



**UMKC** Institute for  
Human Development  
Charting the LifeCourse Nexus

# MI DDC Webinar

Charting the LifeCourse: Integrated Supports

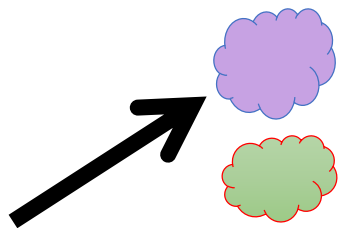
June 18, 2020

# Meet Jenny Turner

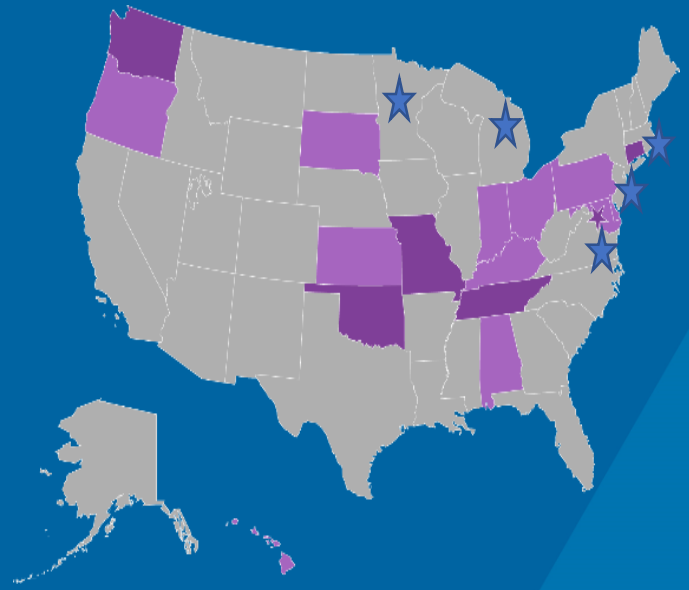
- Sibling of two sisters, one who is in her 30s with a disability & one who is 15 and adopted
- Licensed as a Clinical Social Worker
- Formerly a Support Coordinator and Director of a Provider Agency
- Lead for the National Community of Practice for Supporting Families
- Lead for Organizational and System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



# Charting the LifeCourse Framework



# National Community of Practice on Supporting Families



Lead By:  
NASDDDS  
&  
UMKC-IHD, UCEDD

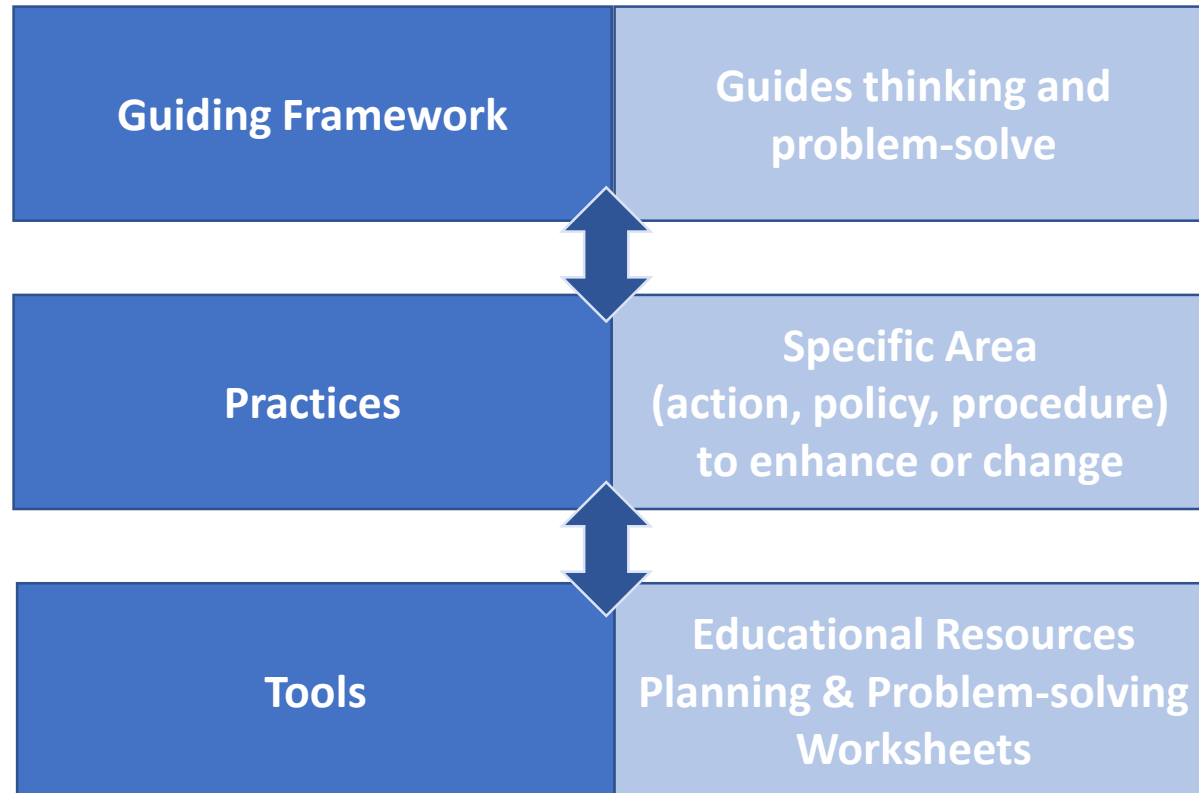
# What is Charting the LifeCourse

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??

