



MI DDC Webinar

Charting the LifeCourse: Planning for Now and the Future

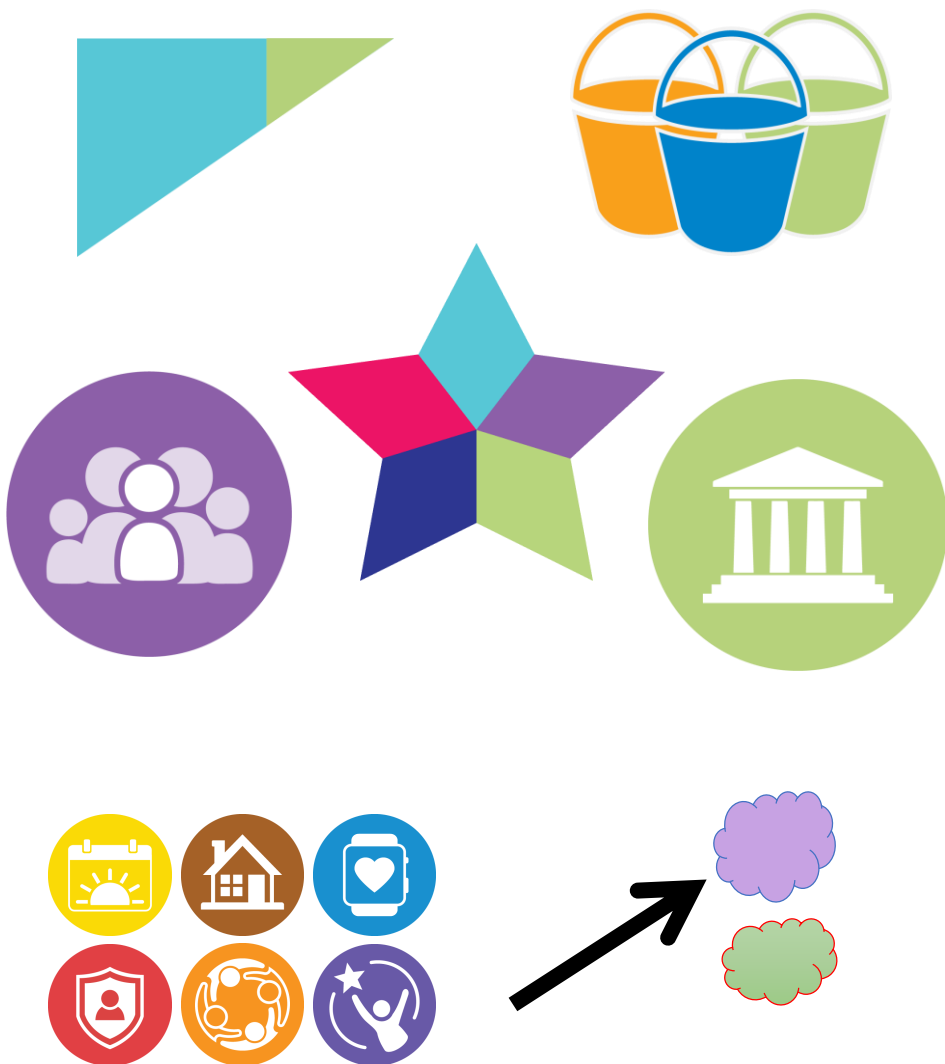
June 4, 2020

Meet Jenny Turner

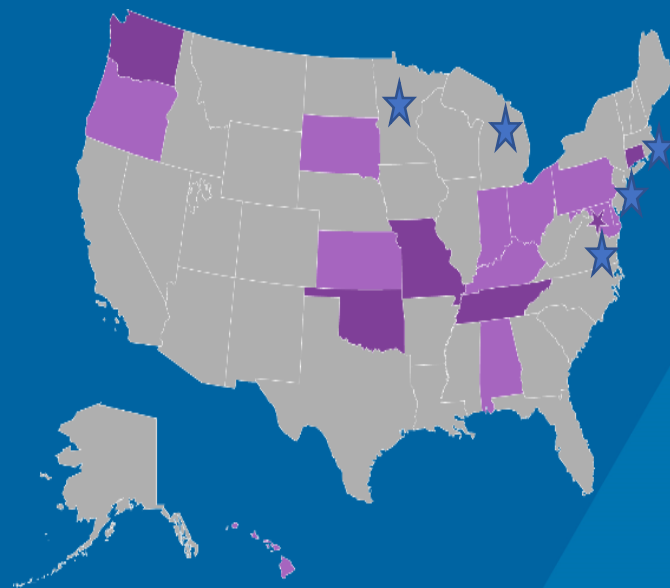
- Sibling of two sisters, one who is in her 30s with a disability & one who is 15 and adopted
- Licensed as a Clinical Social Worker
- Formerly a Support Coordinator and Director of a Provider Agency
- Lead for the National Community of Practice for Supporting Families
- Lead for Organizational and System Change Initiatives at UMKC IHD



