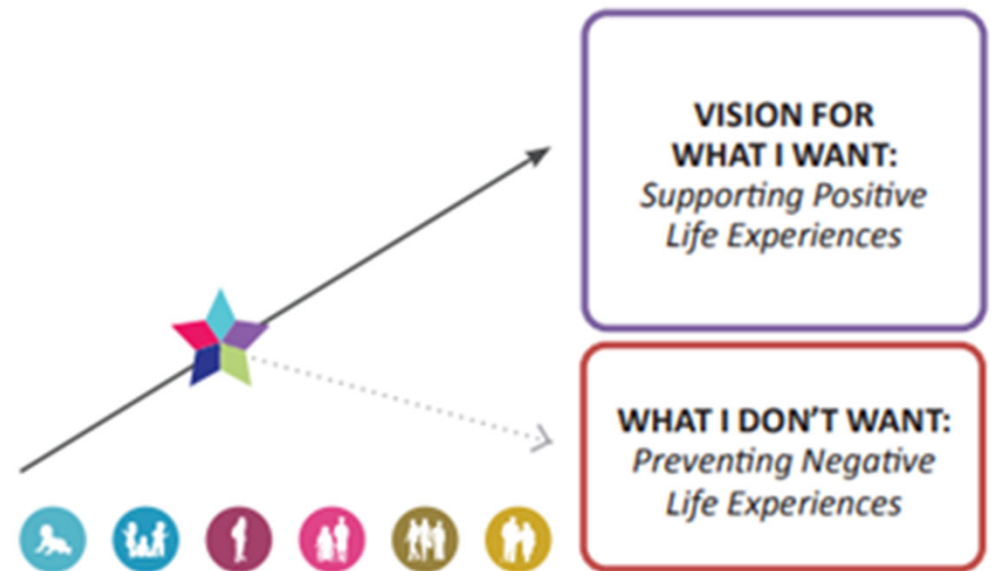# Using Charting the LifeCourse Framework and Tools to Plan Your Vision

Outcomes for Today

Overview of Charting the LifeCourse Framework

Using LifeCourse tools to support choice and control

See 'real life' examples on how to use the tools to support the life <u>you</u> want

Explore how LifeCourse tools help support individual decision-making

What is Charting the LifeCourse

Framework created for all people and families of all abilities and ages to:

- *Develop a vision for a good life (share ideas, hopes & fears)*
- *Explore possibilities*
- *Have difficult conversations*
- *Set higher expectations*
- *Navigate the future*
- *Problem-solve, plan and communicate*
- *Explore a variety of supports*

