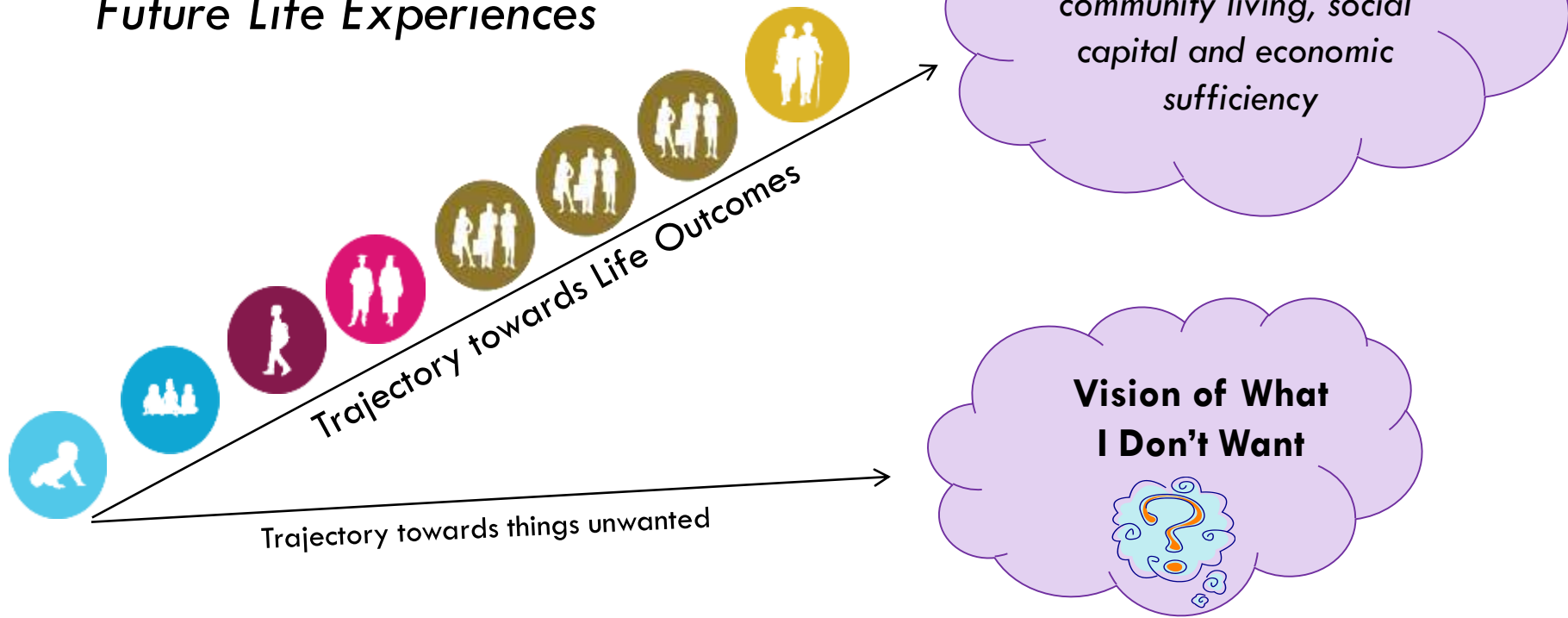
Social and Spirituality
(friends, relationships, leisure activities, personal networks, faith community)



Citizenship and Advocacy
(valued roles, making choices, setting goals, responsibility, leadership, peer support)