Charting the LifeCourse Framework



National Community of Practice on Supporting Families



Lead By:
NASDDDS
&
UMKC-IHD, UCEDD

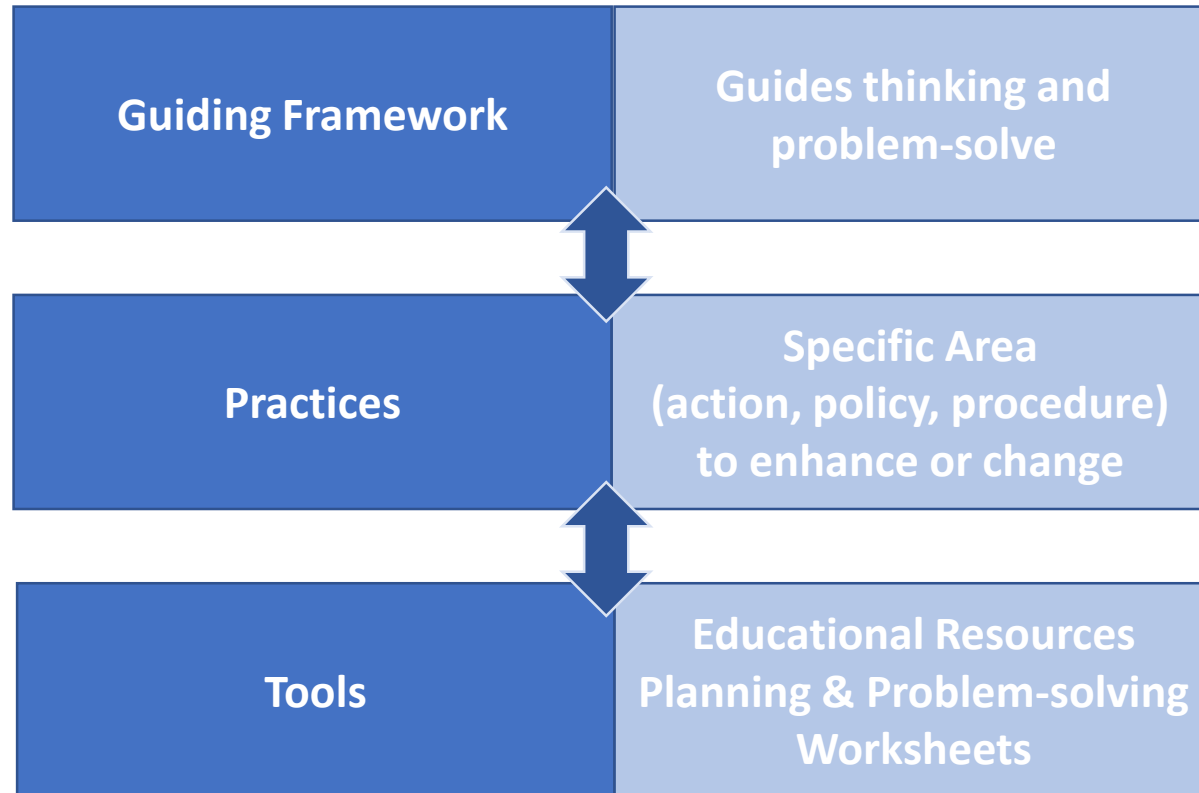
What is Charting the LifeCourse

Created 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*
- *discover what it takes to live the lives they want to live.*



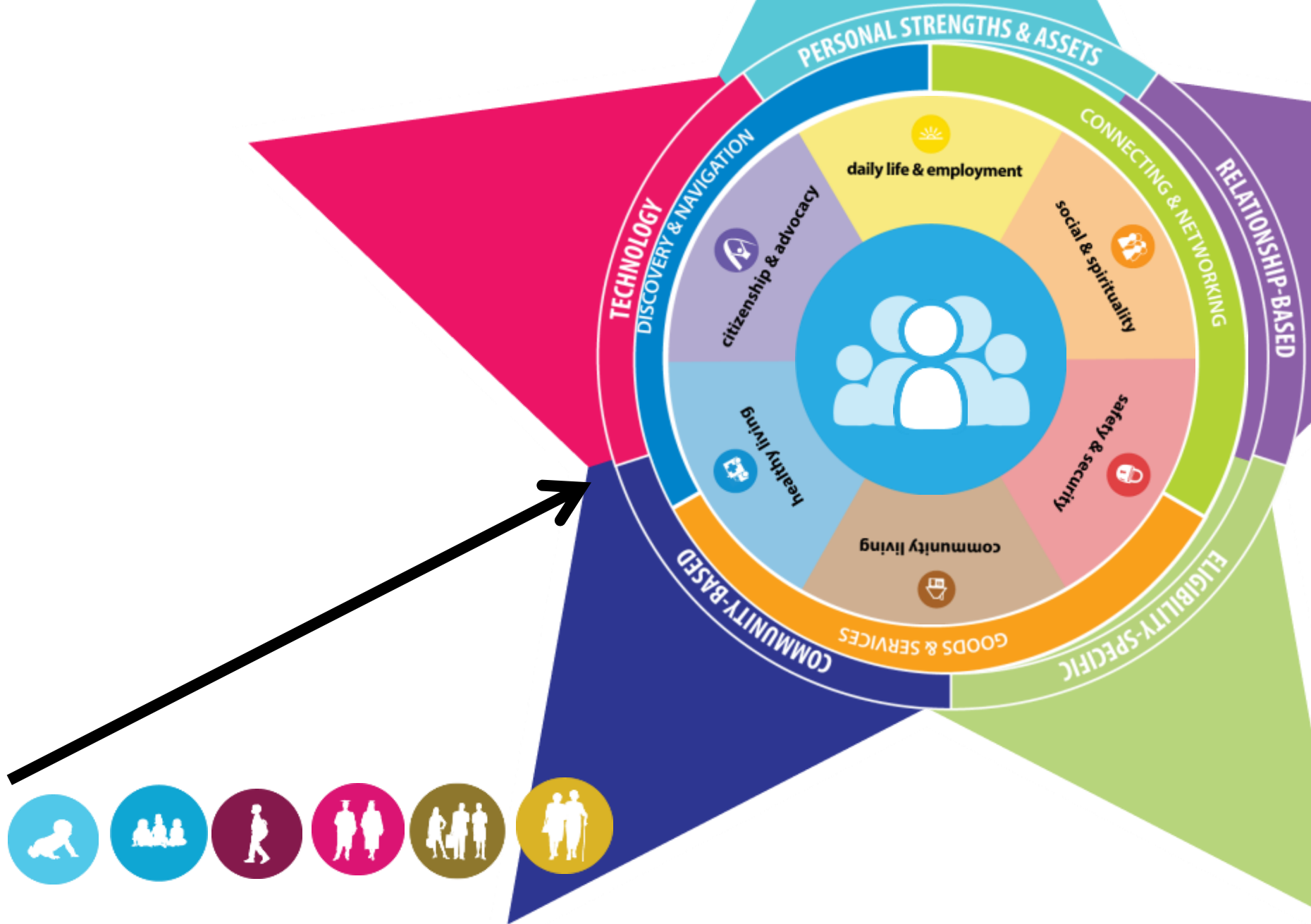
What is Charting the LifeCourse??