What is Charting the LifeCourse

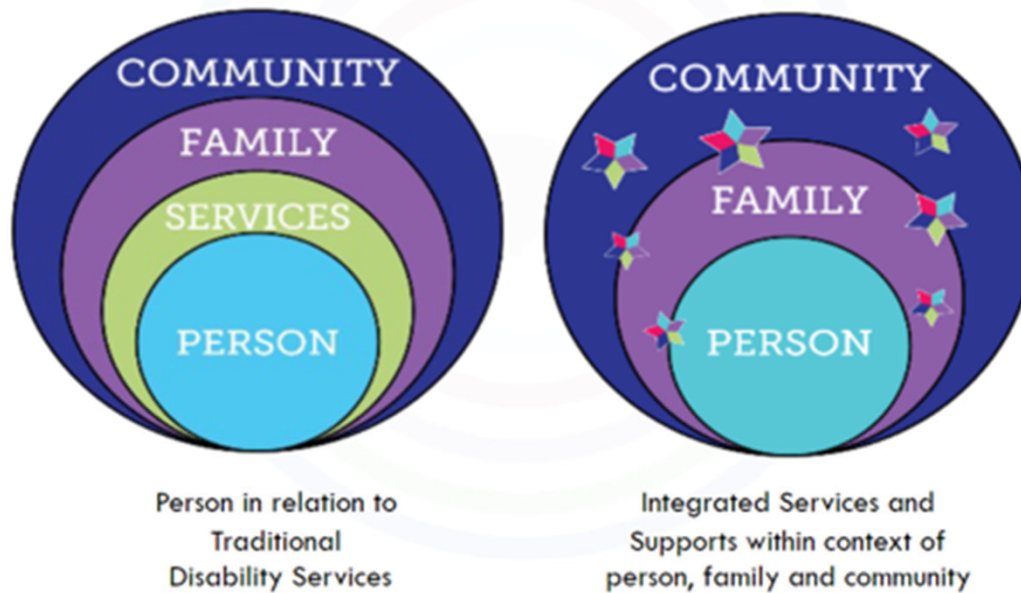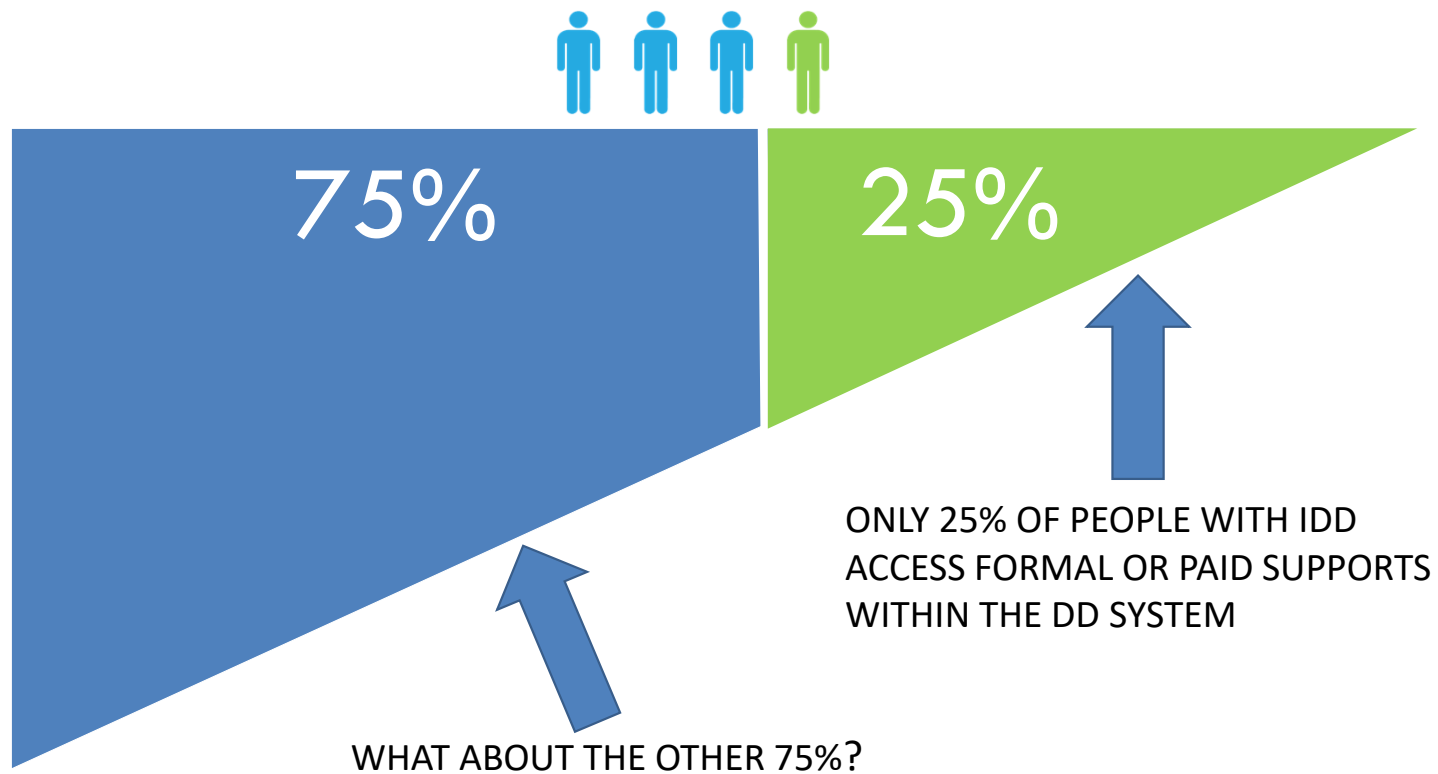| Guiding Framework	Key principles and icons to guide thinking
Practices	Specific action, policy, or procedure to enhance or change
Tools	Resources for informing, Planning & Problem-solving

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

A Vision for the Future

Person in relation to Traditional Disability Services

Circles (outer to inner): COMMUNITY, FAMILY, SERVICES, PERSON

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

Circles (outer to inner): COMMUNITY, FAMILY, PERSON

WHY We Must Think Differently About Supports

75%

25%

WHAT ABOUT THE OTHER 75%?

ONLY 25% OF PEOPLE WITH IDD ACCESS FORMAL OR PAID SUPPORTS WITHIN THE DD SYSTEM

ALL individuals Exist within the Context of Family

- · Family is defined by the individual
- · Individuals and their family may need supports that adjust as roles and needs of all members change
- · Not dependent upon where the person lives

Family is anyone who **loves** you unconditionally.

