An Overview of Charting the LifeCourse for Children, Youth and Adults
Charting the LifeCourse Trainings are provided by

and

Funding for this statewide effort is provided by

Ohio 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.
What is the LifeCourse Framework

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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.
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
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Services and Supports have changed across time

1950

1965

1998

2012
Wingspread Report 2012
A National Agenda for Supporting Families
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.

All people and their families have the right to live, love, work, play, and pursue their life aspirations in their community.
All People
Nationally 1 in 4 Persons with I/DD Receive Formal State DD Services

100%

4.7 Million people with developmental disabilities

75%
National % Receiving State DD Services

25%
Why focus on supporting families?

All people exist in the context of family

Wingspread Report 2012
Why focus on supporting families?

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

Family Cycle Impacts Member Life Cycle

Family Life Experience Impacts Trajectory
Why focus on supporting families?

All people exist in the context of family

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

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?

Discovery & Navigation (Info and Training)

Connecting & Networking (Talking to Someone that has been there)

Goods & Services (Day to Day, Medical, Financial Supports)
So where do we begin?

The best way to predict the future is to create it.

Abraham Lincoln
What is your vision of a Good Life
Trajectory towards Good Life
Trajectory towards Good Life

Friends, family,

Trajectory towards Life Outcomes

Trajectory towards things unwanted
Trajectory towards Good Life

Friends, family, enough money, job I like,
Trajectory towards Good Life

Friends, family, enough money, job I like, home, faith, vacations,
Trajectory towards Good Life

Friends, family, enough money, job I like, home, faith, vacations, health, choice, freedom

Trajectory towards Life Outcomes

Trajectory towards things unwanted
Trajectory towards Good Life

Friends, family, enough money, job I like, home, faith, vacations, health, choice, freedom

Poverty, loneliness,
Trajectory towards Good Life

Friends, family, enough money, job I like, home, faith, vacations, health, choice, freedom

Poverty, loneliness, segregation, restrictions, lack of choice,
Trajectory towards Good Life

Friends, family, enough money, job I like, home, faith, vacations, health, choice, freedom

Poverty, loneliness, segregation, restrictions, lack of choice, boredom, institutions
Charting the LifeCourse Trajectory

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
### Charting the LifeCourse Trajectory

#### Life Trajectory Worksheet

**Past Life Experiences**
- LIST past life experiences and events that supported your vision for a good life.
- LIST past life experiences that pushed the arrow toward things you don’t want.

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

#### What I DON’T Want
- LIST the things you don’t want in your life...

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

Poor health, Poverty/no money;
Guardianship; institution/group home; being lonely /isolation;
Being treated differently
Charting the LifeCourse Trajectory

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

**Future Life Experiences**
- Family and friends
- Girlfriend
- Vacations
- Concerts;
- Nascar
- Tattoos
- Money; job or my own business
- Volunteer at fire station

**What I DON'T Want**
- Poor health, Poverty/no money;
- Guardianship; institution/group home; being lonely /isolation;
- Being treated differently

**Vision for a Good Life**
- List what you want your “good life” to look like...
**Charting the LifeCourse Trajectory**

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

**Future Life Experiences**
- LIST past life experiences that supported your vision for a good life.
- LIST life experiences to avoid because they push you toward things you don’t want.

**Past Life Experiences**
- Special education low expectations;
- Para; Pressure to segregate; Medication side effects;
- Physical barriers;

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

**VISION for a GOOD LIFE**
- Family and friends
- Girlfriend
- Vacations
- Concerts;
- Nascar
- Tattoos
- Money; job or my own business
- Volunteer at fire station

**What I DON’T Want**
- Poor health, Poverty/no money;
- Guardianship; institution/group home; being lonely /isolation;
- Being treated differently

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*My LifeCourse Portfolio is a template of the UMKC TDID, UCDE Salve More names on it lifecourseutor.com*

*OCTOBER 2016*
Charting the LifeCourse Trajectory

**Life Trajectory Worksheet**

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

**Future Life Experiences**
- 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;

**What I DON’T Want**
- Poor health, Poverty/no money;
- Guardianship; institution/group home; being lonely/isolation;
- Being treated differently

**VISION for a GOOD LIFE**
- Family and friends;
- Girlfriend;
- Vacations;
- Concerts;
- Nascar;
- Tattoos;
- Money; job or my own business;
- Volunteer at fire station;

**What I Want**
- 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;

**Write current age here**
## Charting the LifeCourse Trajectory

### Life Trajectory Worksheet

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

#### Future Life Experiences
- 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;

#### What I DON'T Want
- Sitting at home watching TV all day;
- Rely on paid supports;
- Gain weight;
- Eat unhealthy foods or drink too much Pepsi (caffeine);

### Vision for a GOOD LIFE

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

### What I DON'T Want
- Poor health, Poverty/no money;
- Guardianship; institution/group home; being lonely /isolation;
- Being treated differently

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My LifeCourse Portfolio is a template of the UMUC MD, UCDSD. More materials at www.lifecourse.tools

OCTOBER 2016
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

Special education; low expectations;
Para; Pressure to segregate; Medication side effects;
Physical barriers;

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;

Sitting at home watching TV all day;
Rely on paid supports;
Gain weight;
Eat unhealthy foods or drink too much Pepsi (caffeine);

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...