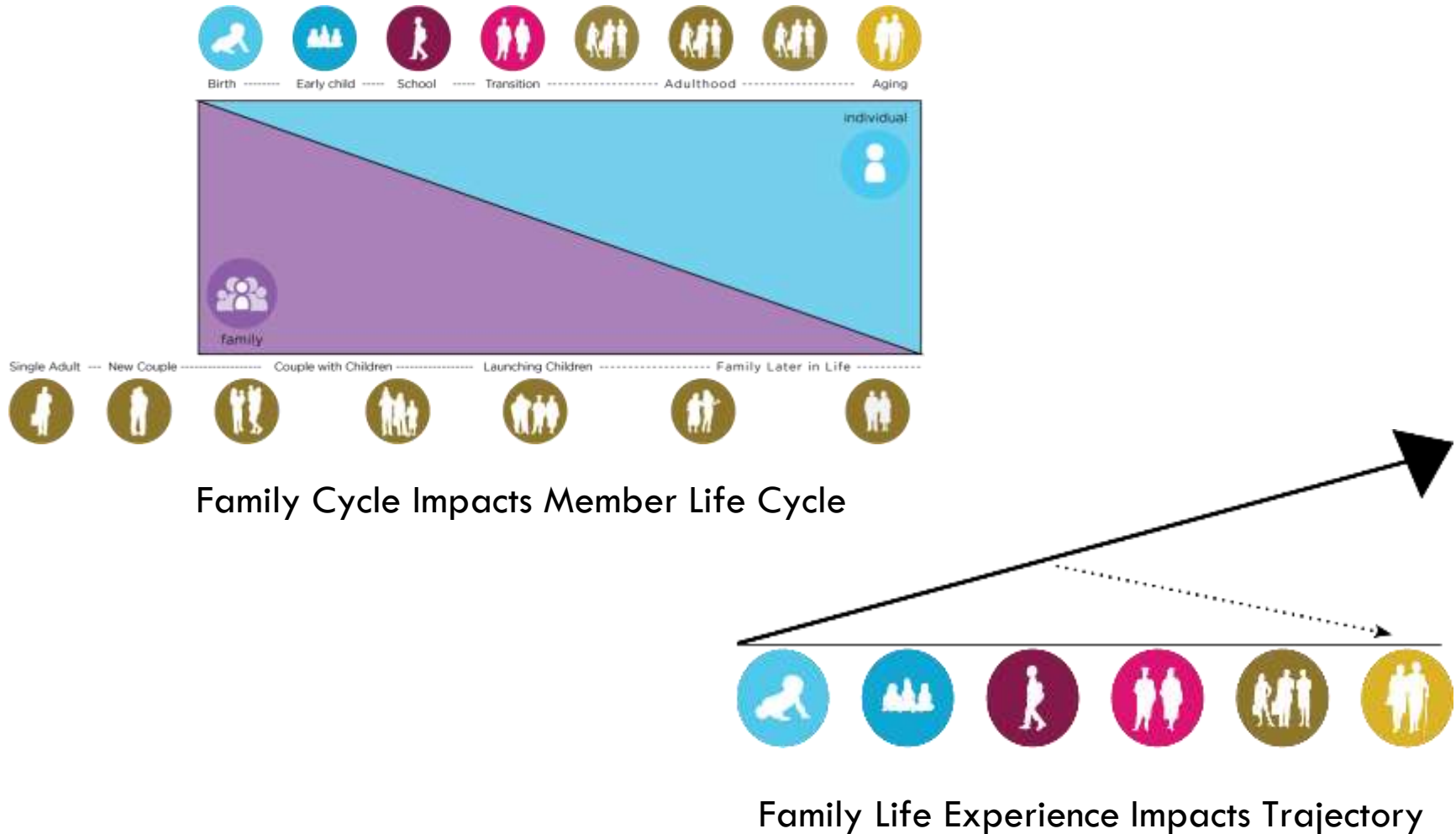
Trajectory towards Life Outcomes

Focusing on Past, Present and Future Life Experiences

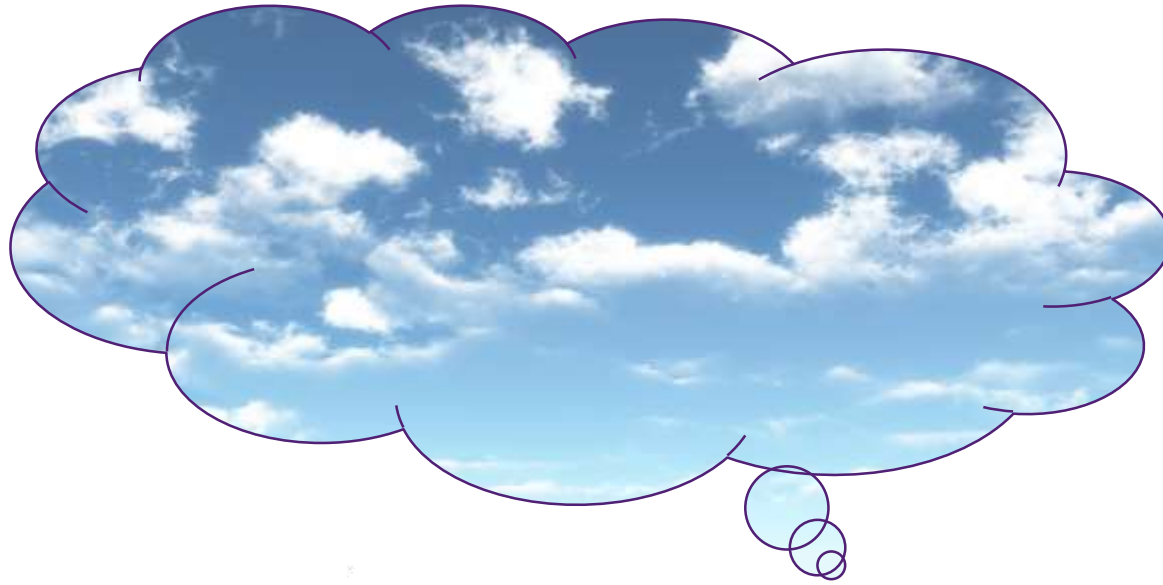


- Adapted from "Life Course Theory" and *Rethinking MCH: The Life Course Model as an Organizing Framework*, HRSA, Maternal and Child Health Bureau