Family Functions and Roles

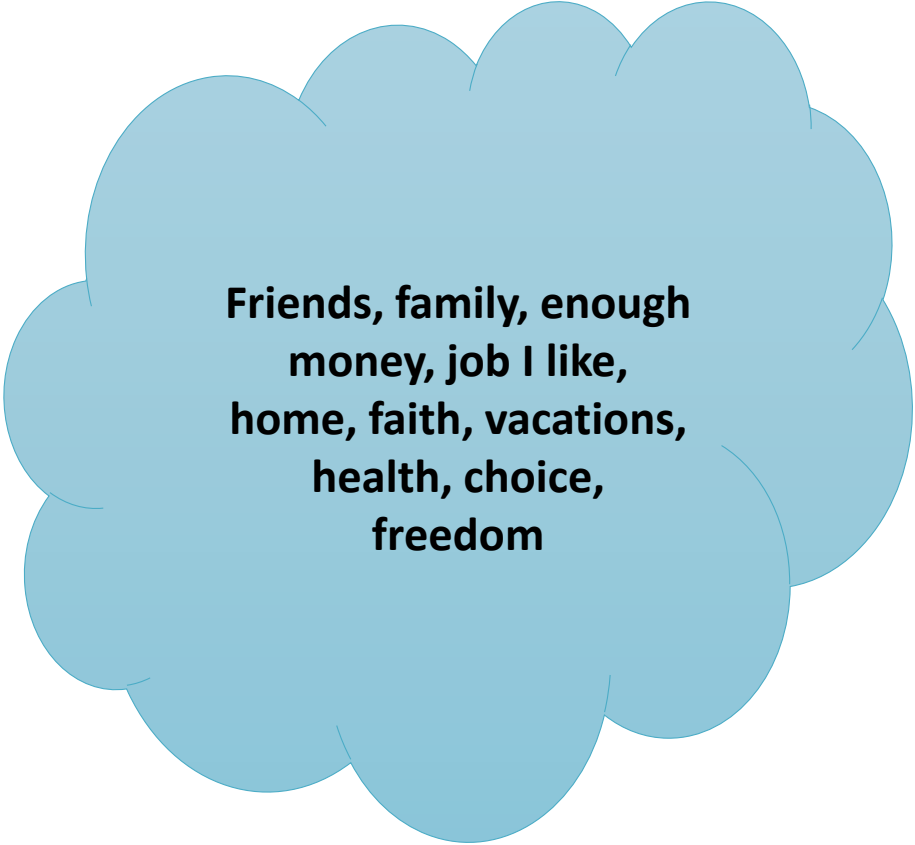| Caring About	Share Love, Affection and Trust
	Spend Time and Create Memories Together
	Know About Personal Interests, Traditions, and Cultures
Caring For	Supports Day-to-Day Needs
	Ensures Material and Financial Needs are Met
	Connects to Meaningful Relationships and Roles
	Advocates and Supports Life Decisions
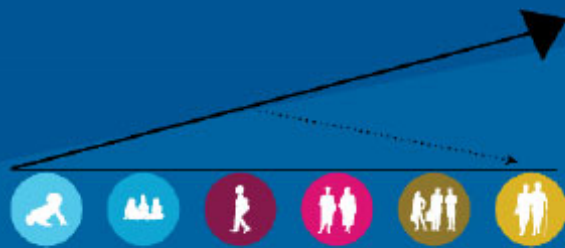
Vision of a Good Life

What I Want for Quality of LIFE

The future is not something we enter. The future is something that we create. And creating that future requires us to make choices and decisions that begin with a dream
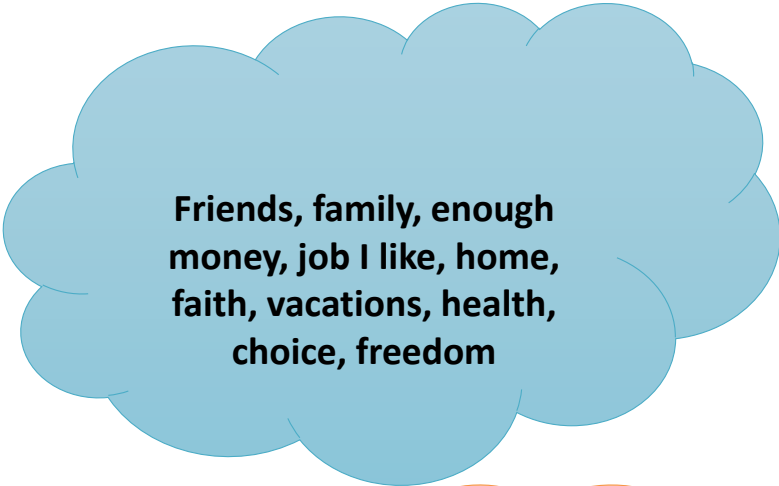
Vision for a Good Life

"Important to have a North Star"

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

Just as important...