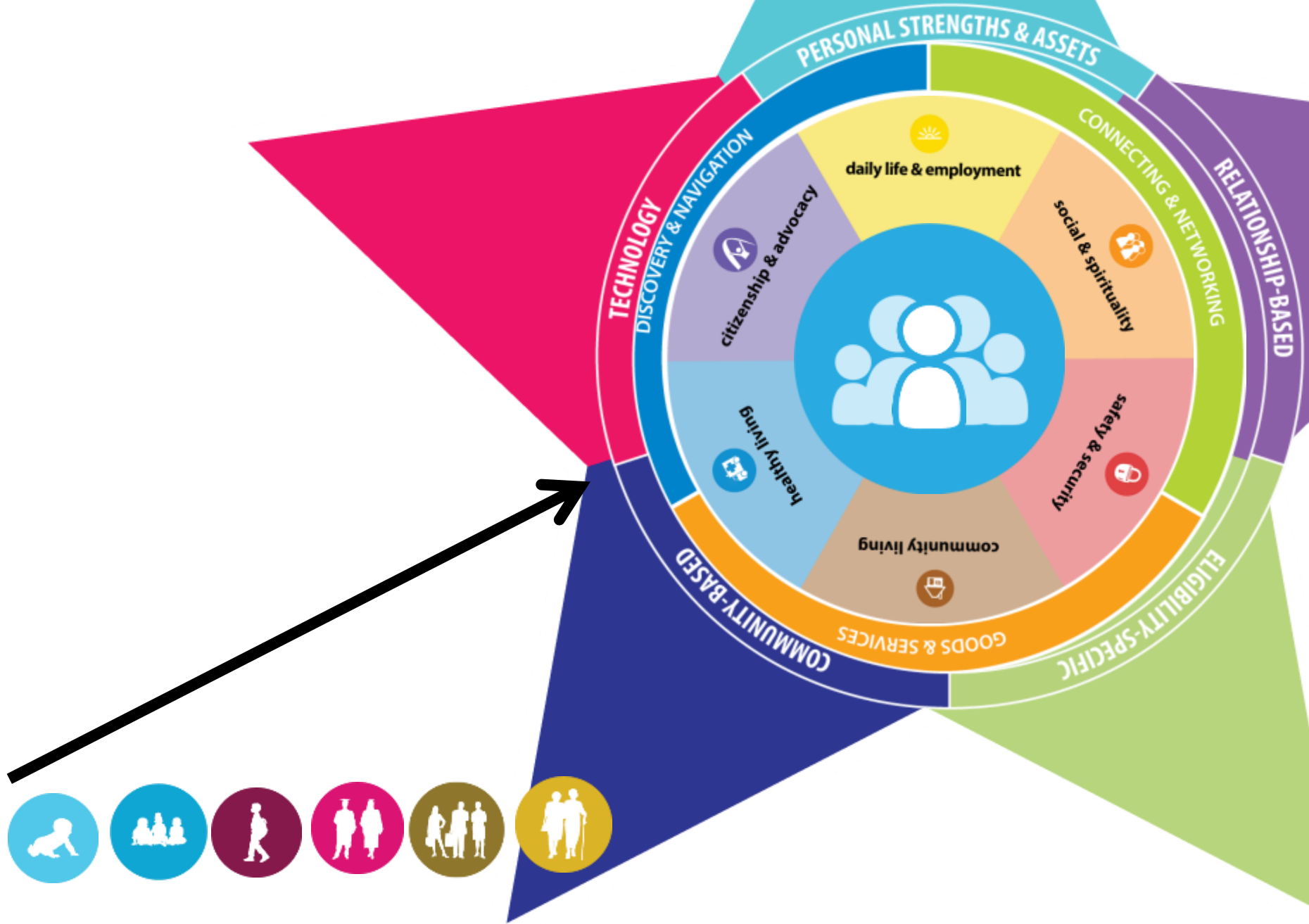


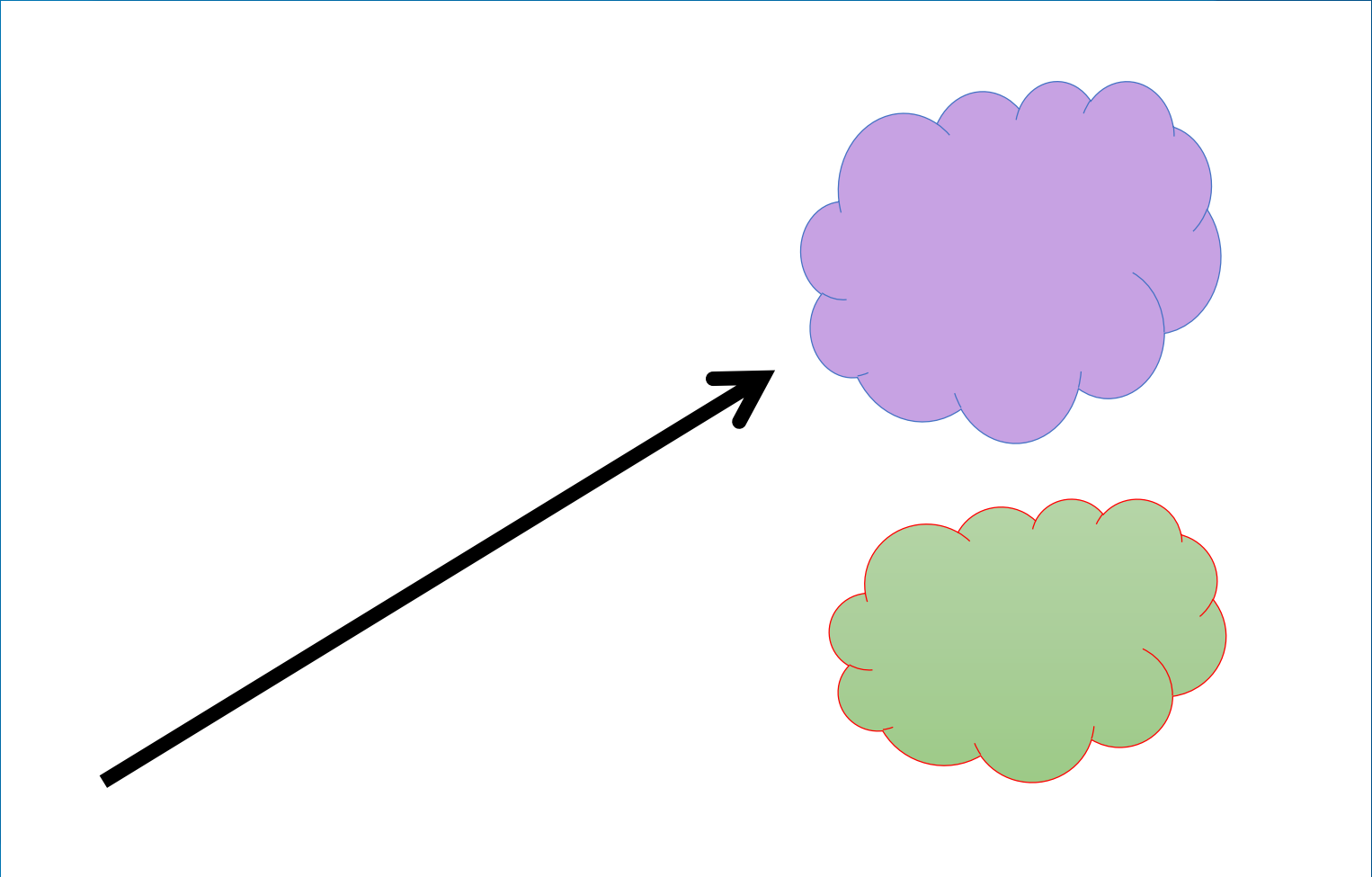


**Core Belief:**  
All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.

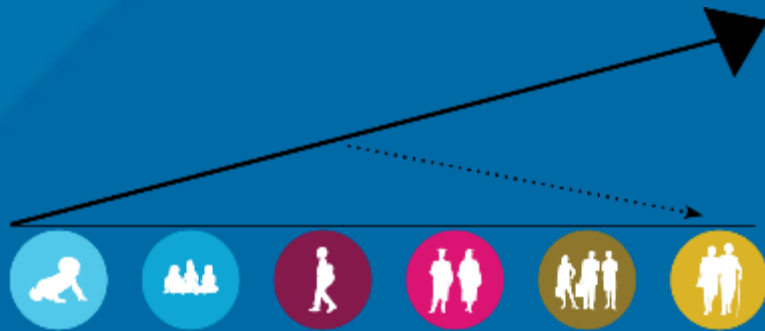










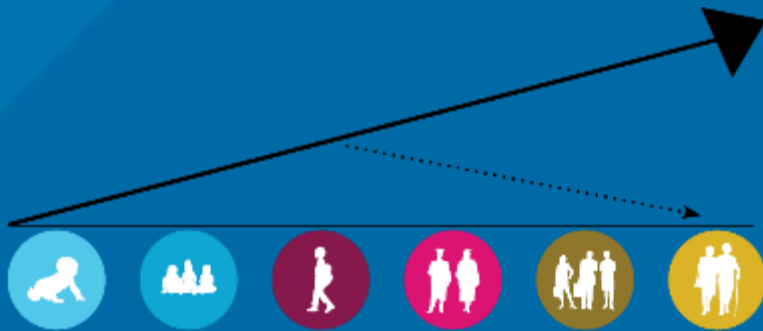


# Vision of a Good Life

## What 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 of a Good Life

Vision of What  
I Don't Want

# Trajectory towards Good Life



Trajectory towards Life Outcomes

Trajectory towards things unwanted

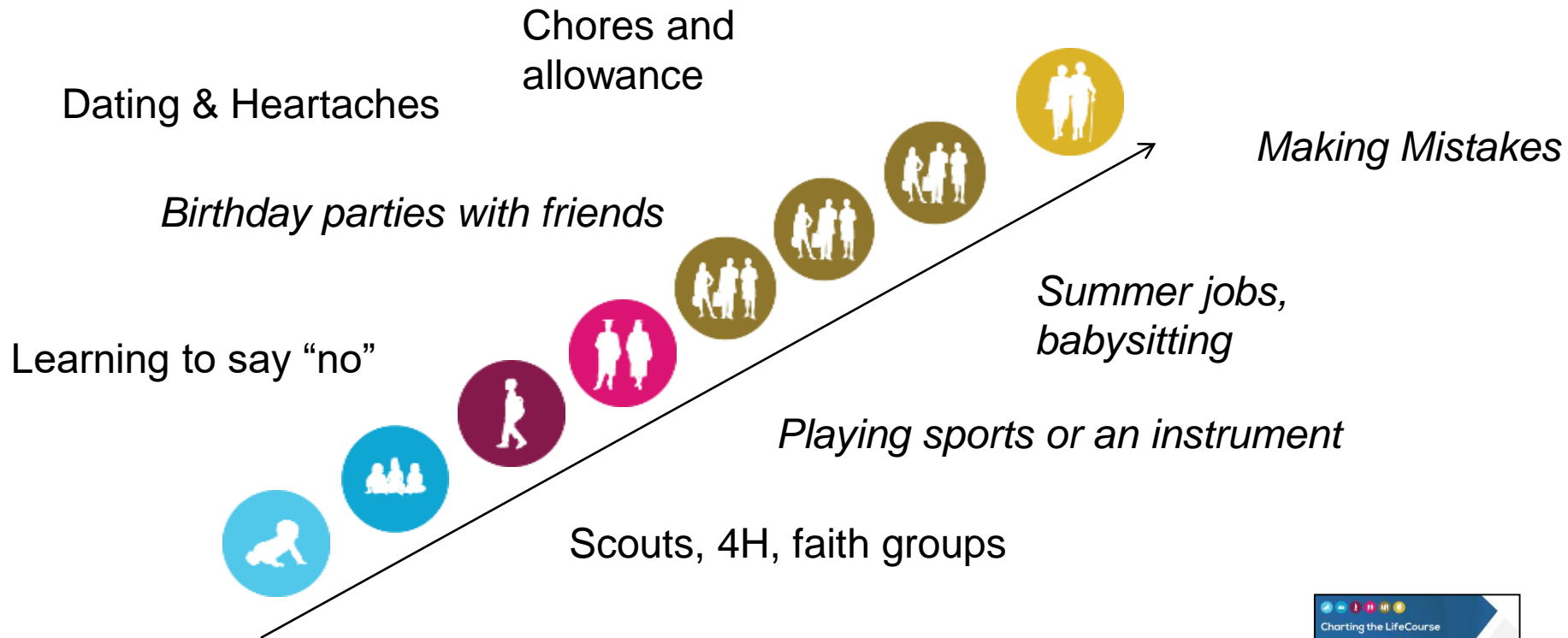
## VISION

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

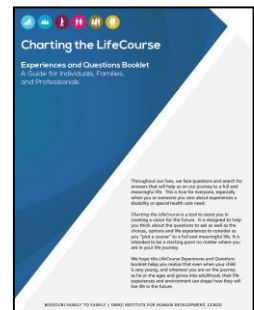
## WHAT I DON'T WANT

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