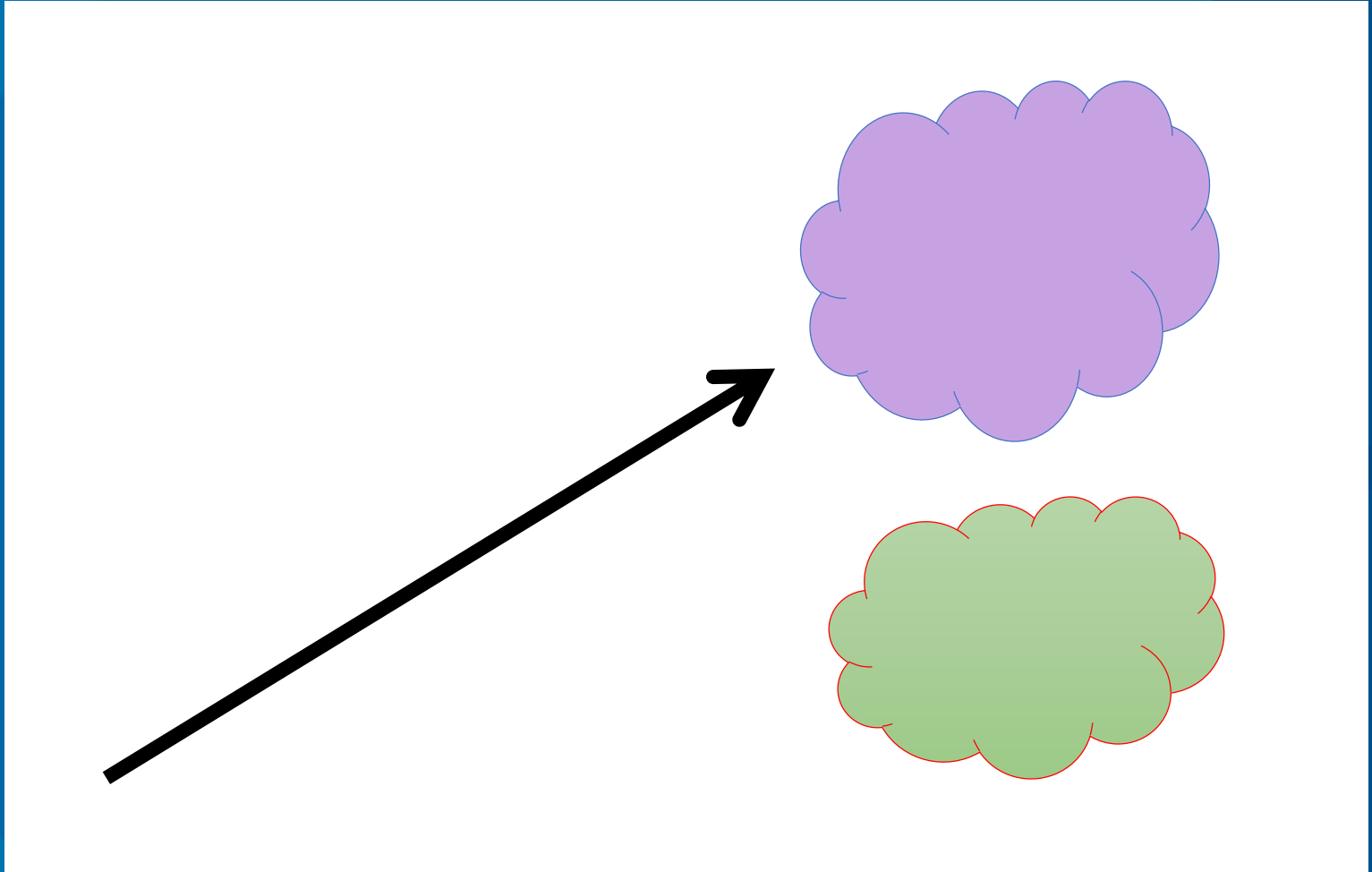




Core Belief:
All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.







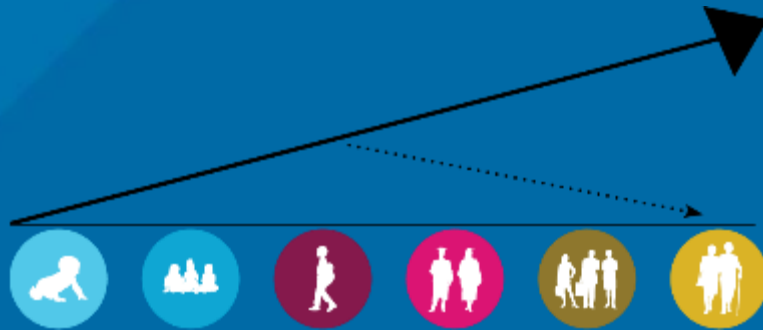
Vision of a “Good Life”



What is YOUR Vision for a
“Good Life”?