Vision of What
IS NOT
a Good Life

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

Vision of What I DON'T Want

Trajectory Towards a Good Life
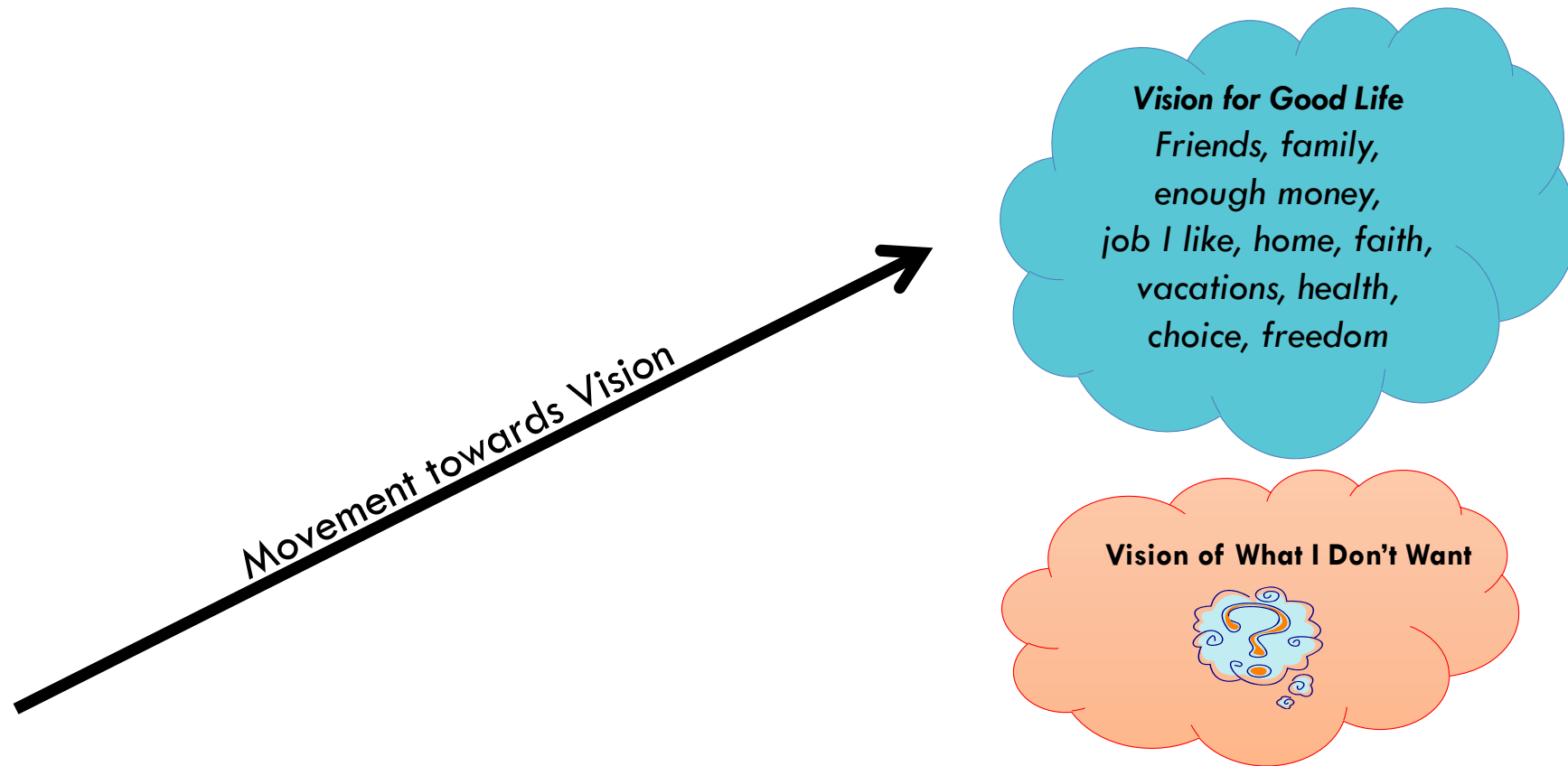
Movement towards Vision

Vision for Good Life
*Friends, family,
enough money,
job I like, home, faith,
vacations, health,
choice, freedom*

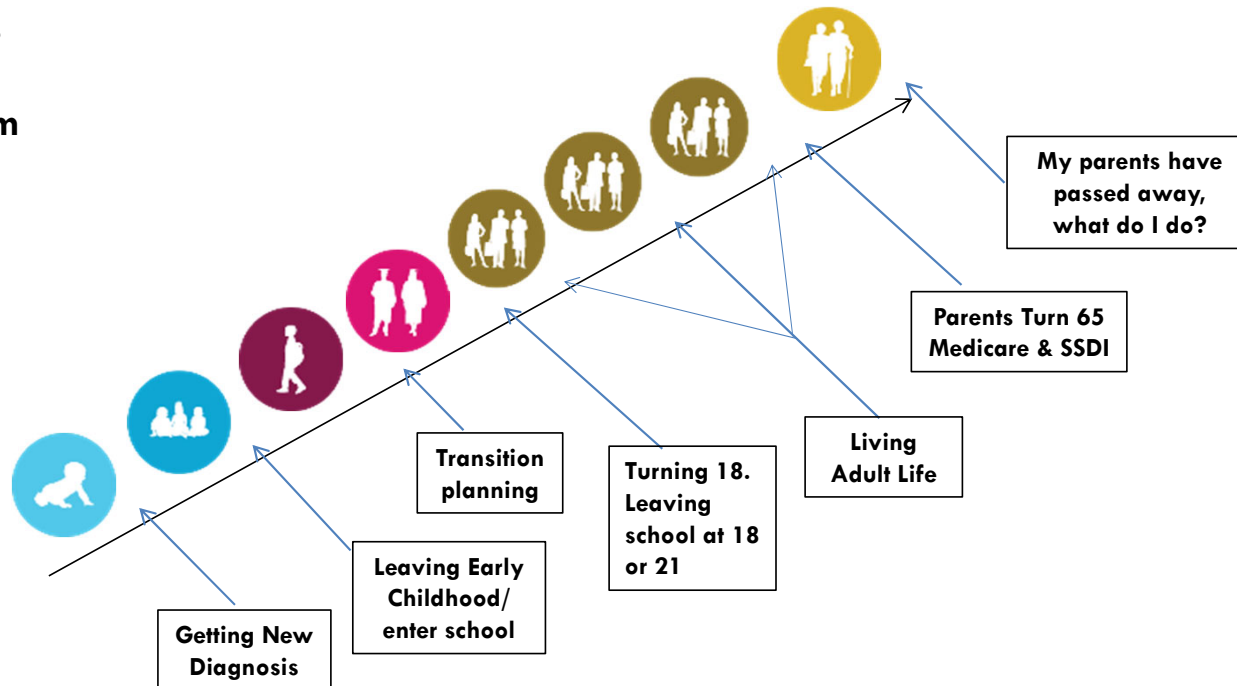**Vision of What I Don't Want**

Trajectory Across Life Stages and Life Transitions

**Life Transitions
And
Disability System
Transitions**

Getting New Diagnosis

Leaving Early Childhood/ enter school

Transition planning

Turning 18. Leaving school at 18 or 21

Living Adult Life

Parents Turn 65 Medicare & SSDI

My parents have passed away, what do I do?

