Charting the LifeCourse: Supporting a Good Life

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Michigan Alliance for Families
information, support, and education

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Charting the LifeCourse: Supporting a Good Life

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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 _you_ want

Explore how LifeCourse tools help support individual decision-making

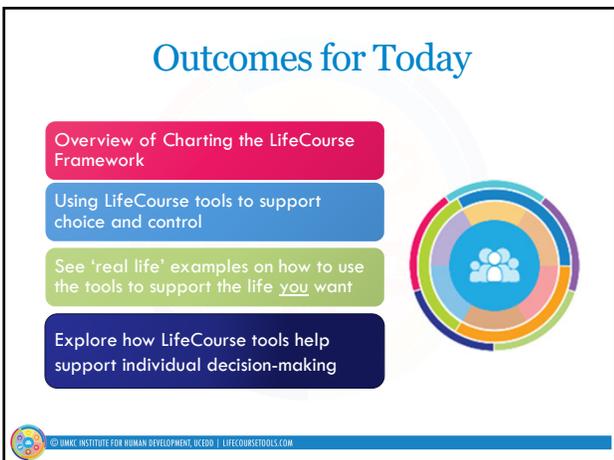© UMKC INSTITUTE FOR HUMAN DEVELOPMENT, UCEDD | LIFECOURSETOOLS.COM

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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*

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

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Services and Supports are Evolving

COMMUNITY
FAMILY
PERSON

Everyone exists within the context of family and community

COMMUNITY
FAMILY
SERVICES
PERSON

Traditional Disability Services

COMMUNITY
FAMILY
PERSON

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

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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.

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Reciprocal Roles of Family Members

Caring About

CARING ABOUT

Share Love, Affection, and Trust	Trusted people that you may or may not spend a lot of time with but you care about and love each other. These are people such as immediate or extended family, close friends, significant others.
Spend Time and Create Memories Together	Friends and acquaintances that you spend time with and are important to you. You have shared experiences and memories that bring you both joy and laughter.
Know About Personal Interests, Traditions, and Cultures	People you trust to explain to others what is important to you, such as what makes you happy or sad, who is important to you, and your likes and dislikes. They also know about your habits, important family culture and celebrations.

Caring For

CARING FOR

Supports Day-to-Day Needs	People that provide for or make sure your self-care needs are met. People who make sure you have support for your safety, health and quality of life, such as helping with meals, dressing, medications and daily activities. This could be parents, family caregivers or paid staff
Ensures Material and Financial Needs are Met	People that help you manage such things as your finances, housing, healthcare, transportation or technology needs. This could be a family member or someone in a formal role.
Connects to Meaningful Relationships and Roles	People that help you stay connected or develop new friendships. They may help you find and participate in hobbies, recreational or spiritual activities. This could be friends, family, community members, clergy or paid staff
Advocates and Supports Life Decisions	People that help you with speaking up for yourself or that you trust to speak and advocate for you. They might also help you with making decisions by helping you under-stand choices, communicate what you decide, or following through with your decisions. c

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MAPPING RELATIONSHIPS

CARING ABOUT	Who serves in this role now?	Looking Ahead	Next Steps
Shares Love, Affection and Trust	Church, fellow Peer Mentors Close friends OCHN (Vicky)	Church, fellow Peer Mentors, close friends, cousins, OCHN	Want to establish more friendships Work with DD Council more Keep going to church
Spends Time and Creates Memories Together	Staff (past and present) Manager, church family Cousins (Suzy, Sharon)		Wants to continue to create memories with circle of support
Knows about Personal Interest, Traditions, Cultures	Church family Has many friends that visit over the holidays		Carrying on with the same holiday traditions

CARING FOR	Who serves in this role now?	Looking Ahead	Next Steps
Supports Day-to-Day Needs	Staff Friends from church visits		
Ensures Material and Financial Needs are Met	Amie takes care of her financial nee	Rely on Jim and Arkin for help/ques!	Wants to continue to work and be a
Connects to Meaningful Relationships and Roles	Church family, OCHN, cousins, frien		Hope to keep close relationships in
Advocates and Supports Life Decisions	Herself, pastor, Arkin, Jim, Peer Mei		Having courage to make own decisi

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Mapping Relationships

MAPPING RELATIONSHIPS			
CARING ABOUT	**Who serves in this role now?**	**Looking Ahead**	**Next Steps**
Shares Love, Affection and Trust	Mary Shehan Tyler Shehan Patty Beranek Jessica Shehan Tom Beranek Beverly Skrobe	Working on relationship with "Special friend Lisa"	Kevin to discuss with Lisa, what she wants in their relationship Set up time to spend together
Spends Time and Creates Memories Together	Tom Beranek Patty Beranek Tom Shehan Mary Shehan Brenda Shehan Tyler Shehan	I want more time to spend with Lisa I want Lisa to meet the whole family	Set up date nights Plan sporting events with guys Set visit schedule with Beverly
Knows about Personal Interest, Traditions, Cultures	Mary Shehan Patty Beranek Tyler Shehan Lisa Beranek Sister in Law, Beverly Skrobe	Beverly Skrobe Mary Shehan knows everything Tom Shehan knows birding	Set up visual schedule for 2023. Get help to clean and organize room to view schedule