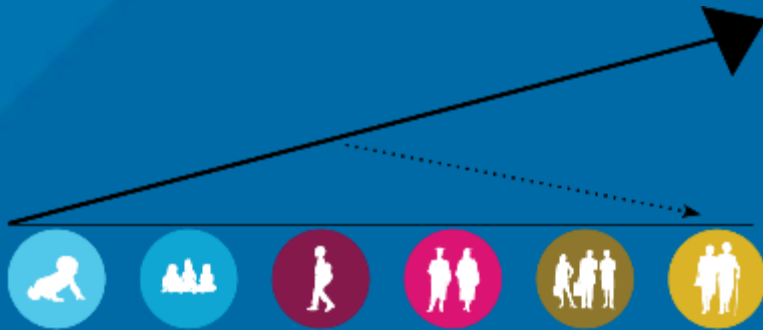
What is NOT a Good Life?



Vision of a Good 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 of a Good Life

Vision of What
I Don't Want

Trajectory towards Good Life



Trajectory towards Life Outcomes

Trajectory towards
things unwanted

VISION

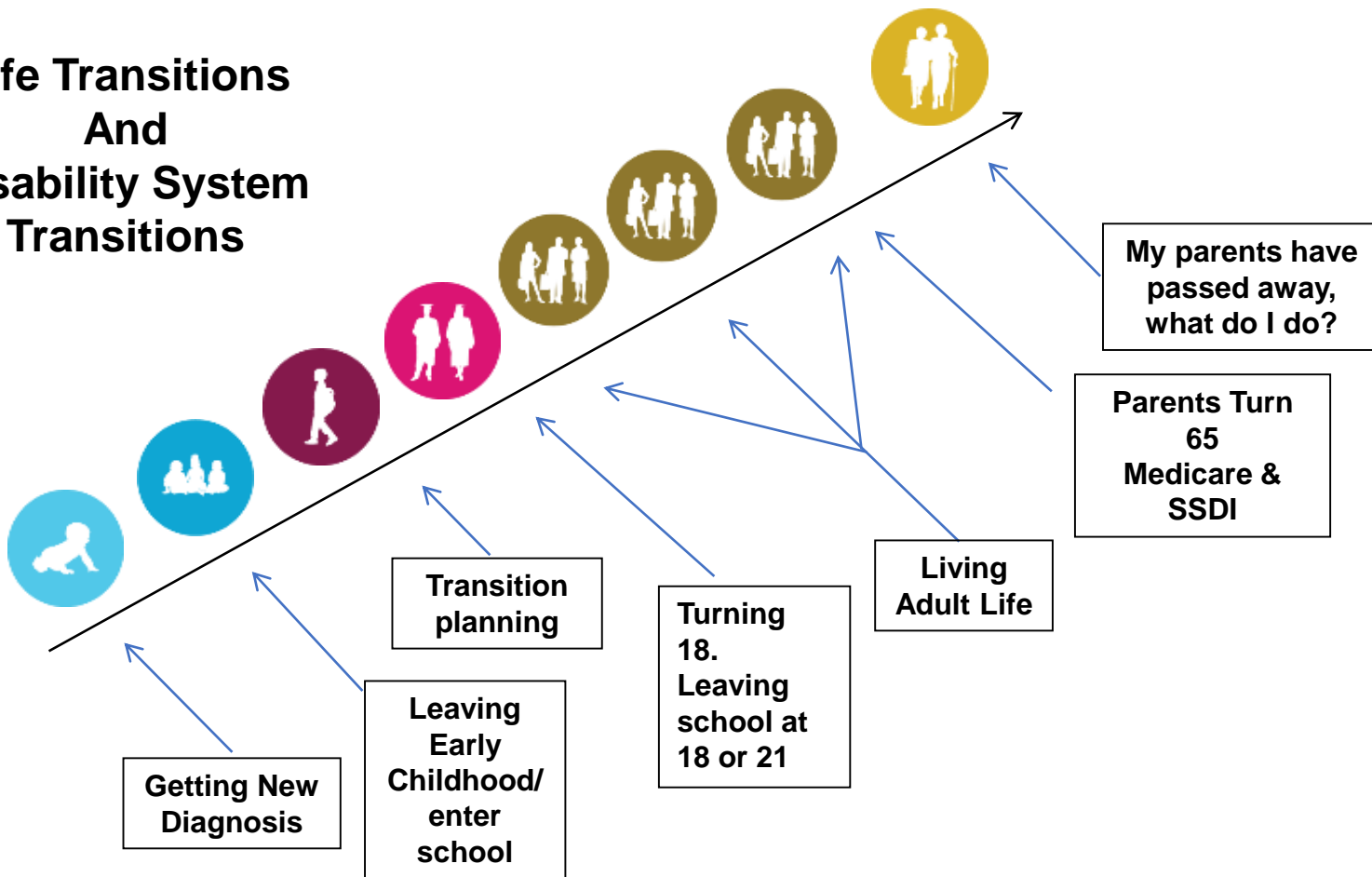
Family Friends TATTOOS
Vacations Girlfriend
Concerts WWE Nascar
Money Job/own business
Fire Station Church
Tiger Football Royals
Good Food Pepsi Beer
Active Healthy & Fit