Family's lifelong impact on it's members



Once you have your vision

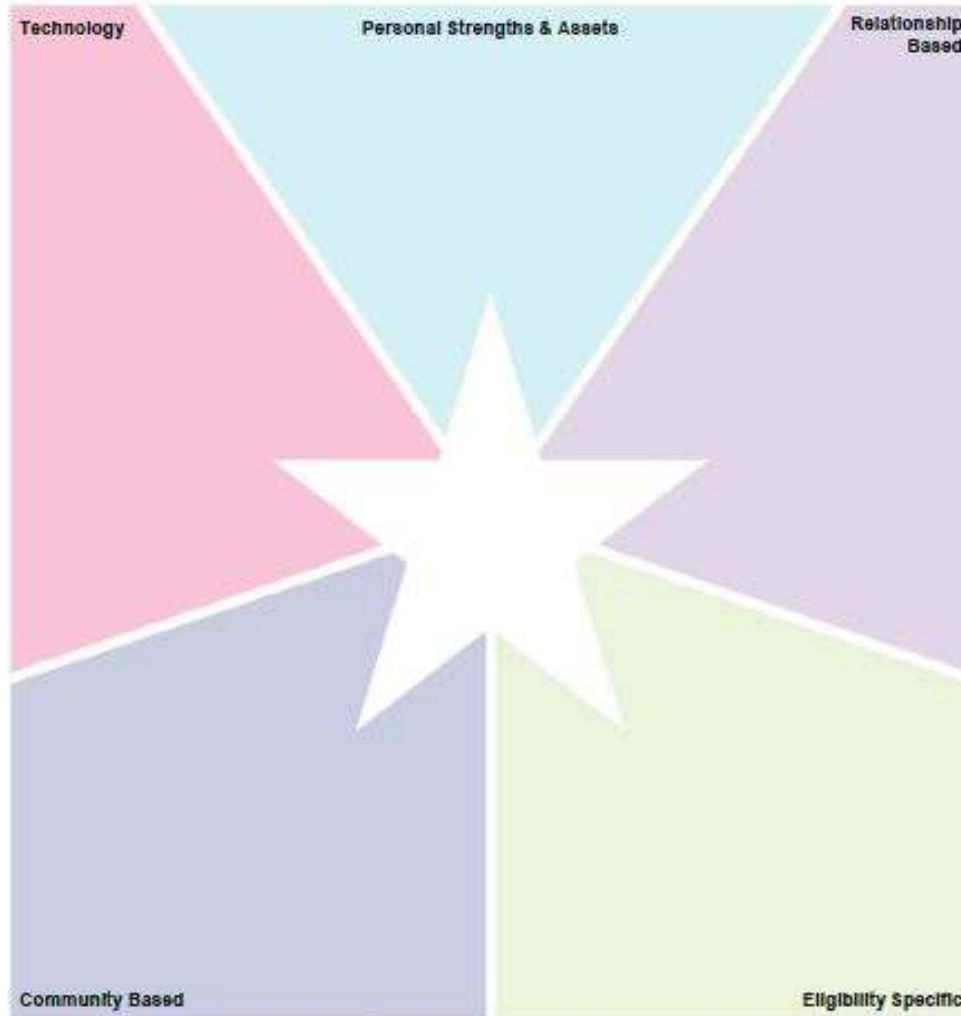


CHARTING the life course



Integrated Services and Supports

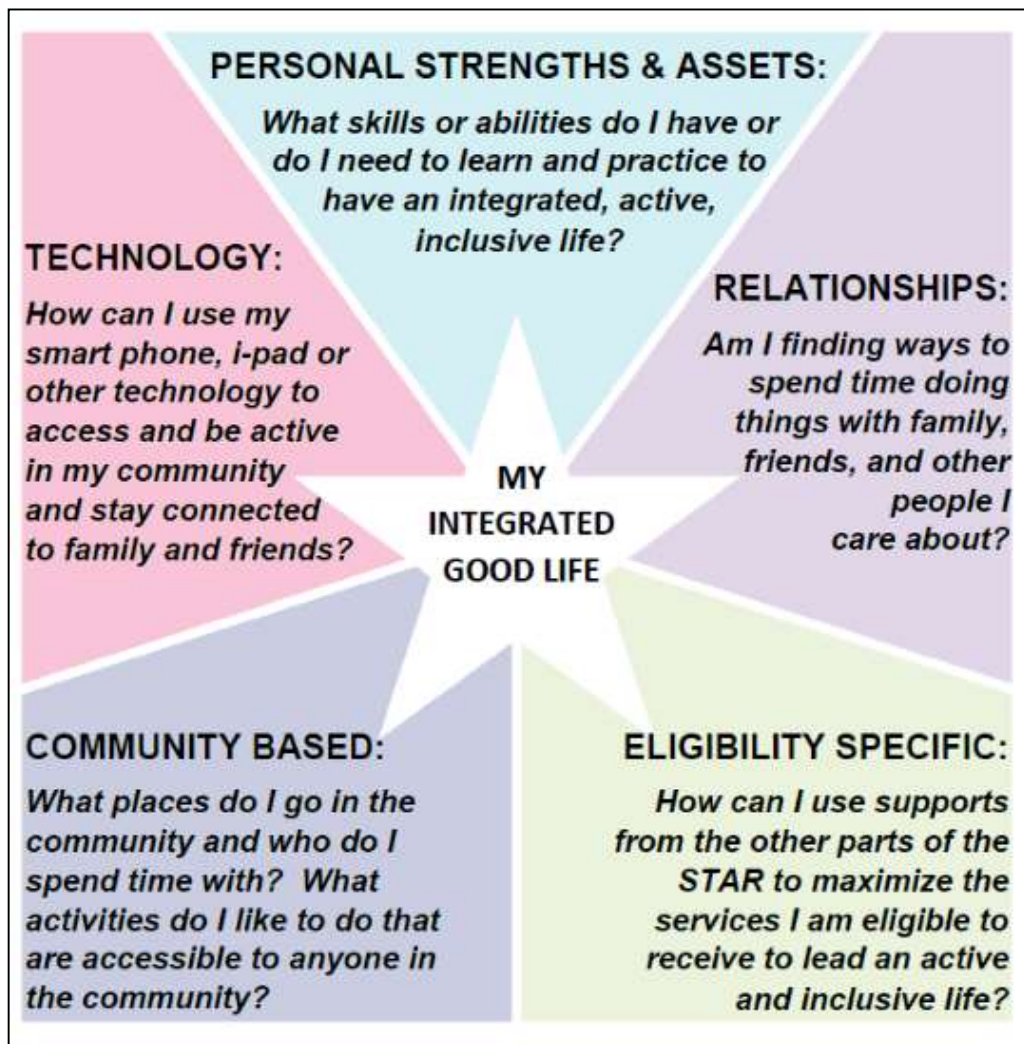
People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.