Poor health, Poverty/no money;
Guardianship; institution/group home; being lonely /isolation;
Being treated differently
Achieving Outcomes for Connected Life Domains

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

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

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

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

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

- **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

Friends, family, self-determination, community living, social capital and economic sufficiency

Vision of What I Don’t Want

• 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

Family Cycle Impacts Member Life Cycle

Family Life Experience Impacts Trajectory
Once you have your vision
Families need Support when Identifying and Integrating Supports
How to Identify, Develop and Integrate Supports & Services

PERSONAL STRENGTHS & ASSETS:
What skills or abilities do I have or do I need to learn and practice to have an integrated, active, inclusive life?

TECHNOLOGY:
How can I use my smartphone, i-pad or other technology to access and be active in my community and stay connected to family and friends?

RELATIONSHIPS:
Am I finding ways to spend time doing things with family, friends, and other people I care about?

COMMUNITY BASED:
What places do I go in the community and who do I spend time with? What activities do I like to do that are accessible to anyone in the community?

ELIGIBILITY SPECIFIC:
How can I use supports from the other parts of the STAR to maximize the services I am eligible to receive to lead an active and inclusive life?
Have
Need
My Integrated Good Life

How to Identify, Develop and Integrate Supports & Services
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.

Have

Need

My Integrated Good Life

Strong
Happy
Wants friends
Tries hard
Loves people
Rides Bus

Patience
Be safe
Be Social
Use Uber

Have

Need

Have

Need

Have

Need

Access the LifeCourse framework and tools at lifecoursetools.com

Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD - mofamily2ofamily.org | MAY 2016

How to Identify, Develop and Integrate Supports & Services
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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.

My Integrated Good Life

- Have
  - Strong
  - Happy
  - Patience
  - Be safe
  - Be Social
  - Use Uber
  - School
  - Church
  - Work
  - Neighborhood

- Need
  - Mom
  - Grandparents
  - Younger Brother
  - Younger sister
  - Cousins
  - Friends
  - Church
  - Work
  - Neighborhood

- Have
  - Friends
  - Connections:
    - Church
    - Work
    - Neighborhood

- Need
  - Friends
  - Connections:
    - Church
    - Work
    - Neighborhood

- Have
  - Self control skills
  - Not use as an escape
  - Apps
  - To find interest groups
  - Old Cell Phone
  - Ipad
  - Computer

- Need
  - Patience
  - Be safe
  - Be Social
  - Use Uber
  - School
  - Church
  - Work
  - Neighborhood

- Have
  - Old Cell Phone
  - Ipad
  - Computer

- Need
  - Friends
  - Connections:
    - Church
    - Work
    - Neighborhood

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  - To find interest groups

- Need
  - Friends
  - Connections:
    - Church
    - Work
    - Neighborhood

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Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD - motefamilytostudy.org | MAY 2016
How to Identify, Develop and Integrate Supports & Services

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.

Have

Need

My Integrated Good Life

Self control skills
Strong Happy
Want friends
Patience Be safe
Needs
Use Uber

Need

Have

School
Church Youth Group

Have

Need

Old Cell
Phone
Ipad
Computer

Exercise space
Cooking class
Recreational Swimming
Social Group for Movies
Ride Share Bus Line

Community Based
Technology

Personal Strengths & Assets

Relationship Based

Mom
Grandparents
Younger Brother
Younger sister
Cousins

Friends
Connections:
Church
Work
Neighborhood

How to Identify, Develop and Integrate Supports & Services

Access the LifeCourse framework and tools at lifecoursetools.com

Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD, Missouri Family to Family.org | MAY 2016
How to Identify, Develop and Integrate Supports & Services
PROBLEM SOLVING FOR SPECIFIC ISSUE OR GOAL
PROBLEM SOLVING FOR SPECIFIC ISSUE OR GOAL

Managing Anxiety

Have

Need

Community Based

Eligibility Specific

Personal Strengths & Assets

Relationship Based

Technology

Organized

Think ahead

Football community

Friends

exercise

Have

Need

Accept not perfect

Ask for help

Calm tech

Don’t turn blind eye

Friends, Aunt

Friends Parents

Football staff

Academic Counselor

Have

Need

Have

More campus staff

Have

Need
PROBLEM SOLVING FOR SPECIFIC ISSUE OR GOAL

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.

Managing Anxiety

Have

Organized
Think ahead
Football community
Friends
exercise

Accept not perfect
Ask for help
Calm tech
Don’t turn blind eye

Friends, Aunt
Friends Parents
Football staff
Academic Counselor

Have

Need

More campus staff

Professors
Dorm Staff
Health center
Academic Advising
504

Have

Need

Small Faith Groups
Campus Ministries
Campus Counselors

Have

Need

Community Based

Access the LifeCourse framework and tools at lifecoursetools.com
Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD mofamilytolfamily.org | MAY 2016
Managing Anxiety

Have

Need

Gym Counseling
Places off campus
Yoga Class
Grotto
Movies
Target
Pet Puppies
Friends house

Need

Professors
Dorm Staff
Health center
Academic Advising

Need

Small Faith Groups
Campus Ministries
Campus Counselors

Have

Professors
Dorm Staff
Health center
Academic Advising

Need

Friends, Aunt
Parents
Football staff
Academic Counselor

Have

Accept not perfect
Ask for help
Calm tech
Don’t turn blind eye

PROBLEM SOLVING FOR SPECIFIC ISSUE OR GOAL
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.ucuceddd.com