CARING FOR	**Who serves in this role now?**	**Looking Ahead**	**Next Steps**
Supports Day-to-Day Needs	Homecrest Manor Staff Ashley home manager Special Friend Lisa	Explore other daily/weekly supports	Get statement from doctors
Ensures Material and Financial Needs are Met	Tom Beranek Mary Shehan Patty E	Get an ABLE Debit Card for easy ac	Order and get card sent to home
Connects to Meaningful Relationships and Roles	Mary Shehan	Finding time to get to know more pe	Work out weekly church attendance
Advocates and Supports Life Decisions	Mary Shehan Tyler Shehan	If something happen to sibs., I want	Discuss power of attorney & patient

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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

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What is YOUR Vision for a Good LIFE?

Vision of What I Want

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What DON'T you want??

Vision of What I Don't Want

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

Trajectory towards Life Outcomes

Trajectory towards things unwanted

Vision of What I Don't Want

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Trajectory Across Life Experiences

Chores and allowance

Dating & Heartaches

Making Mistakes

Birthday parties with friends

Learning to say "no"

Summer jobs, babysitting

Playing sports or an instrument

Scouts, 4H, faith groups

"Anticipatory Guidance for Life Experiences"

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Dignity of Risk and Mistakes

Never be defined by your past. It was just a lesson, not a life sentence.
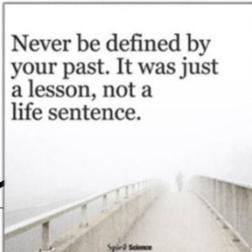
Friends, family, enough money, job I like, home, faith, vacations, health, choice, freedom

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

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What is the Purpose of the Trajectory?

- Problem Solving
- Working towards goals
- Planning day-to-day activities
- Being clear about what you want/don't want
- Understanding life experiences that either helped or were barriers
- Strategic planning and implementation

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Planning for Decision Making

LIFE TRAJECTORY | EXPLORING

Trajectory for Life Experiences and Decision Making

Trying new things

Groups or clubs I want to join

Saying NO when something doesn't feel right or makes me uncomfortable

Who I spend time with

Summer jobs

Do I want to go to college after HS

What I do in my free time

What kind of job I would like

Making everyday purchases

Deciding how to spend money

Everyday life decisions –what to wear, eat, etc.

Opportunities to earn money

Who my friends are

Chores and Responsibilities

Vision for What I Want

Employment

Self-Determination

Making My Own Decisions

Safe from Abuse

Interdependence

What I Don't Want

substitute decision maker

unemployment

over-dependence on others

abused   tokenism

"Anticipatory Guidance"

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Holistic Focus across All Life Domains

People lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life. Life domains are the different aspects and experiences of life that we all consider as we age and grow.

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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)

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All Life Domains are Connected!!!

daily life & employment

social & spirituality

safety & security

community living

healthy living

citizenship & advocacy

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Balance Health & Safety with All Domains

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Individualized Supports and Services

Individual and family supports address all facets of life and adjust as roles and needs of all family members change.

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Supporting The **Person's** Three Buckets of Needs

Discovery & Navigation — Skills, Information and tools to navigate life

Connecting & Networking — Self-confidence, strong mental health and connections to family, friends, peers and others.

Goods & Services — Things you buy, use or access in your day-to-day life

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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 leadership 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

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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

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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

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Integrated Supports and Services

Individuals and families access an array of integrated supports to achieve their vision for a good life.

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Charting the LifeCourse Integrated Supports STAR

COMMUNITY
FAMILY
PERSON

100%

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Charting the LifeCourse Integrated Supports STAR

COMMUNITY
FAMILY
PERSON

100%

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Charting the LifeCourse Integrated Supports STAR

COMMUNITY
FAMILY
PERSON
100%

PERSONAL STRENGTHS & ASSETS

Strengths:
Things a person is good at
or others admire or like

Assets:
Resources that are owned
or can be accessed by the person

Skills:
Personal abilities,
knowledge or experience

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Charting the LifeCourse Integrated Supports STAR

COMMUNITY
FAMILY
PERSON
100%

TECHNOLOGY

Personal Technology:
Common technologies
used by anyone *

Environmental Technology:
Innovative technologies
designed to help a person
navigate or adapt their
environment*

Assistive Technology:
Low-tech or specialized devices
that assist a person with
day-to-day tasks*

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Charting the LifeCourse Integrated Supports STAR

COMMUNITY
FAMILY
PERSON
100%

COMMUNITY RESOURCES

Places:
Businesses, faith communities,
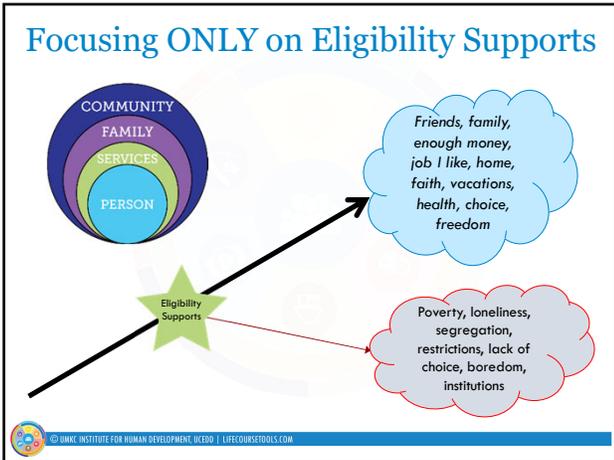parks and recreation, health care facilities