Access the LifeCourse framework and tools at lifecoursetools.com

Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD mofamilytofamily.org | MAY 2016

Families need Support when Identifying and Integrating Supports



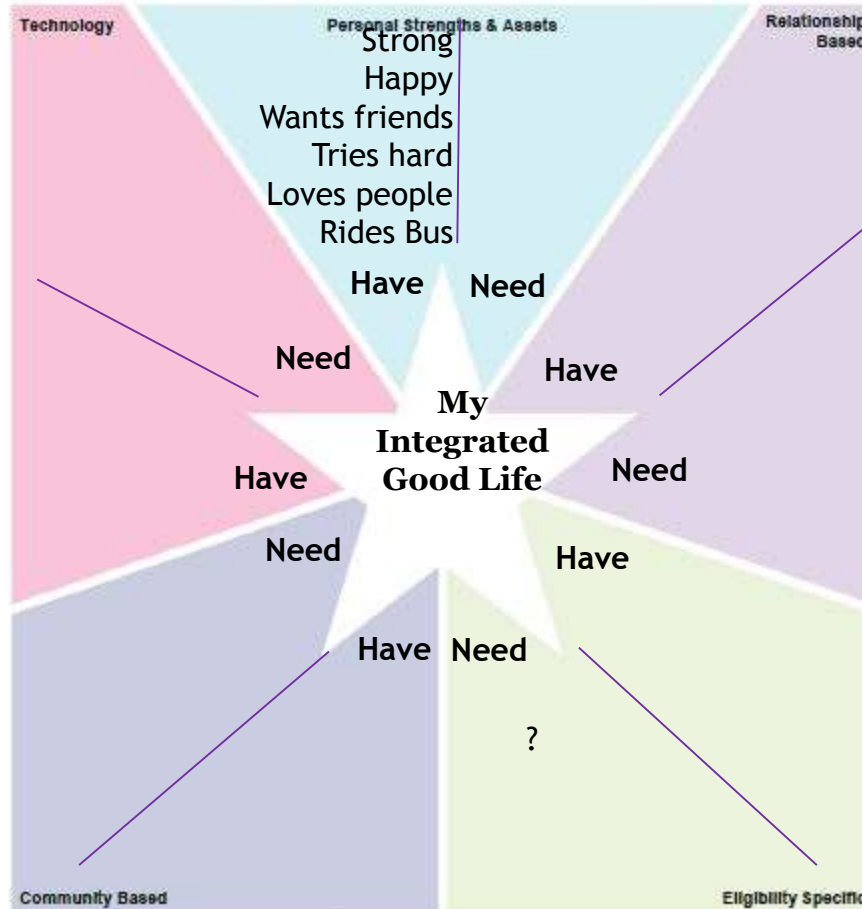
How to Identify, Develop and Integrate Supports & Services

