CHARTING the LifeCourse













Integrated 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 Personal Strengths & Assets		Relationships	
Current	Current	Future	Current
do you use to connect to other people and regularly occurring activities in your app	interests? at environments do you prefer? What do others preciate about you? t makes you a good friend?	 What skills do you want to learn so you can become an even better friend? What interests or hobbies do you want to try that would connect you with others? 	 Who are your friends now? Who do you know who could become a closer friend? Where are you already a member of a group? What relationships can be deepened in that group?
What technology could you use in the future to connect to other people and regularly occurring activities in your community?	Suppor Friend:	rting ships	 Who do you know who can introduce you to other people with similar interests? Where can you become a member of a group that meets regularly and shares interests?
Current			Current
your community interests?	e regularly meet in who share your nships that can be	 Do support staff need training in how to facilitate and promote friendships? Can services can be changed so they better 	 Do you have staff who can connect you with other people, or who can help you participate? Do you have support to help with transportation, membership fees, etc?

Community Based

Future

Future

promote relationship

building?

Eligibility Specific

Access the LifeCourse framework and tools at lifecoursetools.com.

activities?

deepened in current places or