# Life Experiences = Life Outcomes



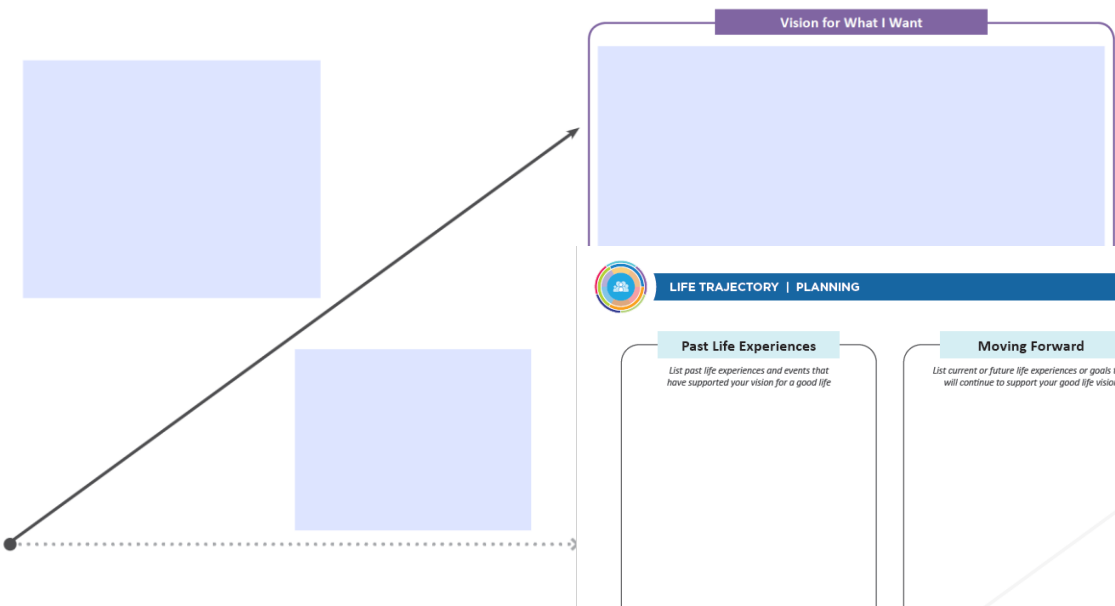
***CtLC Life Experiences Booklet and Quick Guides***



# Tools for Exploring and Planning



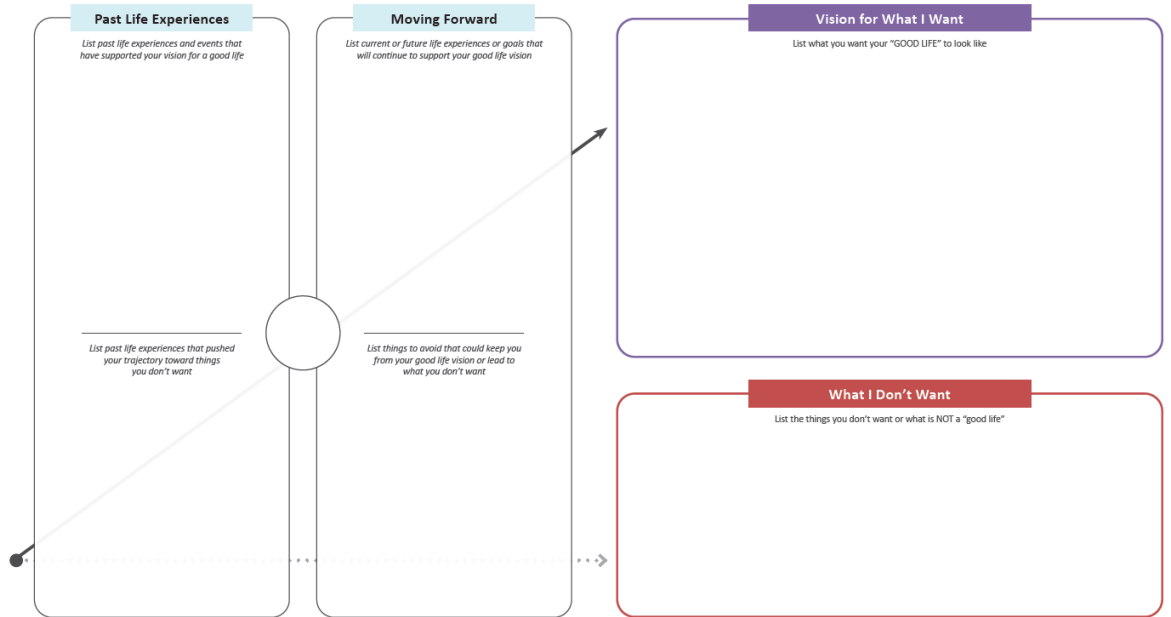
LIFE TRAJECTORY | EXPLORING



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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

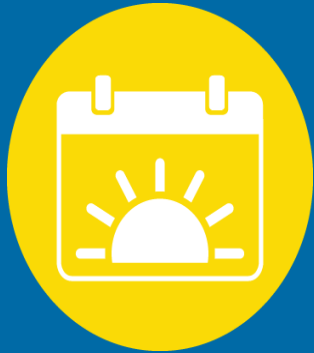
## What I DON'T Want

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

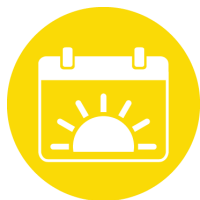
Poor health, heart disease, diabetes;  
 Poverty/no money;  
 Guardianship; institution/group home;  
 Segregation/isolation; being lonely  
 Being treated differently;