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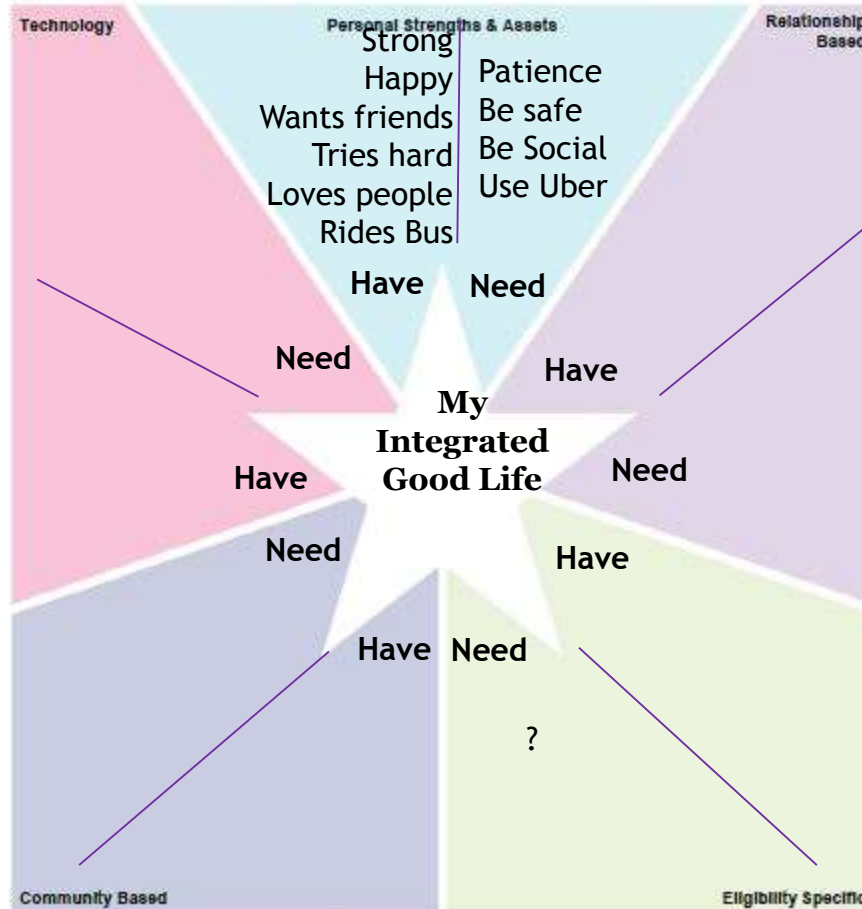
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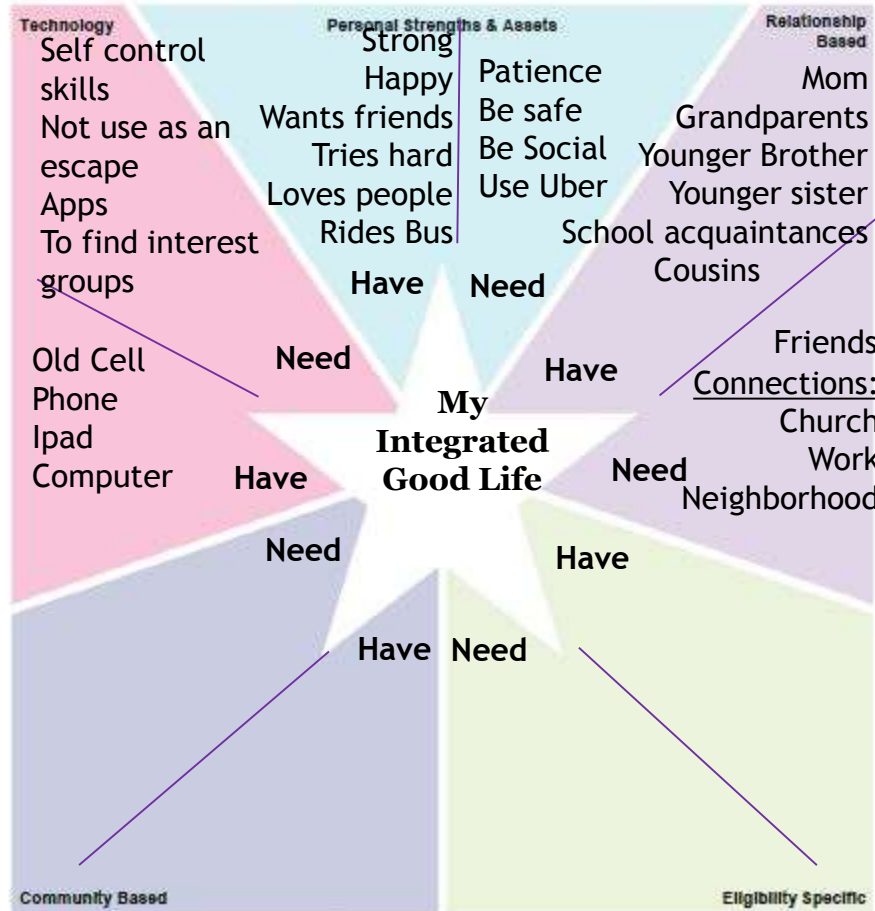