Trajectory Across Life Experiences

Chores and allowance

Dating & Heartaches

Birthday parties with friends

Making Mistakes

Learning to say "no"

Summer jobs, babysitting

Playing sports or an instrument

Scouts, 4H, faith groups
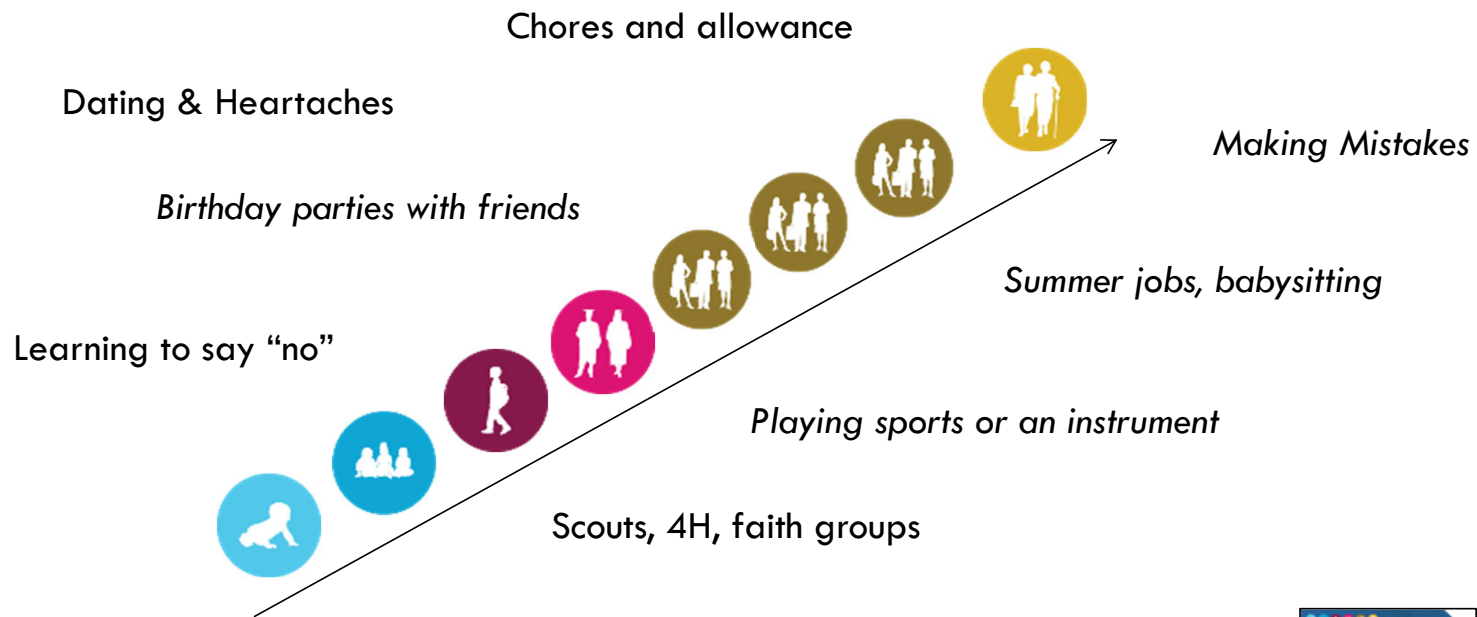
"Anticipatory Guidance for Life Experiences"

Trajectory Towards a Good Life

Never be defined by your past. It was just a lesson, not a life sentence.

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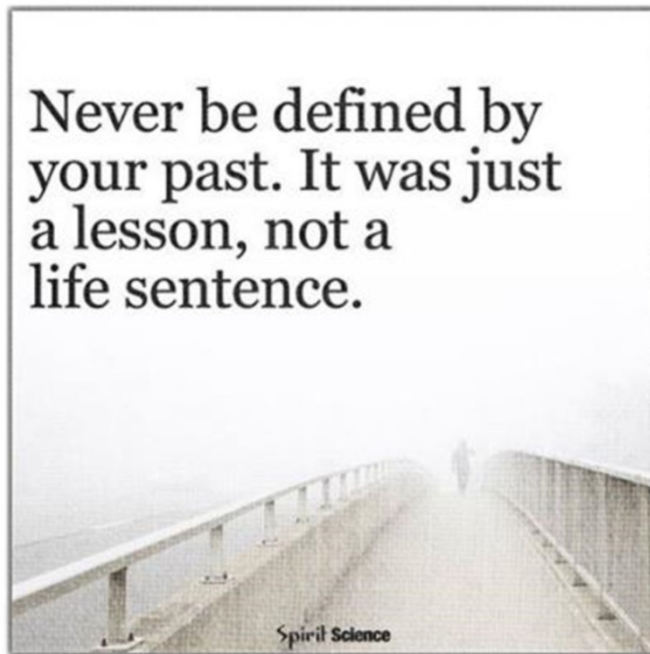
Friends, family, enough money, job I like, home, faith, vacations, health, choice, freedom

Poverty, loneliness, segregation, restrictions, lack of choice, boredom

Supporting the Needs of ALL People:

"The Three Buckets"

The strategies for supporting individuals and their families can be organized into three categories (or buckets):

1. Discovery and Navigation: having the information and tools you need to navigate life

2. Connecting and Networking: making connections with peers and resources to help you navigate;

3. Goods and Services: the day-to-day tangible items you buy or use from public and private organizations in your community.