# 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









# 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
	<b>Daily Life &amp; Employment:</b> 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?		
	<b>Community Living:</b> Where would I like to live in my adult life? Will I live alone or with someone else?		
	<b>Social &amp; Spirituality:</b> How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?		
	<b>Healthy Living:</b> How will I live a healthy lifestyle and manage health care supports in my adult life?		
	<b>Safety &amp; Security:</b> How will I stay safe from financial, emotional, physical or sexual harm in my adult life?		
	<b>Advocacy &amp; Engagement:</b> 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?		
	<b>Supports for Family:</b> How do I want my family to still be involved and engaged in my adult life?		
	<b>Supports &amp; Services:</b> 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
	<b>Daily Life &amp; Employment:</b> 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?		
	<b>Community Living:</b> Where and with whom do I think my family member will live in their adult life?		
	<b>Social &amp; Spirituality:</b> How will they connect with spiritual and leisure activities, and have friendship, and relationships in their adult life?		
	<b>Healthy Living:</b> How will they live a healthy lifestyle and manage health care supports in their adult life?		
	<b>Safety &amp; Security:</b> How will my family member be safe from financial, emotional, physical or sexual harm in their adult life?		
	<b>Advocacy &amp; Engagement:</b> How do I think they will have valued roles, responsibilities, and control of how their own life is lived as an adult?		
	<b>Supports for Family:</b> What supports does our family unit need now or will need in the future?		
	<b>Supports &amp; Services:</b> 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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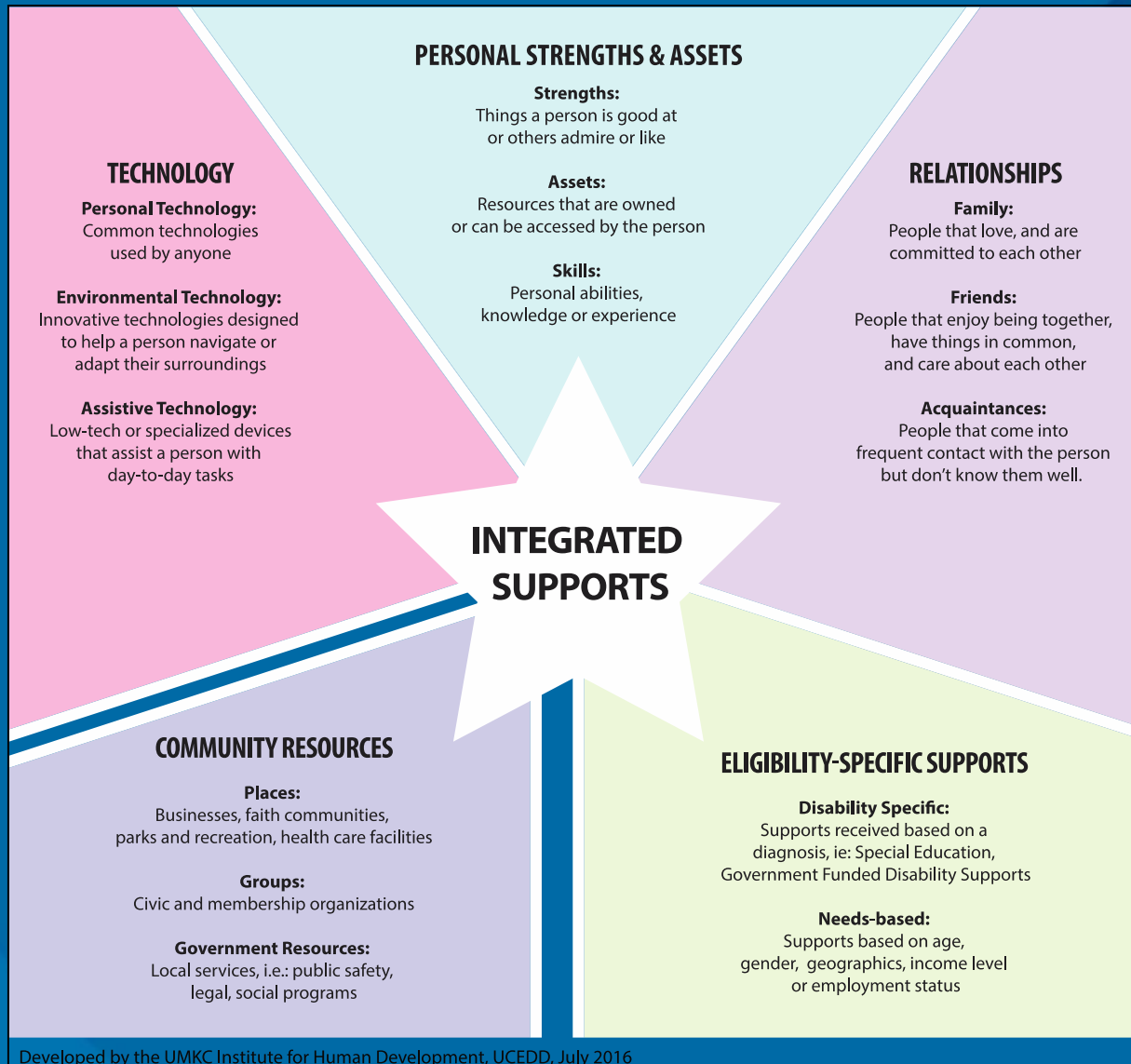




# Integrated Services and Supports

**More than  
“Natural  
Supports  
and  
Formal, paid  
developmental  
disability services  
and supports**

# Integrated Support Star







# Integrated Services and Supports



## RELATIONSHIPS

### **Family:**

People that love, care about, and are committed to each other

### **Friends:**

People that enjoy spending time together, have things in common, and care about each other

### **Acquaintances:**

People that come into frequent contact with the person but don't know them well.



# Integrated Services and Supports

## PERSONAL STRENGTHS & ASSETS

### Strengths:

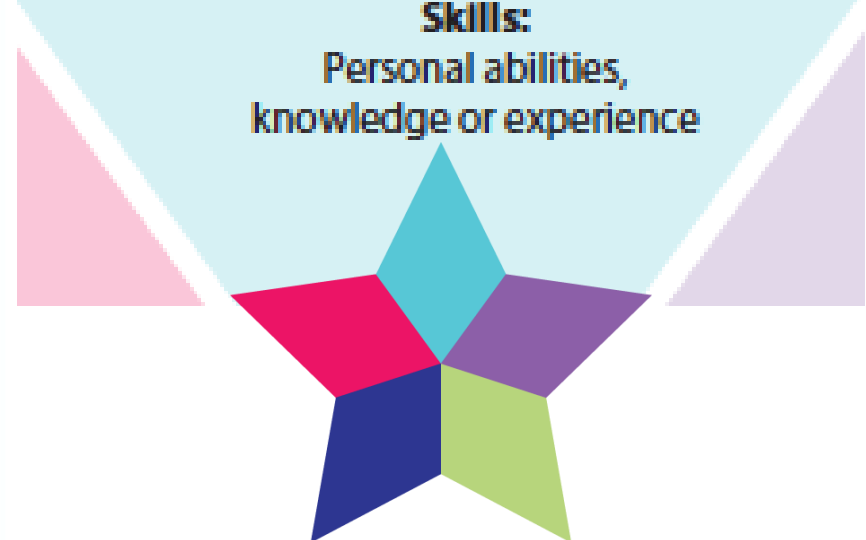
Things a person is good at or others admire or like