Groups:
Civic and membership organizations

Government Resources:
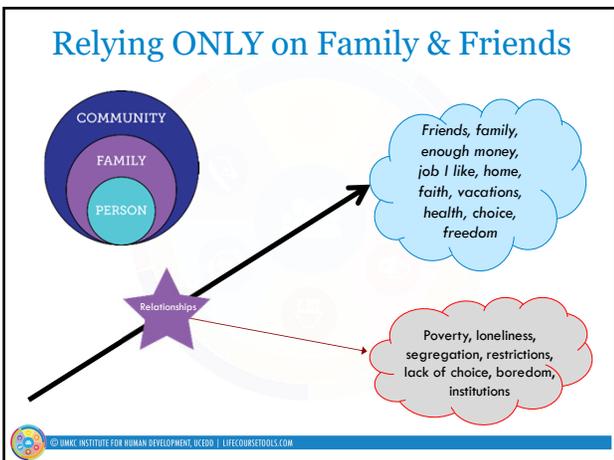Local services, i.e.: public safety,
legal, social programs

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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

- Cell phone
- Computer
- Alexa
- Online banking

- Friends that want to help me
- Staff
- Supports Coordinator
- The Arc
- OCHN

- Church
- The Arc
- Direct deposit
- ABLE Account
- Gift cards for emergencies

- Social Security Benefits
- Medicaid
- Community based services
- ABLE Account

Community Resources for Supported Decision-Making

Eligibility Supports for Supported Decision-Making

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CHARTING the LifeCourse

Everyone uses a variety of resources and supports to get through their day-to-day routines and everyday lives. The Long Term Support Needs Template can be used to visualize the supports an individual currently receives, figure out needed where supports may be needed, or plan a weekly schedule.

INSTRUCTIONS
Using the color key below, shade in each time slot with the type of support utilized. **Tip**: Use the supports you listed in your **Integrated Supports Star Worksheet** to help you fill out your schedule.

Personal Assets & Strengths	Color the space in **light blue** If the individual spent the time alone.
Relationship Based Primary caregiver	Color in the space **darker purple** if the individual was supported by **the primary caregiver**.
Relationship Based	Color in the space **light purple** if the individual was supported by person(s) that they know (ie: a family member, friend, neighbor, worker friend).
Technology	Color in the space **pink** if the individual used technology as a support.
Community Based	Color in the space **dark blue** if the individual was supported by community members (ie: coworker, business staff, congregation member).
Eligibility Based	Color in the space **green** if the individual was supported using a formal service (ie: residential supports, PCA, community integration, day habilitation).

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Ben - BEFORE Integrated Supports

PERSONAL STRENGTHS & ASSETS

TECHNOLOGY:

RELATIONSHIPS:

Mom, Dad

Ben's Supports

COMMUNITY BASED:

ELIGIBILITY SPECIFIC
DDD Self-Directed waiver PCA staff; Medicaid; Special Needs Trust

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Ben - AFTER Integrating Supports

PERSONAL STRENGTHS & ASSETS
Able to stay home alone for up to an hour; has & can use i-pad;

TECHNOLOGY:
i-pad when home alone; digital watch

RELATIONSHIPS:
Mom, Dad, Matt, Zac, Ali, Chad, Ericka, Roy, Carol, Nick, Spohn,

Ben's Supports

COMMUNITY BASED:
Firemen at ESFD; coaches & staff at ES high school; Omni bus;

ELIGIBILITY SPECIFIC
DDD Self-Directed waiver PCA staff; Medicaid; Special Needs Trust

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"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

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What can Charting the LifeCourse do for You?

- Helps individuals communicate their needs.
- Advocate for the supports needed to accomplish goals.
- Helps parents set higher expectations for their children.
- Students learn how life experiences impact their career goals.
- Families are exploring the services and supports they need.
- Family members can share their ideas, hopes, and fears for the future.
- Case managers are using the tools in planning meetings.
- Teachers are improving social skills at school, at home, and in the community.
- Employment specialists are enhancing discovery and exploration that support career planning.

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The wrap-up

Charting the LifeCourse can be utilized in creative ways to meet the many challenges people and families face such as:

- Individual Education Plan (IEP)
- Person-centered Planning Prep
- Transitions from high school to adult life
- Even planning for an accessible family vacation

When applied, CtLC offers hope, direction, resolution and connection to and through community making a "Good Life" a possibility for ALL!

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Planning for Life Outcomes and/or Service Planning

Self-Advocate Tools & Resources

Family Perspective Tools

Formal Planning Tools and Forms

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We are here to support you!

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For more information visit
www.michiganallianceforfamilies.org

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