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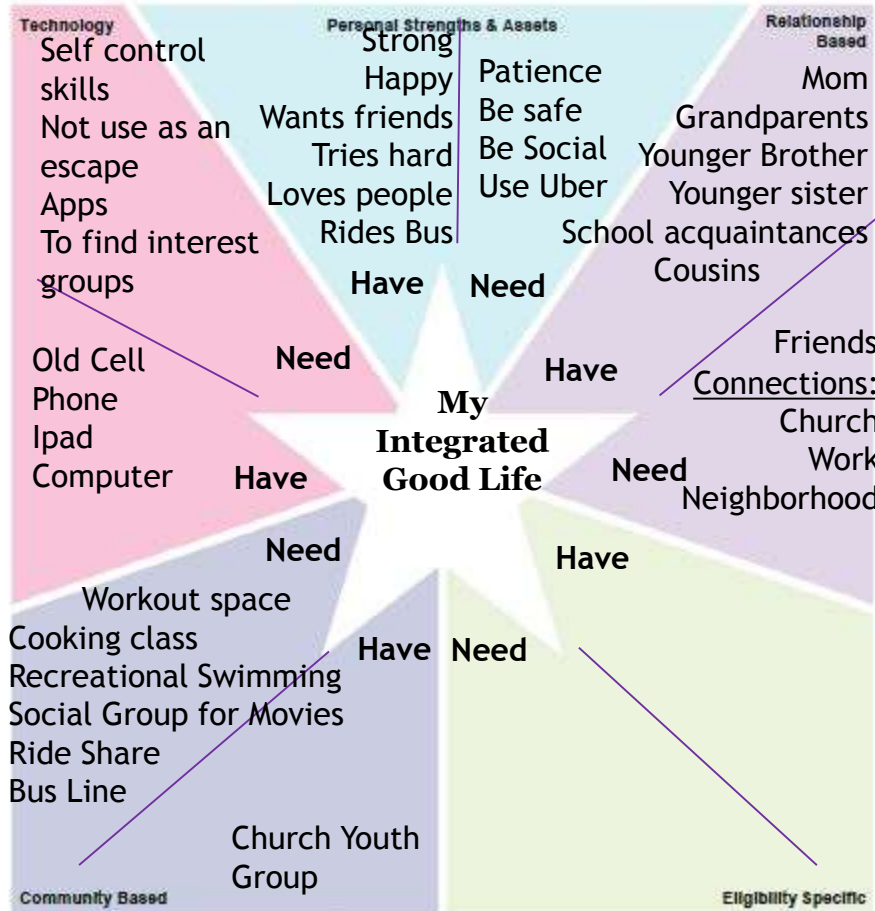
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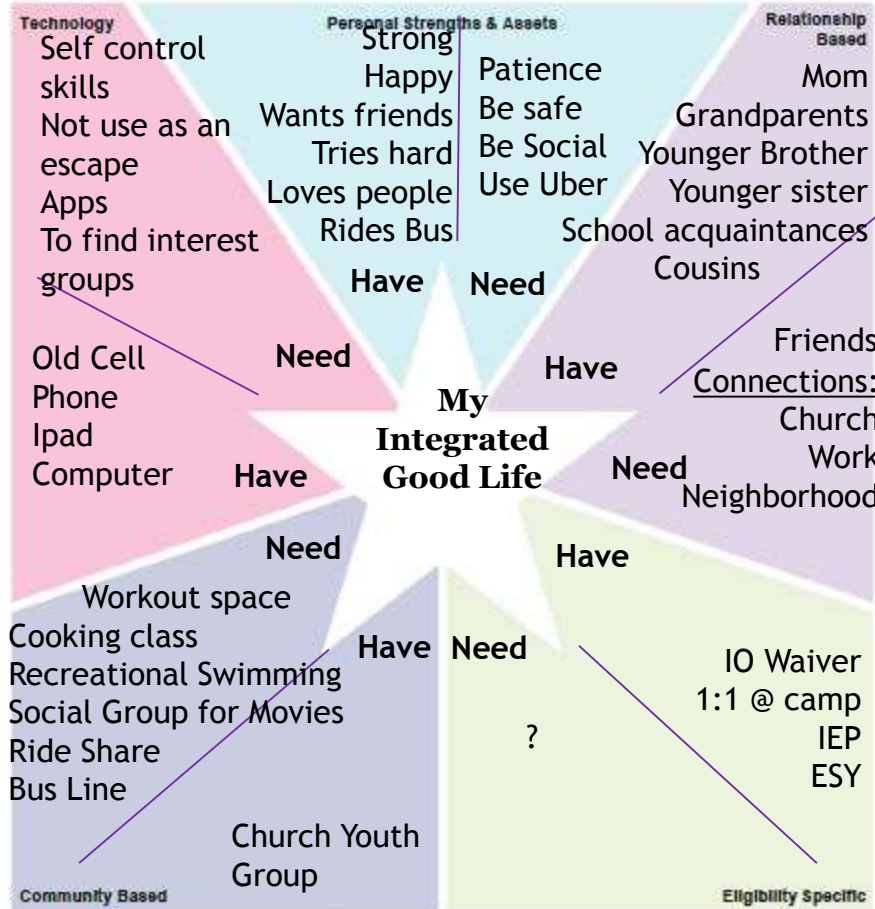