WHAT I DON'T WANT

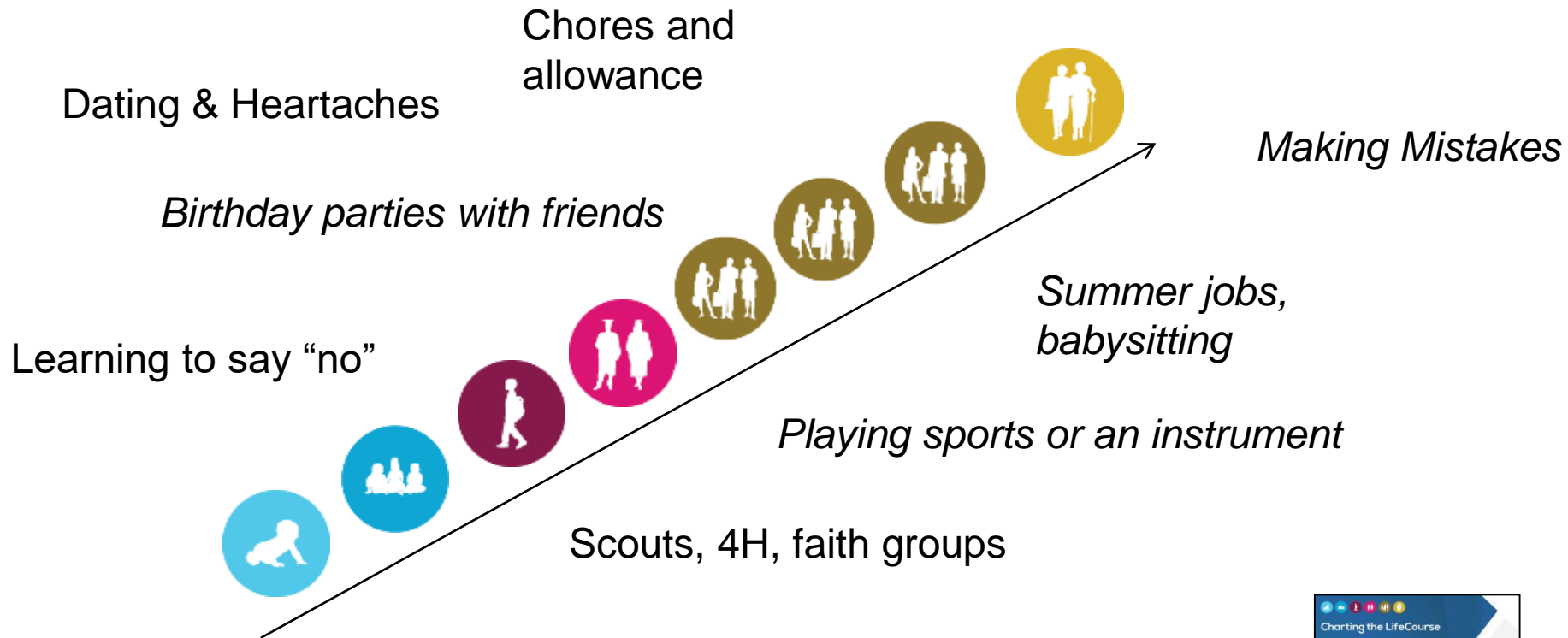
Poverty/No Money
Poor Health Diabetes
Heart Disease Guardian
Isolated/Segregated
Institution/group home
Treated Differently

Trajectory Across Life Stages and Life Transitions

Life Transitions And Disability System Transitions



Life Experiences = Life Outcomes



CtLC Life Experiences Booklet and Quick Guides



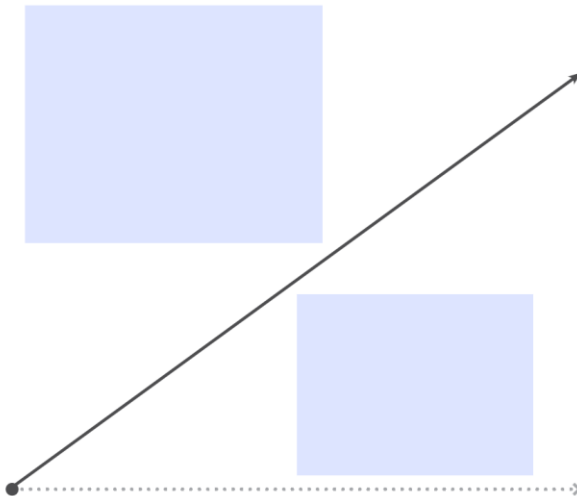
Life Experiences = Life Outcomes = Good Life