Discovery and Navigation

OVERARCHING AREA (3 BUCKETS)	SPECIFIC FOCUS OF SUPPORT AND/OR OUTCOME AREA
Discovery and Navigation: Information, education and training on best practices within and outside of formal services, accessing and coordinating community supports, and advocacy and leadersh skills.	**Informational/Educational Support** • Knowledge on disability and/or aging best practices, values and life expectations; information to understand a diagnosis • Education about human development, risk factors and impact, intervention options, service systems, and other resources **Instructional Skills Development** • Skill building directed towards effective ways to address physical, cognitive or behavioral needs, as well as preventive measures • Skill building directed at addressing caregiver's personal well-being (e.g., communication, problem solving, crisis management, anger/anxiety/stress management skills.) **Navigation and Advocacy Skills** • Provision of specific information about rights and resources (e.g., legislation, entitlements), coaching on ways to effectively negotiate for services, or participation in direct advocacy to obtain services/supports • Leadership skill building to enhance advocacy at policy and service system levels

Connecting and Networking

Connections and Partnerships:

Connections and networks of family members connected with other family members with similar lived experiences and mutual partnerships with professionals that lead to empowerment

Emotional Support

- Assistance related to improving psychosocial functioning in terms of reducing stress and improving a positive orientation of feelings

Affirmational Support

- Shared communication among families or between providers and families to promote the caregiver's feelings of being affirmed, understood, and appreciated

Relationships and Social Capital

- Assistance with identifying and developing reciprocal relationships that bond, bridge and link to others, within and beyond current social circle, that enhance personal well-being, opportunities and day-to-day life

Goods and Services

Goods and Services:

Services and goods that are specific to the daily support and/ or caregiving role for person with disability or who is aging.

Physical Support

- Assistance related to maintaining or improving physical health or daily living skills

Financial

- Assistance related to improved access to adequate financial resources and flexible funds for emergencies.

Material (Instrumental)

- Concrete services such as respite care, transportation, assistive technology, and home modifications for the completion of necessary day-to-day tasks

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)
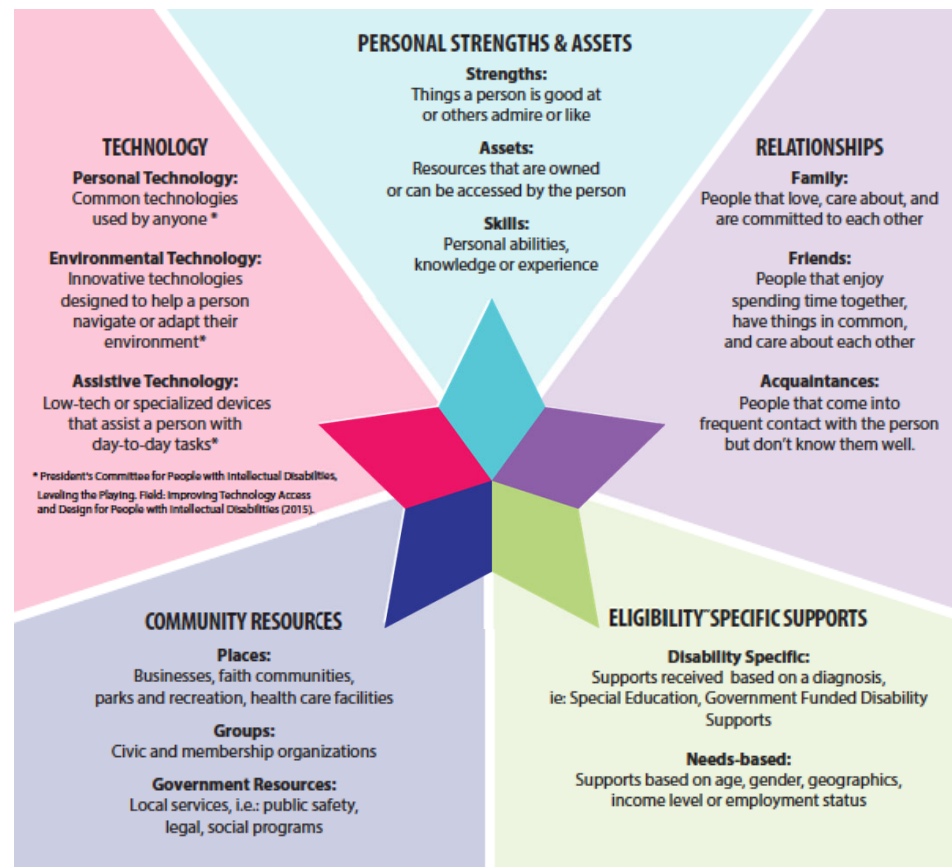
Life Domains