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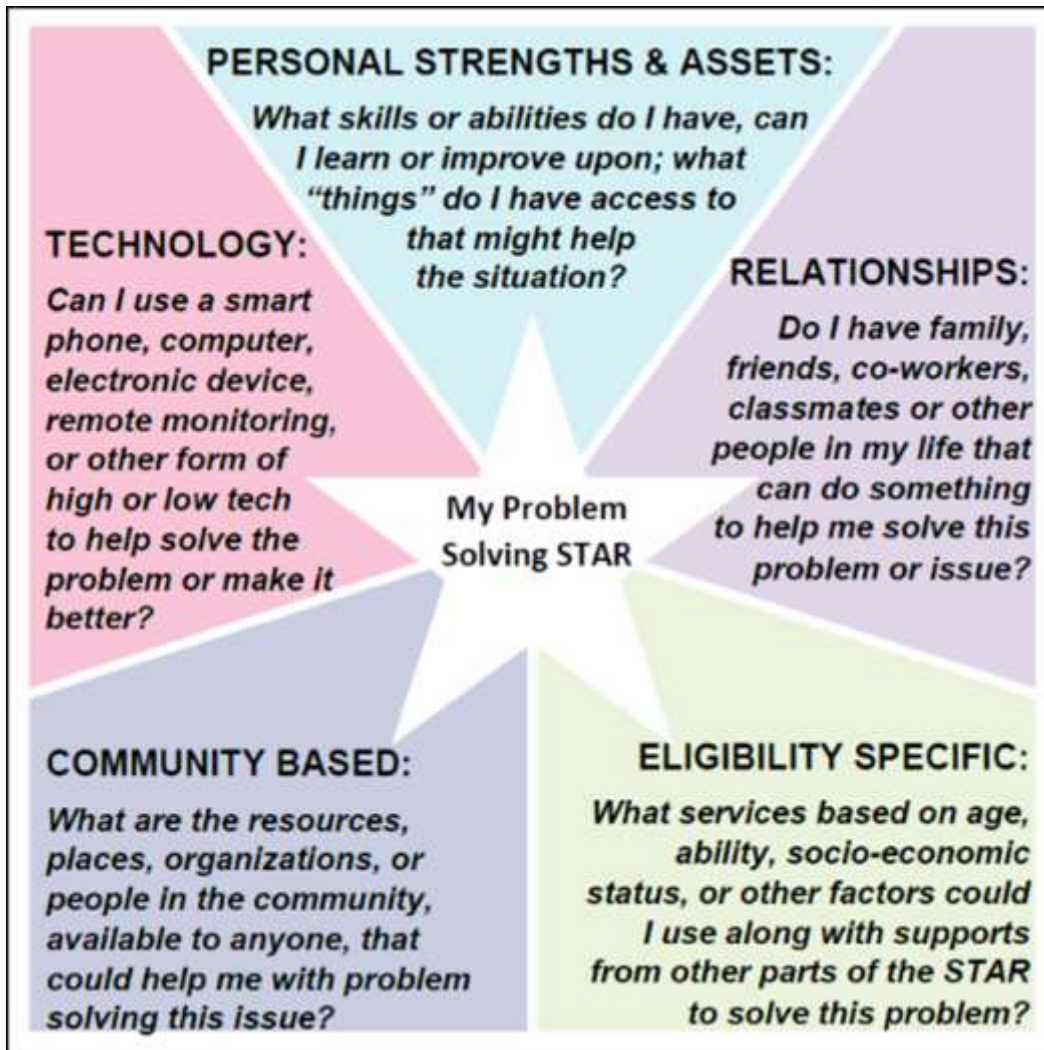
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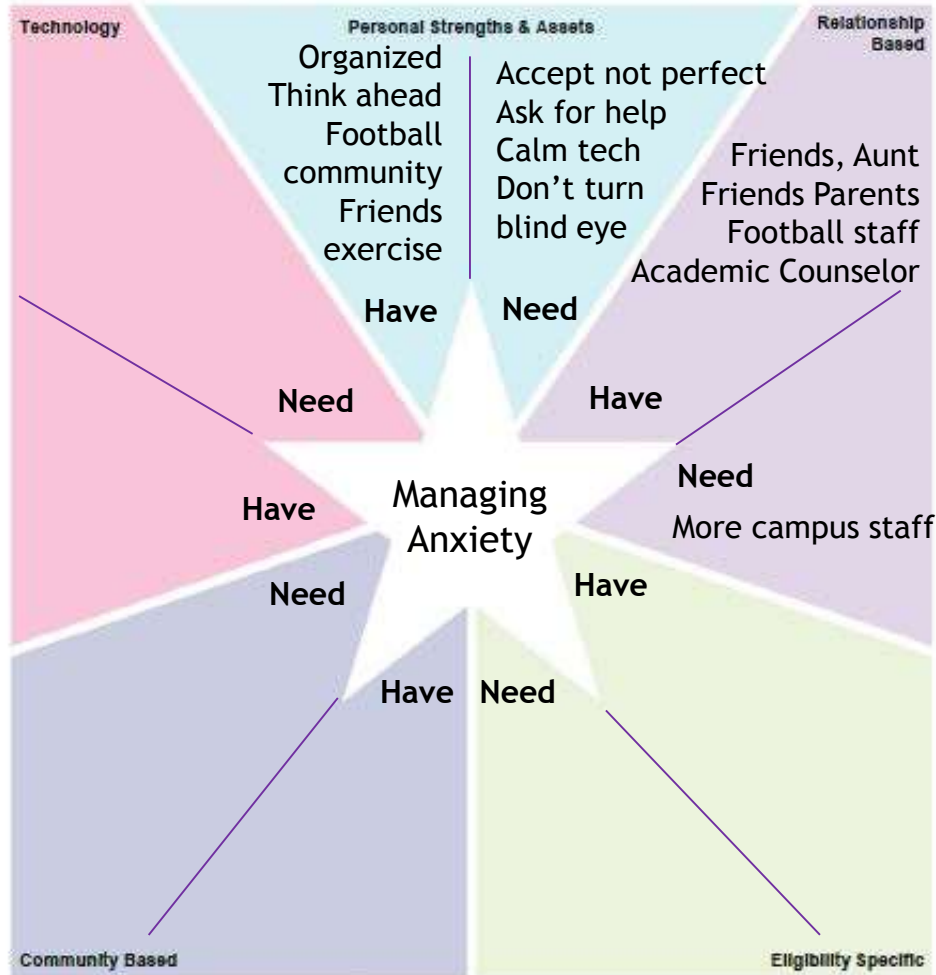
PROBLEM SOLVING FOR SPECIFIC ISSUE OR GOAL