Tools for Exploring and Planning



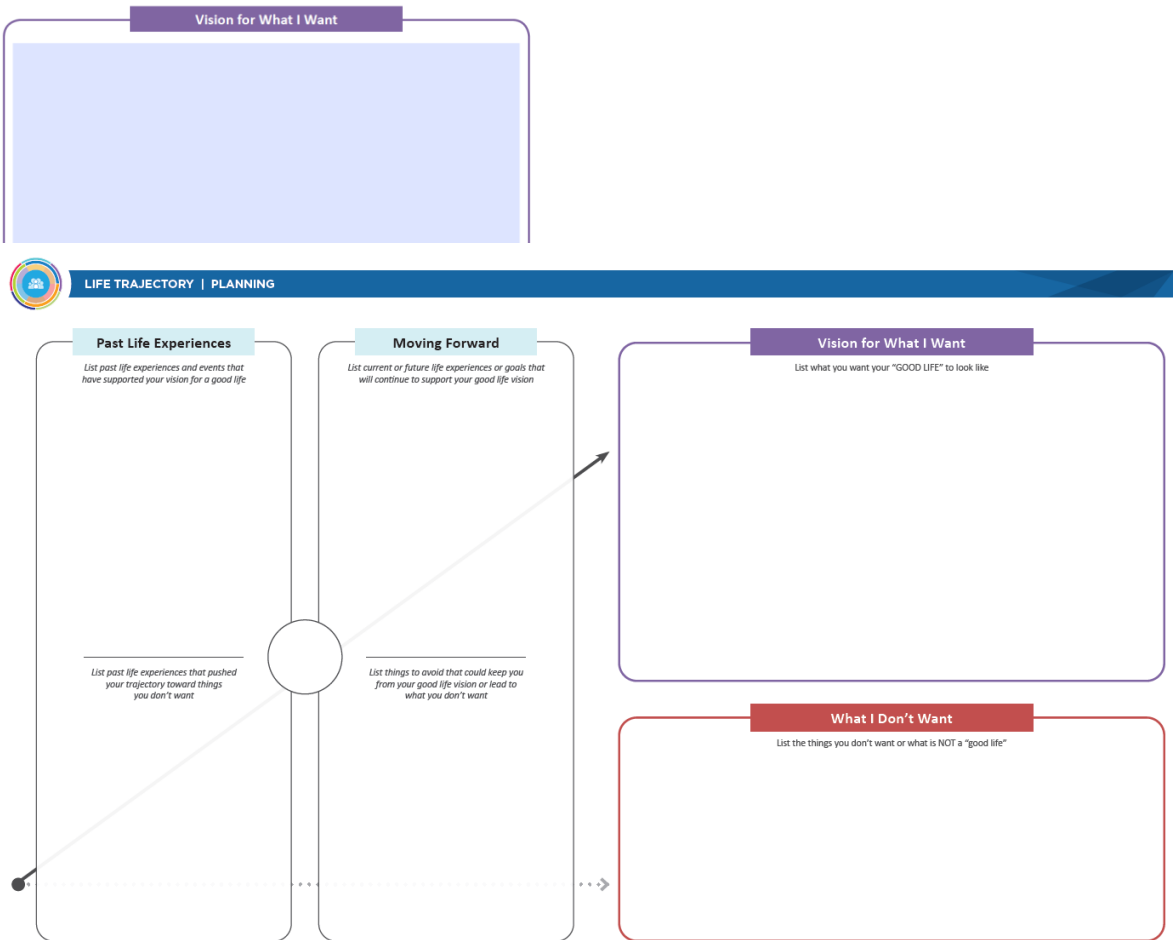
LIFE TRAJECTORY | EXPLORING



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LIFE TRAJECTORY | PLANNING



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Life Trajectory Worksheet

Past Life Experiences

Chores; boy scouts; at
School
inclusion/circle of
friends;
Birthday parties;
Riding bike;
Family vacations;
Church youth group;
Debit card;
Football manager;
Volunteering
High School
diploma

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

Special education low
expectations;
Para glued to Ben's
side; Pressure to
segregate; Medication
side effects;
Scoliosis;
Seizures;
Physical barriers;



Write current
age here
25

Future Life Experiences

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

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

LIST life experiences to avoid because they
push you toward things you 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

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

Family and friends
Girlfriend
Vacations
Concerts; WWE; Nascar
Tattoos
Money; job or my own business
Volunteer at fire station
Being Tiger football manager
Church
Healthy & fit
Good food; Pepsi
Basketball
Royals baseball
Staying active

What I DON'T Want

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

Poor health, heart disease, diabetes;
Poverty/no money;
Guardianship; institution/group home;
Segregation/isolation; being lonely
Being treated differently;



Peyton's Trajectory for Planning Meeting

Life Trajectory Worksheet

Past Life Experiences

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

Inclusion in Gen Ed Learning

Education of support staff and students to provide understanding

Exposure to various activities

Riding the Reg Ed Bus

Providing schedules and set expectations

Help building friendships

Educating my peers

Letting me advocate for myself

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

Seclusion in Special Education Classrooms

Aids helping me in every situation

Riding the Special Education Bus

Low expectations

Being punished for bad behaviors

Making excuses for my behavior

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.

Conner

Write current age here
2016-2017
8th Grade

VISION for a GOOD LIFE

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

Have a job (Gainfully Employed)

Make Friends (Have Quality Relationships)

Make Money (Be Financially Independent)

Have a Girlfriend (Find Love)

Have Kids

Live on My Own (Independently)

Go Bowling (Participate in Community)

Build things in the forest next to New York City
(Have hobbies he enjoys)

What I DON'T Want

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

No Friends (Unhealthy Relationships)

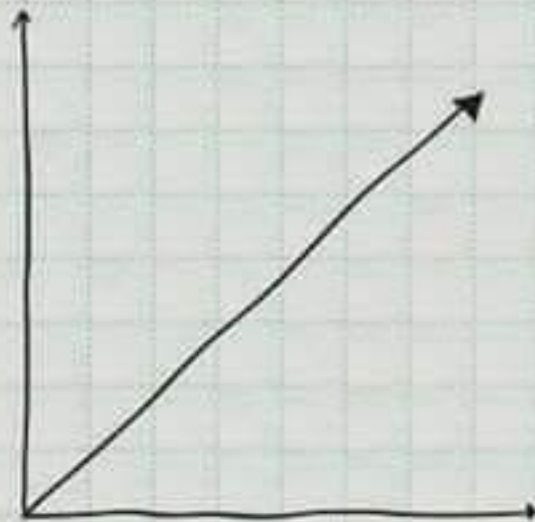
Get fired (Unstable Employment)

No Girlfriend (Isolation)

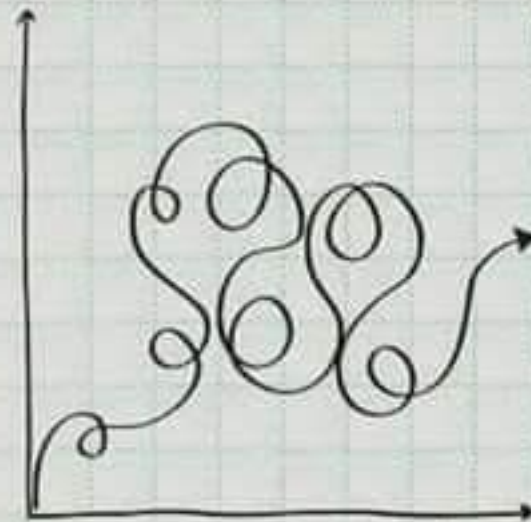
No Kids

Stigmatized





what I planned.



what happened.