### Assets:

Resources that are owned or can be accessed by the person

### Skills:

Personal abilities, knowledge or experience



## 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\*



# Integrated Services and Supports





## 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



# Integrated Services and Supports



# Integrated Services and Supports



## ELIGIBILITY-SPECIFIC SUPPORTS

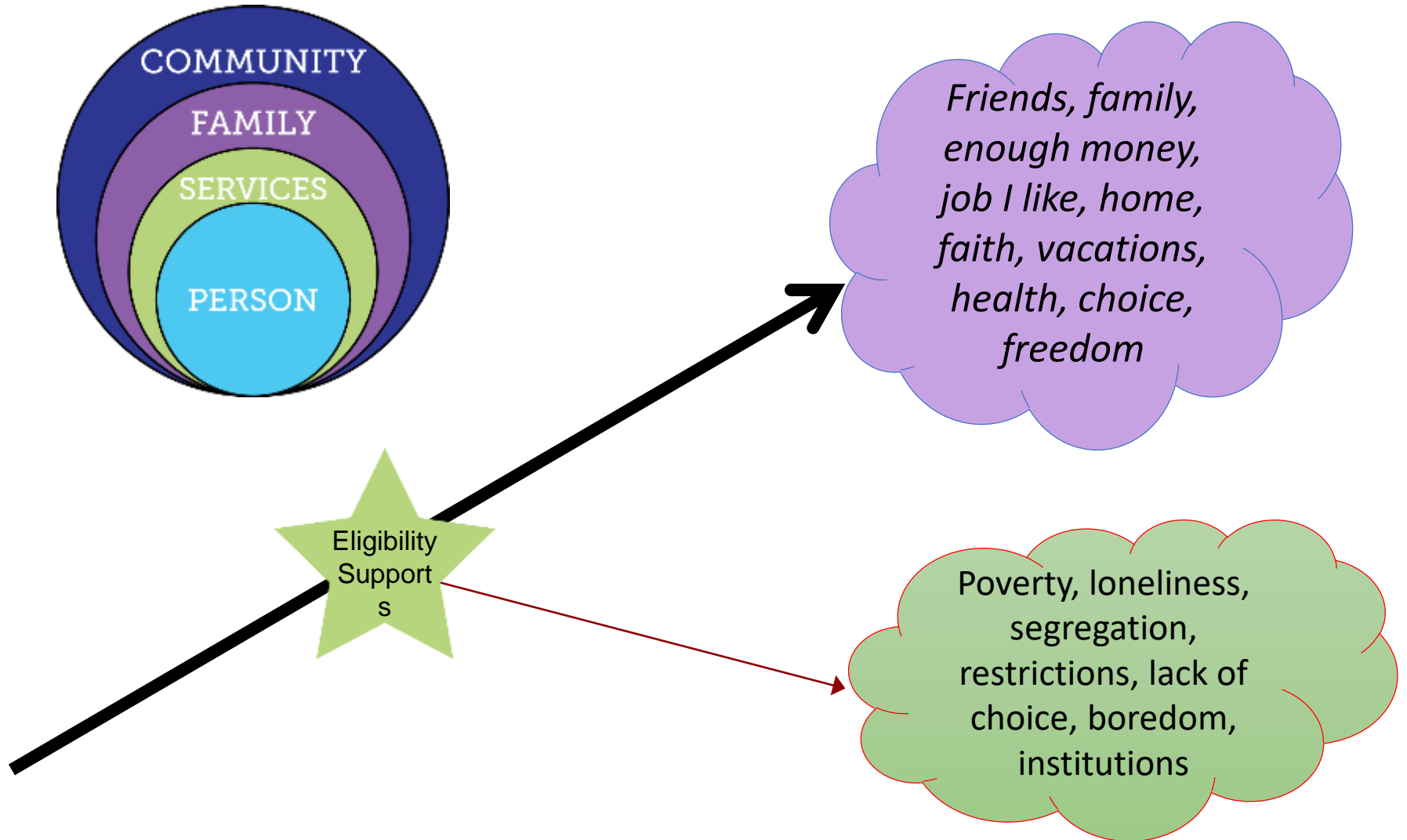
### **Disability Specific:**

Supports received based on a diagnosis, ie: Special Education, Government Funded Disability Supports

### **Needs-based:**

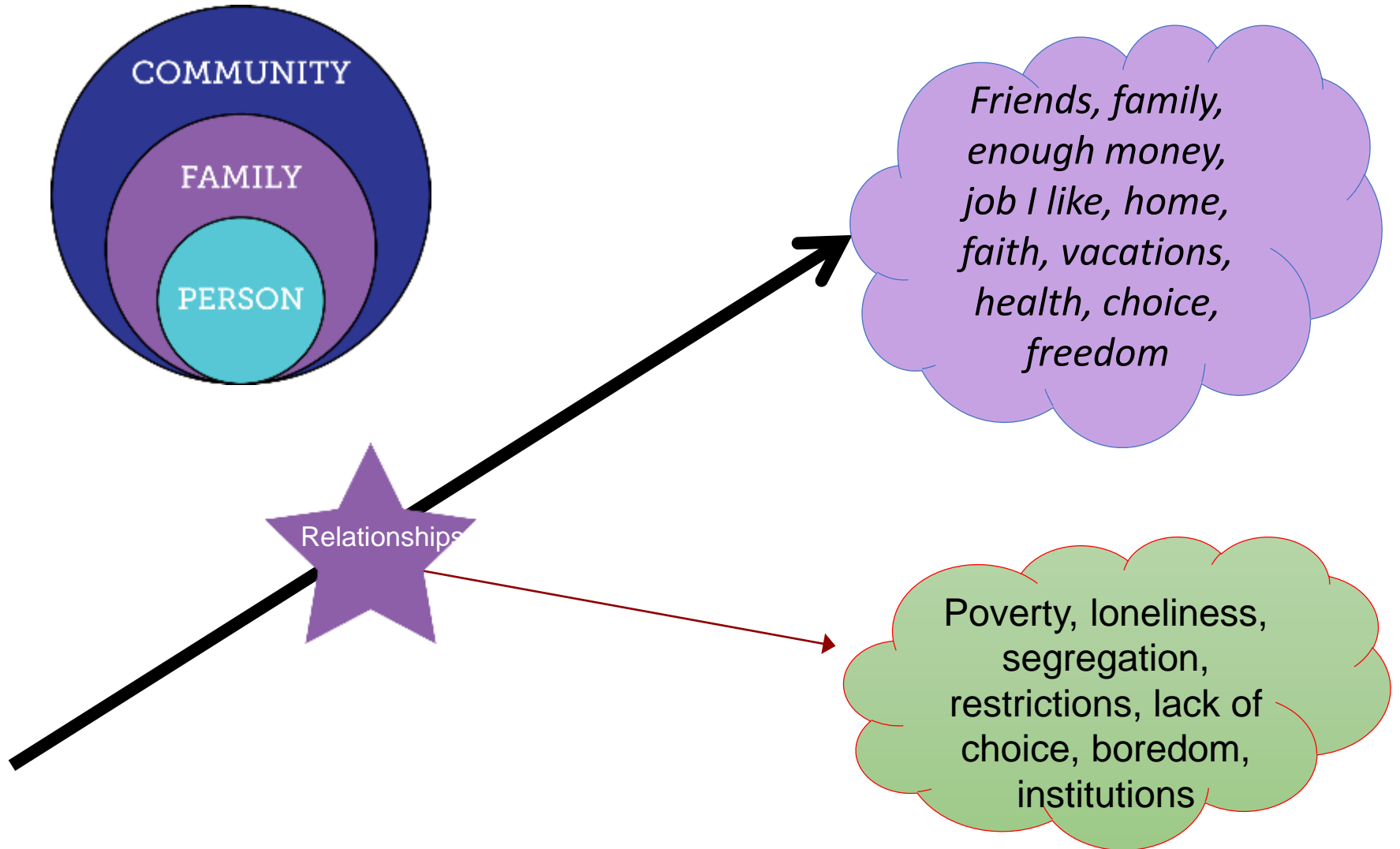
Supports based on age, gender, geographics, income level or employment status