Balance Health & Safety with All Domains

Integrated Supports STAR

Developed by the UMKC Institute for Human Development, UCEDD, July 2016

"Good Life for All "
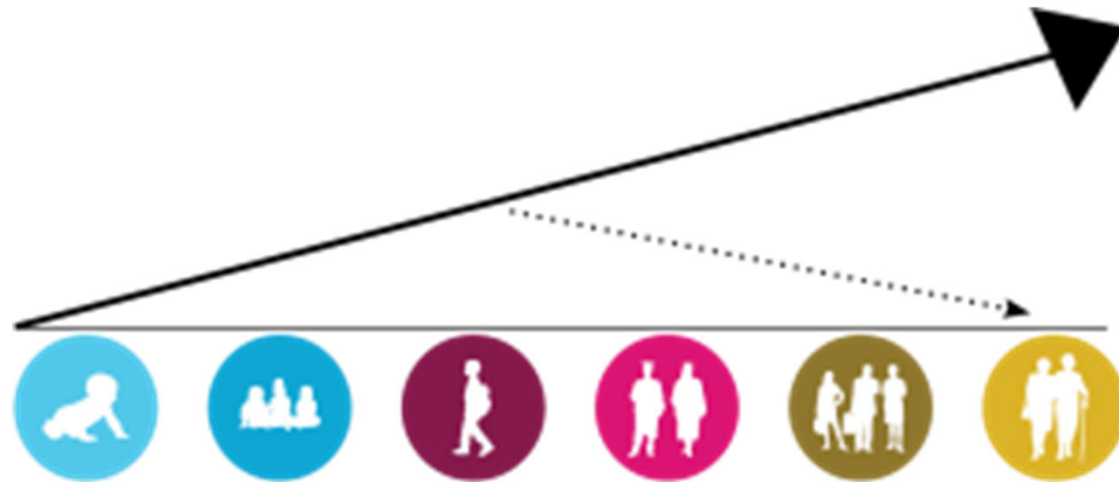
The Individual will achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life

Families will be supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support all individual members to achieve their goals

Utilizing the LifeCourse Tools in Supported Decision-Making

LifeCourse Tools: Life Trajectory Planning

Past Life Experiences

List past life experiences and events that have supported your vision for a good life

-Selling Avon
-Started job at OCHN
-Becoming a Peer Mentor
-Becoming a trainer for self-advocacy

List past life experiences that pushed your trajectory toward things you don't want

-Having a public guardian
-Having a conservator
-Being told that I couldn't get a new van

Moving Forward

List current or future life experiences or goals that will continue to support your good life vision

-Working my jobs as a Peer Mentor and trainer for self-advocacy
-Got new staff that I like and trust

List things to avoid that could keep you from your good life vision or lead to what you don't want

-Losing my transportation
-Losing my source of income
-Losing my Medicaid services

Vision for What I Want

List what you want your "GOOD LIFE" to look like

-Continue to be my own payee
-Have my own van for transportation
-Be self-determined
-Be in good health
-Have independence to live my life how I want to
-Continue with my current staff

What I Don't Want

List the things you don't want or what is NOT a "good life"

-I don't want to have a guardian or conservator
-Not having a van for transportation
-Not having my current staff that I trust
-I don't want to feel underestimated

LifeCourse Tools: Exploring Decision-Making Supports

CHARTING THE LIFECOURSE | EXPLORING DECISION-MAKING SUPPORTS

This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.

Name of Individual: Amie Kupovits

Name of person completing this form: Amie Kupovits

Relationship to individual (circle one):   Self   Family   Friend   Guardian   Other: _____

How long have you known the individual? _____

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.	I can decide with no extra support	I need support with my decision	I need someone to decide for me

Daily Life & Employment

	I can decide with no extra support	I need support with my decision	I need someone to decide for me
Can I decide if or where I want to work?	X		
Can I look for and find a job? (read ads, apply, use personal contacts)	X		
Do I plan what my day will look like?	X		
Do I decide if I want to learn something new and how to best go about that?	X		
Can I make big decisions about money? (open bank account, make big purchases)	X		
Do I make everyday purchases? (food, personal items, recreation)	X		
Do I pay my bills on time? (rent, cell, electric, internet)	X		
Do I keep a budget so I know how much money I have to spend?	X		
Am I able to manage the eligibility benefits I receive?	X		
Do I make sure no one is taking my money or using it for themselves?	X		

Social & Spirituality

	I can decide with no extra support	I need support with my decision	I need someone to decide for me
Do I choose where and when (and if) I want to practice my faith?	X		
Do I make choices about what to do and who to spend time with?	X		
Do I decide if I want to date, and choose who I want to date?	X		
Can I make decisions about marriage? (If I want to marry, and who)	X		
Can I make choices about sex, and do I understand consent and permission in regard to sexual relationships?	X		

Safety & Security

	I can decide with no extra support	I need support with my decision	I need someone to decide for me
Do I make choices that help me avoid common environmental dangers? (traffic, sharp objects, hot stove, poisonous products, etc.)	X		
Do I make plans in case of emergencies?	X		
Do I know and understand my rights?	X		
Do I recognize and get help if I am being treated badly? (physically, emotionally or sexually abused, or neglected)	X		
Do I know who to contact if I feel like I'm in danger, being exploited, or being treated unfairly? (police, attorney, trusted friend)	X		