STAY HEALTHY/ACTIVE

- Walk outdoors when it's nice weather
- Avoid contact with anyone other than Mom or Dad (social distancing)
- Get a list of other exercise ideas from Matt and Adam (weights, push-ups etc)--use ZOOM
- Clean up the driveway basketball goal
- Healthy but yummy food choices
- Good and frequent hand washing
- Purell
- Wipe down surfaces daily
- Cover coughs and sneezes
- Check temperature regularly

DAILY LIFE/ROUTINE

- somewhat consistent wake/sleep times
- shower daily
- Help with housework/cooking/etc
- daily "schedule" of things to do such as exercise, physical activity, get outdoors, etc

STAY CONNECTED

- Facetime Matt and other family
- Skype or Facetime Fire Dept shifts
- Make an encouraging video for ESFD
- Help Ben get on Facebook daily and "like" or comment on friends posts
- online church services on Sundays
- Frontyard 10ft apart meet up with Steve

STAY BUSY/NOT BORED

- Ipad (WWE, music)
- Remote control truck
- **see stay connected
- golf in basement
- Family Movie time
- explore e-books

POSSIBLE OBSTACLES/BARRIERS

- Dad still has to work - potential exposure
- CO-VID on the news and other media all the time
- Other people not complying with social distancing
- CABIN FEVER IS REAL
- Crappy weather/can't get outside
-

Vision for What I Want

WHAT WE WANT FOR BEN DURING THE CO-VID19 CRISIS

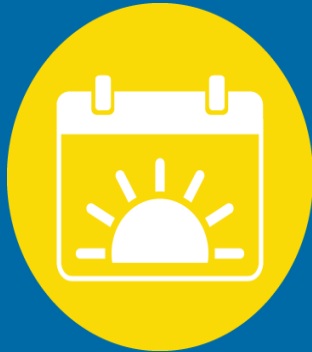
- Keep busy
- Keep working on fitness while he isn't able to access his trainer or the community center
- Stay Connected with:
 - Fire department friends
 - Valued staff
 - Family who don't live with us (especially Matt)
 - St Ann friends
 - Coffee friends & other community acquaintances
- Stay healthy and active
- Dad and Mom stay healthy too
- Keep a positive outlook on life - BE HAPPY

What I Don't Want

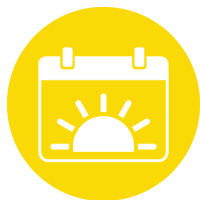
WHAT WE DON'T WANT TO HAPPEN DURING THE CRISIS

- Boredom
- Get CO-VID19 or any other sickness
- Stress and worry
- Ben scared he will get sick
- Ben worried for parent's health
- Seizures or other diagnosis related health complications
- Sadness
- Missing family and friends
- Gaining weight/out of shape





Thinking About All Life Domains



Daily Life and Employment

What a person does as part of every day life: school/education, employment, volunteering, routines, life skills



Healthy Living

Managing and accessing healthcare, and staying well - medical, behavioral, nutrition, wellness, affordable care



Community Living

Where and how someone lives: housing and living options, home adaptations and modifications, community access, transportation



Safety and Security

Staying safe and secure - emergencies, well-being, legal rights & issues, guardianship options & alternatives



Social and Spirituality

Building friendships and relationships, leisure activities, personal networks, faith community



Advocacy and Engagement

Building valued roles, making choices, setting goals, assuming responsibility, and driving how one's life is lived

Charting the LifeCourse Resources





Focusing on Daily Life and Employment:

Education, Employment, Individual and Family Life

Questions for Now:

- What does a “good day” look like right now?
- How has my routine changed or how does it need to change?
- What do I want to do during that day that will be interesting and valuable to me?
- What educational opportunities can I explore?
- Do I feel safe and comfortable continuing to work?

Questions for the Future:

- What do I think I will do or want to do during the day?
- What kind of job or career do I want now or later?
- What are we doing at home to prepare for “adult life?”



Focusing on Community Living:

Living Options, Accommodations & Access, Transportation

Questions for Now:

- Where do I want to “shelter in place?” What “home” makes the most sense to me?
- What modifications, PPE, or other supports are going to be important to me to be able to access the community?

Questions for the Future:

- Where would I like to live?
- Will I live alone or with someone else?
- What adaptations to my home will better accommodate my needs?
- Am I learning or practicing skills I will need to live in other settings?
- What do I need to do to learn to “get around in my community?” (ie: ride a bike, ride the bus, drive, uber, etc.)



Focusing on Social and Spiritual:

Personal Relationships, Leisure & Recreation, Spiritual Enrichment

Questions for Now:

- How do I want to maintain connections with friends and families right now?
- What do I want to do – and what's available for me to do - for fun?

Questions for the Future:

- What spiritual or faith communities would I like to explore or connect with?
- What leisure activities would I like to try or participate in regularly?
- What friendships or relationships are important to me to maintain or grow?



Focusing on Healthy Living:

Healthcare, Diagnosis & Disability Specific, Fitness & Nutrition

Questions for Now:

- Can some of my therapies be replaced with regular physical activities such as, using a treadmill or elliptical machine?
- Who else understands my medical needs and is available if I need help communicating my needs to others
- What do I need to ensure my emotional and mental health?
- How may this experience impact my emotional and mental health for the future?

Questions for the Future:

- What does “healthy” mean to me?
- How will I live a healthy lifestyle?
- How do I want to manage my health care supports?
- Do I understand my disability or special healthcare needs and how it affects me?



Focusing on Safety and Security:

Personal Safety, Public Safety, Legal & Financial

Questions for Now:

- What have I learned from this crisis that will help me in being prepared for emergencies in the future?
- Do I understand who I should and should not let into my home (i.e.: strangers, repair/utility workers)?
- What helps me feel safe and secure in public right now?

Questions for the Future:

- What is my disaster or emergency plan?
- Do I feel safe and know who to tell if I am being bullied or victimized?
- Do I have an ABLE Account or Special Needs trust?



Focusing on Advocacy and Engagement:

Leadership, Self-Determination & Advocacy, Community Contribution


Questions for Now:

- What issues do I care about and how do I want to be involved in those issues?

Questions for the Future:

- What kind of valued roles and responsibilities do I have, or do I want?
- How can I have control of how my own life is lived?
- What decisions do I want to make for myself, and how do I want to be supported to make decisions?
- How can I contribute to the causes I care about?