# Focusing ONLY on Eligibility Supports

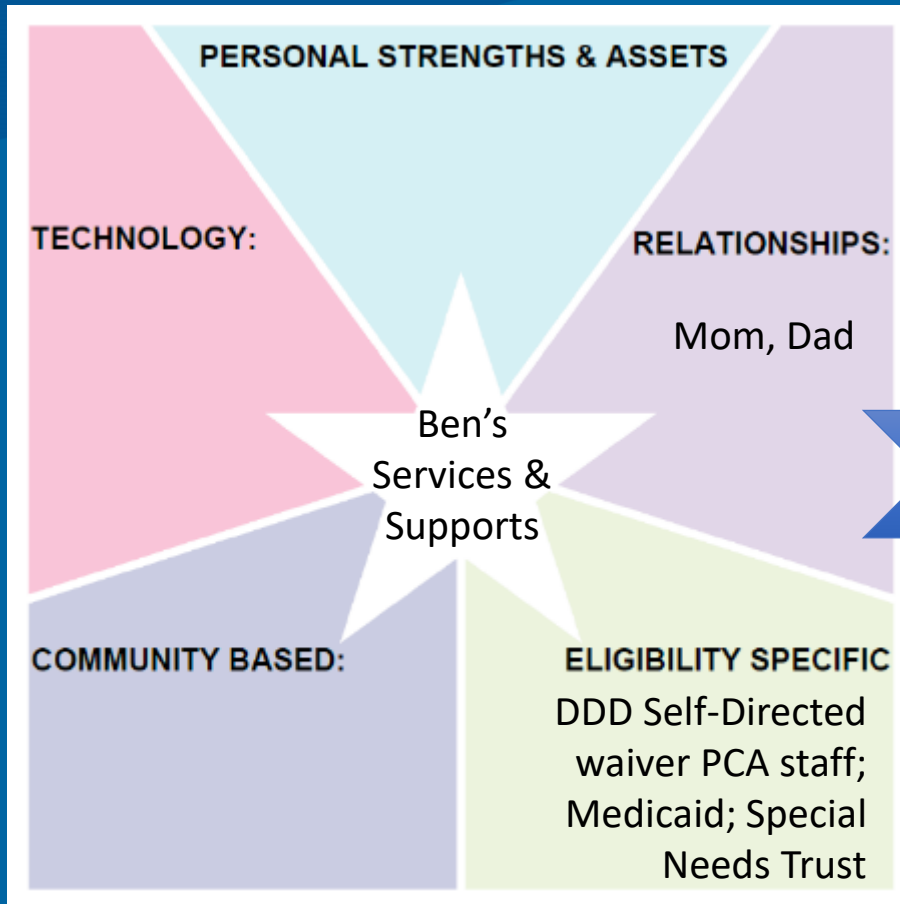




# Relying ONLY on Family & Friends



# Mapping Current Supports

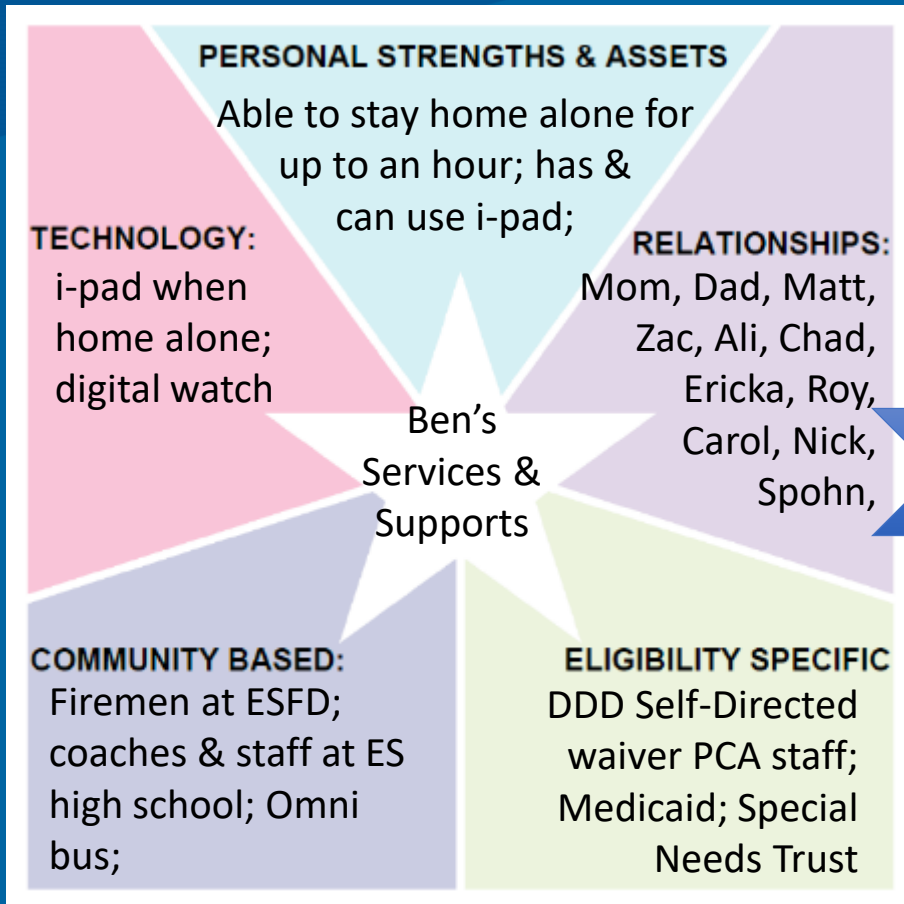


**Long Term Service and Support Needs**

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-8:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
8:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM	Waiver Self-Directed PCA					Parents are weekend support	
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.						
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM	Mom and Dad are overnight staff						
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

Template by Missouri Family to Family @ UMHC-HD, UCEED  
December 2014

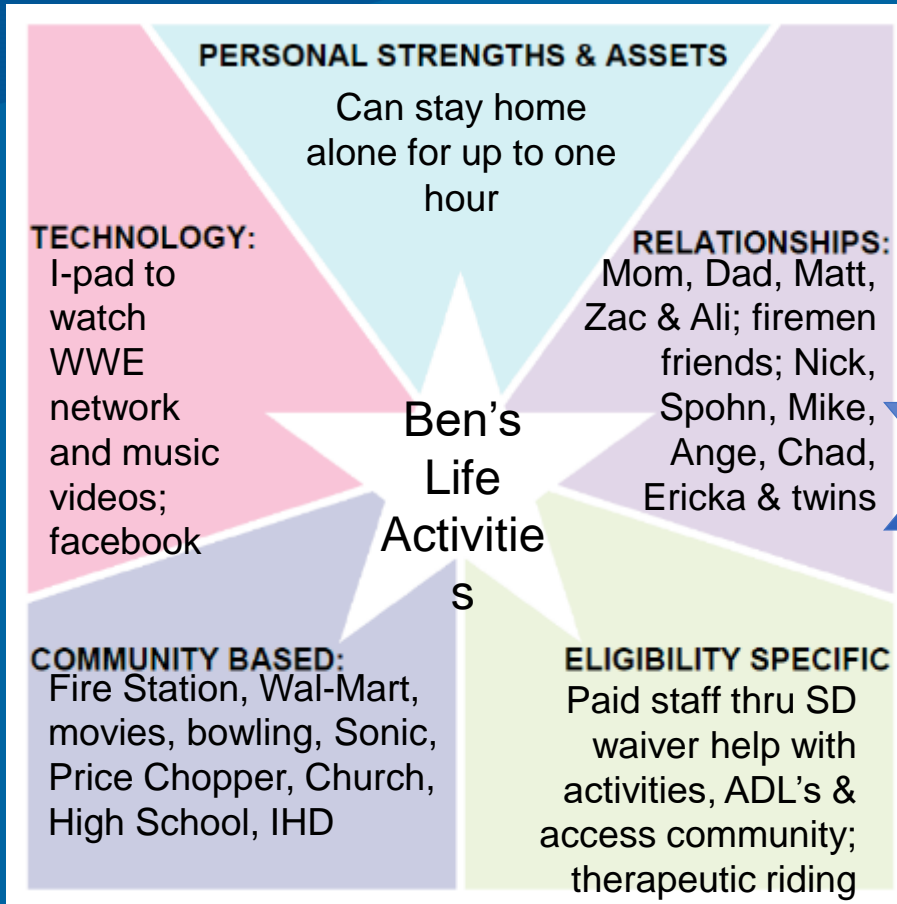
# BEN – After Integrated Supports



**Long Term Service and Support Needs**

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
6:30-7 AM							
7-7:30 AM	Parents support Ben						
7:30-8 AM							
8-8:30 AM	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA		
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							St. Ann's w/ mom
10:30-11 AM							
11-11:30 AM							
11:30-12 PM						Home alone while Mom walks	
12-12:30 PM							
12:30-1 PM		Waiver Self-Directed PCA		Waiver Self-Directed PCA			
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM	Volunteer at high school, supported by coaches and friends						
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM	Mom and/or Dad prepare meal and assist as needed						
6-6:30 PM							
6:30-7 PM	Home alone while Mom walks						Dinner w/ Roy & Carol & family
7-7:30 PM							
7:30-8 PM	WWE With Matt		Horseback Therapy w/ Dad				Nick's Birthday Party with Matt and friends
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM	Mom and Dad are overnight staff						