Community Living

	I can decide with no extra support	I need support with my decision	I need someone to decide for me
Do I decide where I live and who I live with?	X		
Do I make safe choices around my home? (turning off stove, having fire alarms, locking doors)	X		
Do I decide about how I keep my home or room clean and livable?	X		
Do I make choices about going places I travel to often? (work, bank, stores, church, friends' home)	X		
Do I make choices about going places I don't travel to often? (doctor appointments, special events)	X		
Do I decide how to get to the places I want or need to go? (walk, ask a friend for a ride, bus, cab, car service)	X		
Do I decide and direct what kinds of support I need or want and choose who provides those supports?	X		

Advocacy & Engagement

	I can decide with no extra support	I need support with my decision	I need someone to decide for me
Do I decide who I want to represent my interests and support me?	X		
Do I choose whether to vote and who I vote for?	X		
Do I understand consequences of making decisions that will result in me committing a crime?	X		
Do I tell people what I want and don't want? (verbally, by sign, device), and tell people how I make choices?	X		
Do I agree to and sign contracts and other formal agreements, such as powers of attorney?	X		
Do I decide who I want information shared with? (family, friends etc.)	X		

LifeCourse Tools: Integrated Support Star

INTEGRATED SUPPORTS STAR | SUPPORTED DECISION-MAKING

Personal Strengths & Assets for Supported Decision-Making
- Good trainer
- Strong advocate
- Friendly
- Outgoing
- Great peer mentor
- Van
- Strong support team

Technology for Supported Decision-Making
- Cell phone
- Computer
- Alexa
- Online banking

Relationships for Supported Decision-Making
- Friends that want to help me
- Staff
- Supports Coordinator
- The Arc
- OCHN

Community Resources for Supported Decision-Making
- Church
- The Arc
- Direct deposit
- ABLE Account
- Gift cards for emergencies

Eligibility Supports for Supported Decision-Making
- Social Security Benefits
- Medicaid
- Community based services
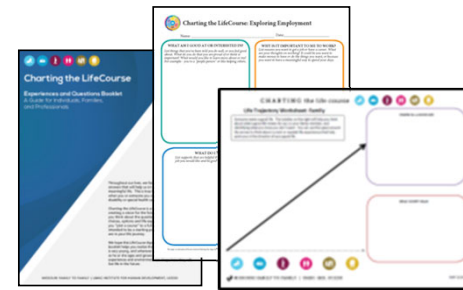- ABLE Account

Other Related Tools and Materials
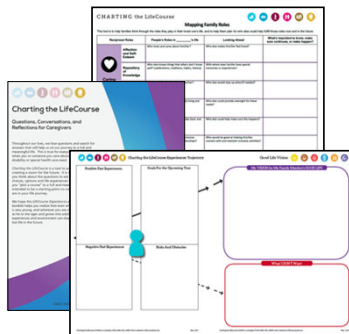
www.lifecoursetools.com

www.lifecoursetools.com
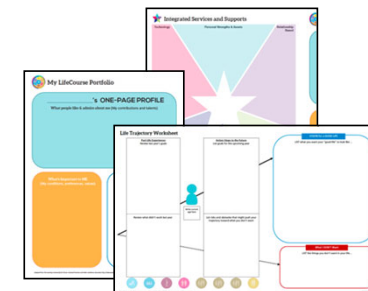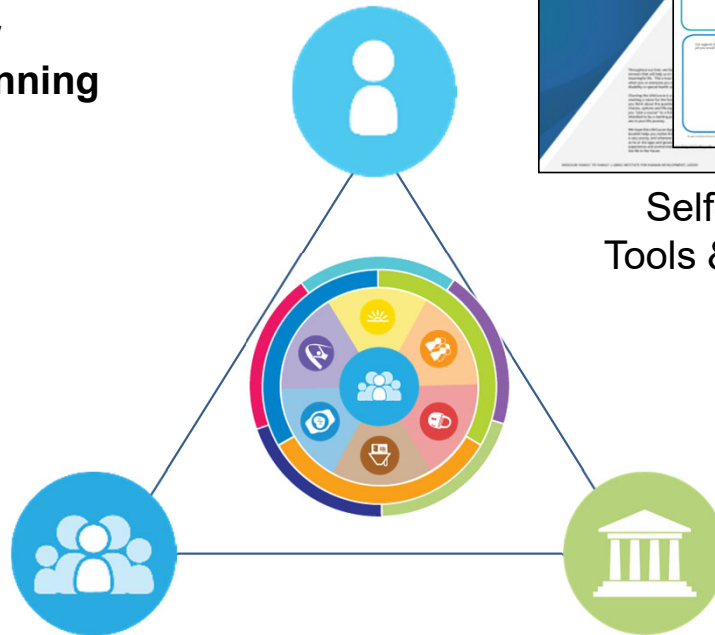
**Planning for Life Outcomes
and/or
Service Planning**

Self-Advocate
Tools & Resources

Family Perspective
Tools

Formal Planning
Tools and Forms

Jan Lampman, Community Drive
Jan.lampman@yahoo.com

PLEASE COMPLETE THE EVALUATION
FOR THIS SESSION

www.surveymonkey.com/r/youthsummitPR05032025b

SCAN THE QR CODE
TO COMPLETE THE
EVALUATION

Michigan Alliance for Families
information, support, and education