Tools for Exploring Possibilities and Identifying Priorities




LIFE DOMAIN VISION TOOL | INDIVIDUAL


Name of Person Completing: _____ Date: _____

On Behalf of: _____

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FUTURE	PRIORITY
	Daily Life & Employment: What do I think I will do or want to do during the day in my adult life? What kind of job or career would I like?		
	Community Living: Where would I like to live in my adult life? Will I live alone or with someone else?		
	Social & Spirituality: How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?		
	Healthy Living: How will I live a healthy lifestyle and manage health care supports in my adult life?		
	Safety & Security: How will I stay safe from financial, emotional, physical or sexual harm in my adult life?		
	Advocacy & Engagement: What kind of valued roles and responsibilities do I or will I have, and how can I have control of how my own life is lived?		
	Supports for Family: How do I want my family to still be involved and engaged in my adult life?		
	Supports & Services: What support will I need to live as independently as possible in my adult life, and where will my supports come from?		











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LIFE DOMAIN VISION TOOL | FAMILY PERSPECTIVE

Name of Person Completing: _____ Date: _____

On Behalf of: _____

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FAMILY MEMBER'S FUTURE	PRIORITY
	Daily Life & Employment: What do I think my family member will do during the day in their adult life? What kind of job or career might they want?		
	Community Living: Where and with whom do I think my family member will live in their adult life?		
	Social & Spirituality: How will they connect with spiritual and leisure activities, and have friendship, and relationships in their adult life?		
	Healthy Living: How will they live a healthy lifestyle and manage health care supports in their adult life?		
	Safety & Security: How will my family member be safe from financial, emotional, physical or sexual harm in their adult life?		
	Advocacy & Engagement: How do I think they will have valued roles, responsibilities, and control of how their own life is lived as an adult?		
	Supports for Family: What supports does our family unit need now or will need in the future?		
	Supports & Services: What supports and services might my family member need in the future to lead the kind of life they want as independently as possible?		



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Putting it All Together...

Tools for the Person: lifecoursetools.com/person-centered/

INTEGRATED SUPPORTS STAR

LIFECOURSE PORTFOLIO | EXPLORING

NAME: _____ DATE: _____

WHAT PEOPLE LIKE AND ADMIRE ABOUT ME:

WHAT'S IMPORTANT TO ME:

Personal Strengths & Assets

Technology

Relationships

Community Based

www.LIFECOURSETOOL

LIFE DOMAIN VISION TOOL | INDIVIDUAL

Name of Person Completing: _____ Date: _____

On Behalf of: _____

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FUTURE	PRIORITY
	Daily Life & Employment: What do I think I will do or want to do during the day in my adult life? What kind of job or career would I like?		
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	Supports for Family: How do I want my family to still be involved and engaged in my adult life?		
	Supports & Services: What support will I need to live as independently as possible in my adult life, and where will my supports come from?		

Moving Forward
or future life experiences or goals that are to support your good life vision


Vision for What I Want
List what you want your "GOOD LIFE" to look like

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

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

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Tools for the Family: lifecoursetools.com/family-perspective/

**LIFE TRAJECTORY | FAMILY PERSPECTIVE**









Past Life Experiences
List past life experiences and events that have prepared or supported my family member to move towards a vision for a good life


Moving Forward
List current or future life experiences or goals that will continue to support my family member to move towards a vision for a good life


My Vision for My Family Member's Good Life

**LIFE DOMAIN VISION TOOL | FAMILY PERSPECTIVE**

Name of Person Completing: _____ Date: _____
On Behalf of: _____

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FAMILY MEMBER'S FUTURE	PRIORITY
	Daily Life & Employment: What do I think my family member will do during the day in their adult life? What kind of job or career might they want?		
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	Supports for Family: What supports does our family need now or will need in the future?		
	Supports & Services: What supports and services might my family member need in the future to lead the kind of life they want as independently as possible?		


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**INTEGRATED SUPPORTS STAR**

Personal Strengths & Assets

Relationships

What I Don't Want


**LIFECOURSE PORTFOLIO | FAMILY PERSPECTIVE**



NAME OF PERSON COMPLETING: _____ DATE: _____
ON BEHALF OF: _____


WHAT PEOPLE LIKE AND ADMIRE ABOUT MY FAMILY MEMBER:

WHAT I BELIEVE IS MOST IMPORTANT TO MY FAMILY MEMBER:

WHAT I WANT FOR MY FAMILY MEMBER:

**RECIPROCAL ROLES | FAMILY PERSPECTIVE**

	People's Roles in _____'s life.	Looking Ahead.	What's important to know, make sure continues, or make happen?
 CARING ABOUT			
Share Love, Affection, and Friendship	Who loves and cares about them?	Who else makes them feel loved?	
Spend Time and Create Memories Together	Who else knows things that others don't know well? (habits, history, celebrations)	With whom do they have special memories or experiences?	
Know About Personal Interests, Traditions, and Cultures	Who has a lifetime bond with them?	Who else would step up when/if needed?	
 CARING FOR			
Day-to-Day Needs	Who makes sure activities of daily living and healthcare needs are met?	Who else could provide oversight for these needs?	
Material and Financial Needs	Who makes sure day-to-day basic and quality of life needs are met?	Who else could help make sure this happens?	
Meaningful Relationships and Roles	Who helps connect them to inclusive opportunities and maintain relationships?	Who would be good at helping them connect with and maintain relationships and valued roles?	
Advocacy and Life Decisions	Who supports them in planning meetings and with decision making?	Who else could help with making decisions and advocating?	

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Resources at

www.**LIFECOURSETOOLS**.com

lifecoursetools.com/person-centered/
lifecoursetools.com/family-perspective/



UMKC Institute for Human Development

Charting the LifeCourse Nexus

The intersect of ideas, collaboration and transformation.
www.LIFECOURSETOOLS.com