# Ben's Life Activities



CHARTING the life course

Integrated STAR Activities

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Spend
6:30-7 AM	I-pad while	I-pad while	I-pad while	I-pad while	I-pad		Night with
7-7:30 AM	Mom walks	Mom walks	Mom walks	Mom walks	Mom walks		Matt
7:30-8 AM							
8-8:30 AM		Volunteer		Volunteer	Workout		
8:30-9 AM		Fire Station		Fire Station	@ Gym		
9-9:30 AM	Go for walk	8-Noon	Buy food	8-Noon	Get ready		
9:30-10 AM			& take to		& go to IHD		
10-10:30 AM	Workout		Good Sam.		Volunteer		Church @
10:30-11 AM	@ Gym		Center		At IHD		St Ann's
11-11:30 AM	Watch TV		Watch TV		with PCA		
11:30-12 PM			Lunch with				
12-12:30 PM	Lunch with	Lunch with	PCA help	Lunch with	Lunch @		
12:30-1 PM	PCA help	Firemen @	Workout	PCA help	Crown Cntr		
1-1:30 PM	Library	El Mageuy	@ Gym	Wal-Mart			
1:30-2 PM		Watch TV		With PCA			
2-2:30 PM	Watch TV	& chill until	Sonic drink	Watch TV	Get ready		
2:30-3 PM	& chill	football	Chill time	& chill	for game		
3-3:30 PM	Football	Football	Football	Football	ESHS		
3:30-4 PM	Practice	Practice	Practice	Practice	Tigers		
4-4:30 PM					Football		
4:30-5 PM					Game		
5-5:30 PM						Dinner with	
5:30-6 PM		Go visit				Matt (twin)	
6-6:30 PM		Twins, Chad	McDonalds				Watch
6:30-7 PM		& Ericka in				Music	PayPerView
7-7:30 PM		Lawson				Concert	with
7:30-8 PM	I-pad when	I-pad while	Northland	I-pad while		with Matt	Firemen
8-8:30 PM	Mom walks	Mom walks	Therapeutic	Mom walks			friends
8:30-9 PM			Horseback				
9-9:30 PM			Riding				
9:30-10 PM							
10 PM-6 AM						Spend night with Matt at his apartment	

MISSOURI FAMILY TO FAMILY | UMKC-IHD, UCEDD February 2015

# 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.

- Technology that she has**
- Digital watch
  - TV
  - Home phone

**Personal Strengths & Assets**

- Great cook
- Very knowledgeable about everything and others
- Awesome advocate for herself and others
- Her own person
- Loves promoting good causes
- Does laundry & dishes

**Relationship Based that she has**

- Likes to read
- Nick - like a grandson
- Nathan - like a grandson
- Bill - man she likes
- Keith - childhood friend & preacher
- Her man if he didn't hurt her feelings so much
- Bill - in her life more
- Autumn - Nick's daughter - like a granddaughter

**Debbie T**

- That she wants**
- Computer
  - Internet
  - Cell phone

- That she wants somewhere she can be around cattle**

- Community Based that she has**
- East Hills Church of Christ
  - TOPS
  - Cabs

- Eligibility Specific that she has**
- SSA
  - Medicare
  - Section 8 housing
  - PCS
  - DHSS
  - Blue Skies
  - No health net
  - Primary doc
  - eye doc
  - Mosaic for legs therapy

**That she wants None to add**

# CHARTING the life course



## Long Term Support Needs

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM	Up at 5:30 am						Up at 5:30
7-7:30 AM	Does laundry, dishes, &						laundry, dishes, hygiene
7:30-8 AM	Writes						Breakfast
8-8:30 AM							Keith
8:30-9 AM							Keith
9-9:30 AM	DHSS Supports						Keith
9:30-10 AM	Breakfast					Dr. Cook	Keith
10-10:30 AM	Shower						Keith
10:30-11 AM							Keith
11-11:30 AM	House Cleaned					grocery shop	Keith
11:30-12 PM	Pay bills						Keith
12-12:30 PM	makes her own lunch					!!!	!!!
1-1:30 PM	NAPS					!!!	!!!
1:30-2 PM	TV					SC visits	TV
2-2:30 PM	TV						TV
2:30-3 PM	Read newspaper						snack
3-3:30 PM	Read BOOKS					Get ready	Keith
3:30-4 PM	makes her own dinner						Keith
4-4:30 PM	Read BOOKS						Keith
4:30-5 PM							Keith
5-5:30 PM							Keith
5:30-6 PM							Keith
6-6:30 PM							Keith
6:30-7 PM							Keith
7-7:30 PM							Keith
7:30-8 PM							Keith
8-8:30 PM	Any sports on TV						Keith
8:30-9 PM							Keith
9-9:30 PM							Keith
9:30-10 PM							Keith
10 PM-6 AM	Bed at 12:30 am						Bed at 12:30



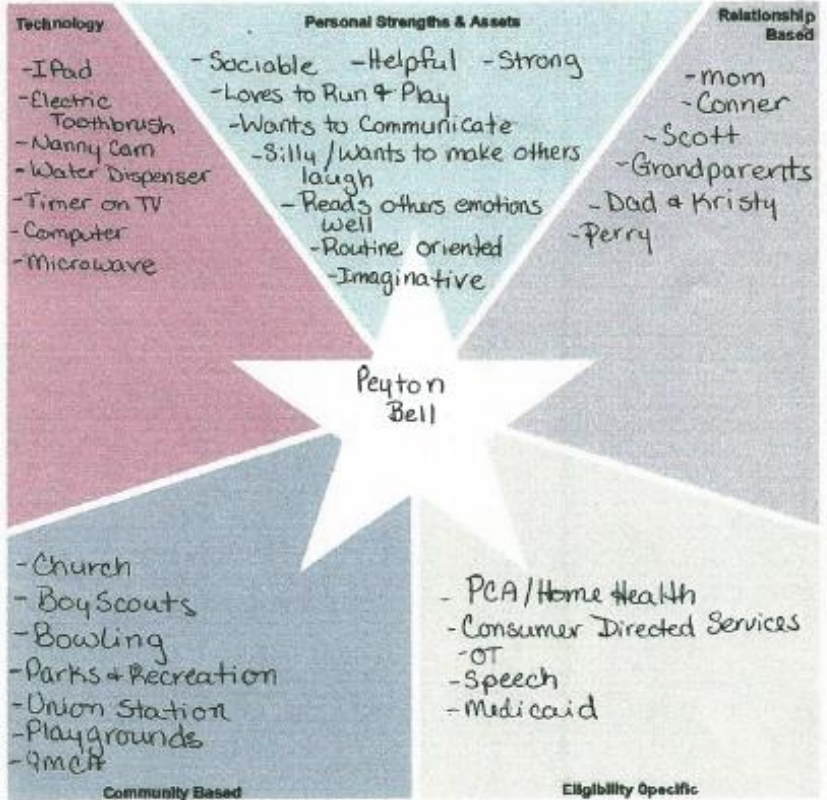
# Advocating at School: Peyton's Integrated Supports

## 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.



## CHARTING the life course

### Long Term Support Needs

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							Church
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM						PCA / Home Health	
1-1:30 PM							
1:30-2 PM						Home Health	
2-2:30 PM							
2:30-3 PM							Home Health
3-3:30 PM							Home Health
3:30-4 PM							Home Health
4-4:30 PM	PCA / Home Health	PCA / Home Health	PCA / Home Health	PCA / Home Health	PCA / Home Health		Home Health
4:30-5 PM	Home Health	Home Health	Home Health	Home Health	Home Health		Home Health
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							Sports
7-7:30 PM							
7:30-8 PM	Boy Scouts						
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							



# Self-Directing Supports: Pat's Self-Directed Schedule

CHARTING the life course



## Long Term Support Needs

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM	Alarm &/Or Rest Assured ADL reminders						
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM	Employment						
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM	Transportation- Oat's Public/ walking/ bike/ car/ cab/ co-worker						
12:30-1 PM							
1-1:30 PM	Home Manage.	Community Home Man.	Community Home Man.	Home Manage.		Home with family or Spend time with Mike	
1:30-2 PM							
2-2:30 PM							
2:30-3 PM			Recreation- YMCA				
3-3:30 PM	MTBH- BEN			MTBH- BEN			
3:30-4 PM							
4-4:30 PM					Community/ Recreational/ Out to eat		
4:30-5 PM							
5-5:30 PM	Cook	Cook	Cook	Cook			
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM	Remote Monitoring						