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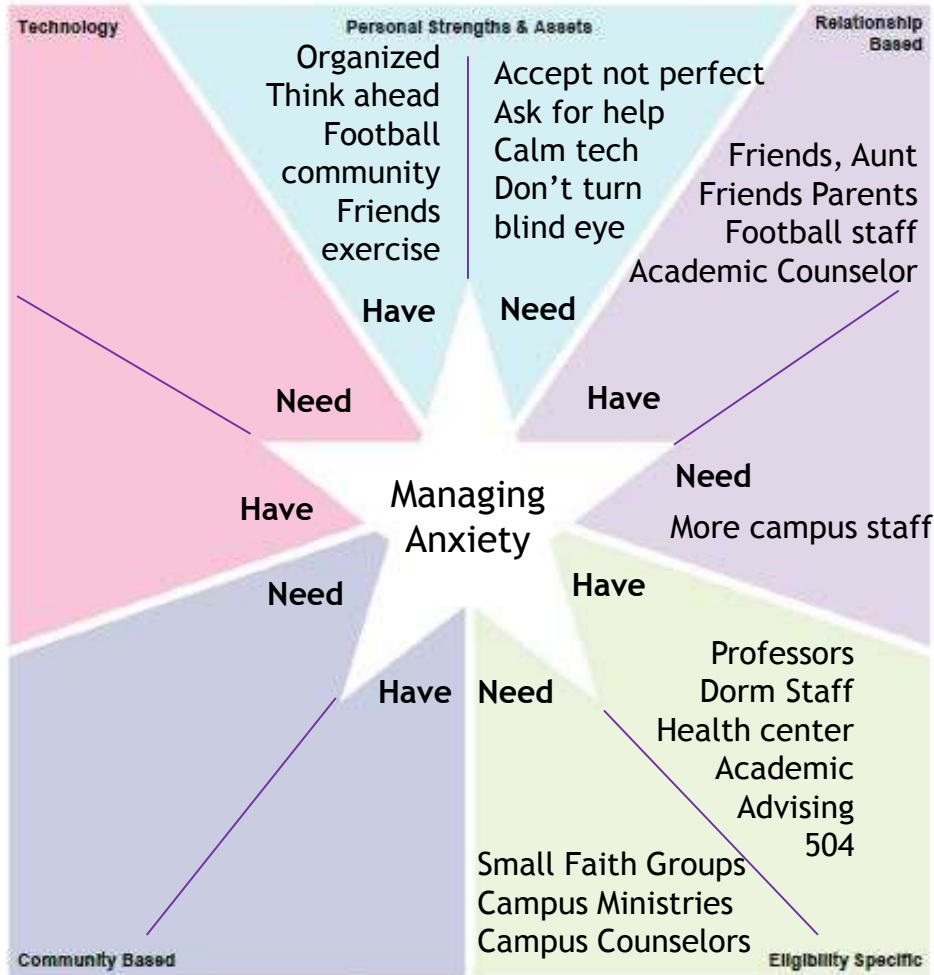
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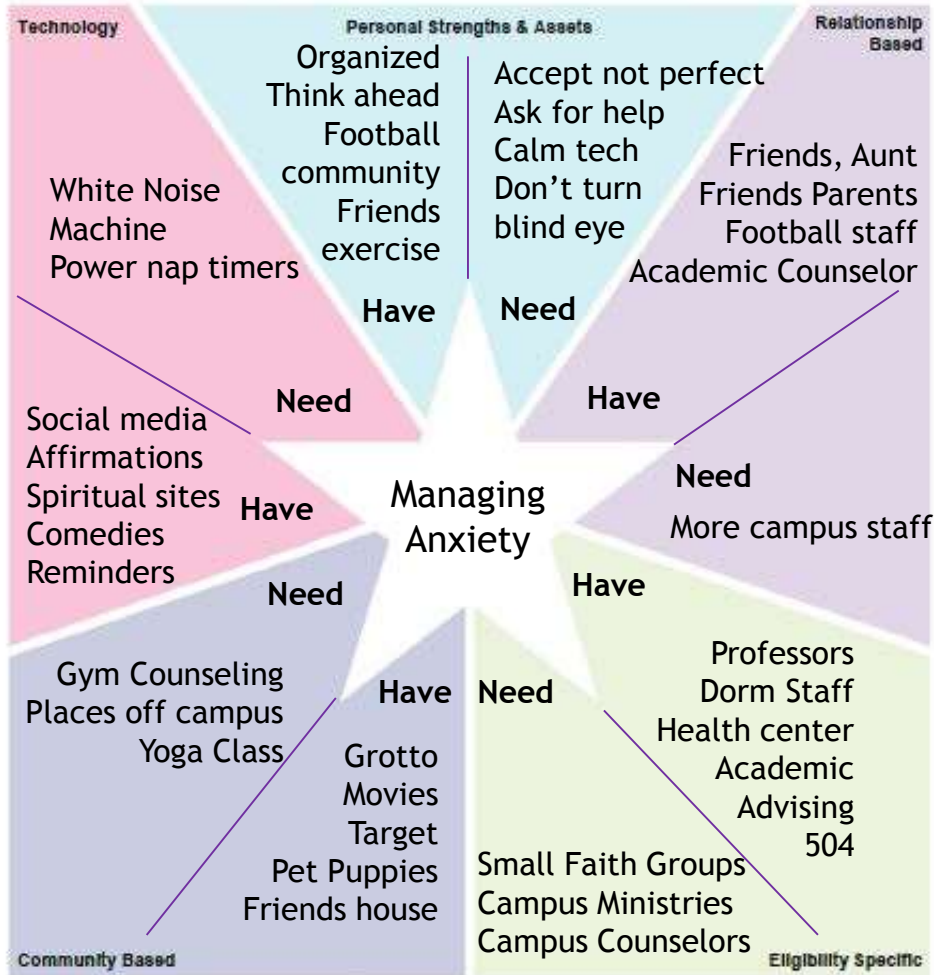
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Tools to create a trajectory towards our good life outcomes





Ways to get involved:

Statewide Community of Practice Supporting Families

Kim Weimer, Kim.Weimer@dodd.ohio.gov

Southwest Community of Practice Supporting Families

or

Regional Charting the LifeCourse Workgroup

Celia Schloemer, Celia.Schloemer@cchmc.org



Where to get more information:

www.supportstofamilies.org

www.lifecoursetools.org

www.ucucedd.com