# Planning for Hospital Discharge: Barbara's Life Before the Hospital

CHARTING the life course

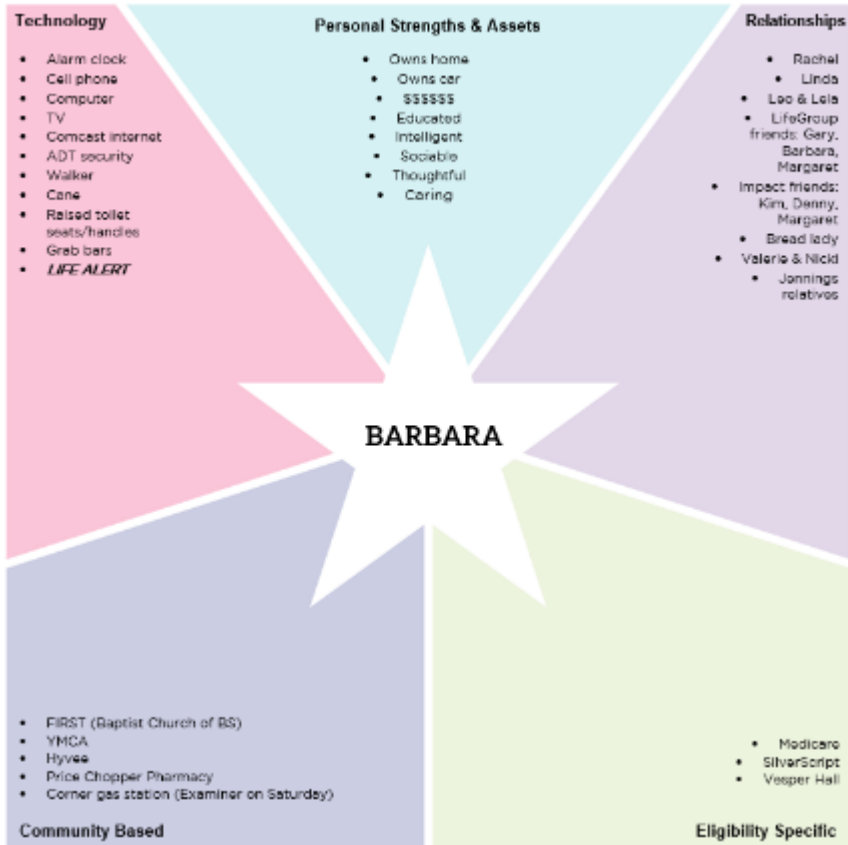


Barbara's Long Term Support Schedule

May 2015

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM							
9:30-10 AM		Volunteering at Impact		Volunteering at Impact			Church & Sunday School
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM						Rachel comes over for lunch	
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							Night church
6:30-7 PM					LifeGroup with friends		
7-7:30 PM				Fun night at church			
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

# After Hospital



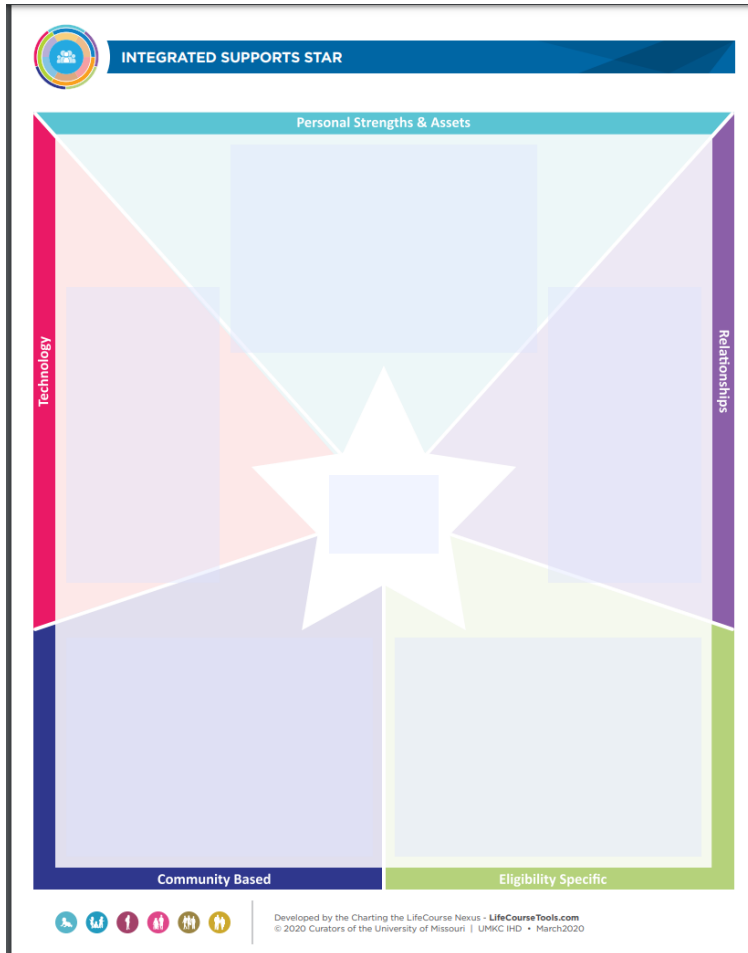
## CHARTING the life course



### Barbara's Long Term Support Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							Rachel takes Grandma to church and attends
9-9:30 AM							
9:30-10 AM							
10-10:30 AM		Sherry Blyler - bread					
10:30-11 AM							LifeGroup with friends
11-11:30 AM							
11:30-12 PM	Ronda						Rachel helps Grandma grocery shop and plan menu for the next week
12-12:30 PM		Chaney					
12:30-1 PM				Chaney			
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM						Chaney	
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM	Rachel	Rachel	Rachel	Rachel	LifeGroup with friends		
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

# Integrated Support Planning Tools



**INTEGRATED RESPITE SCHEDULE**

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-6:30 AM							
6:30-7:00 AM							
7:00-7:30 AM							
7:30-8:00 AM							
8:00-8:30 AM							
8:30-9:00 AM							
9:00-9:30 AM							
9:30-10:00 AM							
10:00-10:30 AM							
10:30-11:00 AM							
11:00-11:30 AM							
11:30-12:00 PM							
12:00-12:30 PM							
12:30-1:00 PM							
1:00-1:30 PM							
1:30-2:00 PM							
2:00-2:30 PM							
2:30-3:00 PM							
3:00-3:30 PM							
3:30-4:00 PM							
4:00-4:30 PM							
4:30-5:00 PM							
5:00-5:30 PM							
5:30-6:00 PM							
6:00-6:30 PM							
6:30-7:00 PM							
7:00-7:30 PM							
7:30-8:00 PM							
8:00-8:30 PM							
8:30-9:00 PM							
9:00-9:30 PM							
9:30-10:00 PM							
10:00-6:00 AM							

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<https://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/>

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/respite/>

# Integrated Support Resources



## INTEGRATED SUPPORTS STAR | HEALTHY LIVING

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



## Additional Integrated Supports Star Resources

These "Starter Stars" will help you get started brainstorming integrated supports in the life domains and related topics. Download the 11-17 (Tabloid) Integrated Support Options that contains ideas for all of the life domains here.

<p><b>Daily Life/Employment Support Options</b></p> <p>Explore supports in all the categories of the star that would help with getting or keeping a job, building a career, or other goals for daily life and employment.</p> <p><a href="#">Download Starter Star</a></p>	<p><b>Healthy Living Support Options</b></p> <p>Discover ideas in each area of the star to get you started thinking about options for a variety of supports that will help you lead a healthy life or work on goals for healthy living.</p> <p><a href="#">Download Starter Star</a></p>	<p><b>Social and Spirituality Support Options</b></p> <p>This "starter star" will help you with ideas for supports in all the sections of the star for friendships, social activities, and other social and spiritual goals.</p> <p><a href="#">Download Starter Star</a></p>	<p><b>Community Living Support Options</b></p> <p>Explore options in each part of the star for housing, home adaptations or modifications, accessing the community, and other goals for community living.</p> <p><a href="#">Download Starter Star</a></p>
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<https://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/>



Resources at

www.**LIFECOURSETOOLS**.com



**UMKC** Institute for  
**Human Development**  
Charting the LifeCourse Nexus

The intersect of ideas, collaboration and transformation.  
[www.LIFECOURSETOOLS.com](http://www.LIFECOURSETOOLS.com)