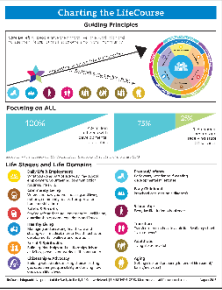

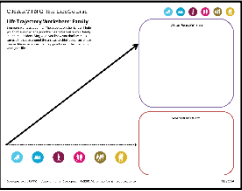
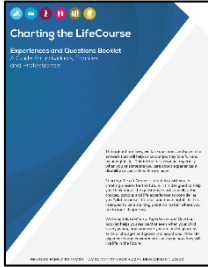
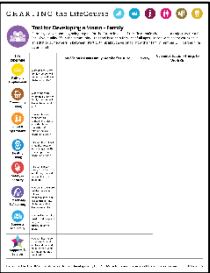
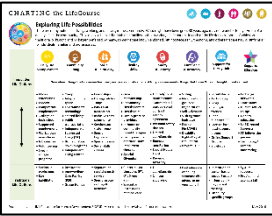




## LIFECOURSE TOOLKIT

This is a menu of the LifeCourse Tools for individuals, families, and professionals. The column on the left lists tools for having conversations with individuals and families about a vision for a good life and how to achieve it. The corresponding handouts in the right hand column are intended to be used to supplement, further understand, and generate ideas when using the tools on the left.

Tools for Conversations	Supplemental Handouts
 <p><b>LifeCourse Infographic</b> This handout is a visual representation to help with understanding the LifeCourse framework guiding principles. It highlights the key areas of the framework and presents the information concisely. This handout pairs best with a presentation or professional who knows the framework well and is able to answer any questions.</p>	 <p><b>Foundation of the LifeCourse Framework</b> This tool explains the main elements and core beliefs of the life course framework. It can be used to help someone who is unfamiliar with the LifeCourse framework or tools understand the basics and explain it to others.</p>
 <p><b>Life Trajectory Worksheet: Individual/Family</b> Everyone wants a good life, and defines their good life in their own way. This tool can be used to help individuals and families think about what a good life means to them, and also identify what they know they don't want. The space around the arrows can be used to think about current or needed life experiences that help point the trajectory arrow in the direction of the good life vision.</p>	 <p><b>Charting the LifeCourse: Experiences and Questions Booklet</b> This booklet helps individuals and families know the questions to ask and things to think about throughout the life course, in order to have the experiences that help lead to the good life that they envision. Most of the questions and life experiences in this booklet could apply to anyone, whether they have a disability or not!</p>
 <p><b>Tool for Developing a Vision: Individual and Family Versions</b> Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help individuals of all ages and/or their families— from the very young child, an adult or somewhere in between - start to think about a more specific vision for life as an adult. This tool also helps individuals and families narrow down what life domain(s) they are focusing on by rating what is most important to them at this point in time.</p>	 <p><b>Exploring Life Possibilities</b> There are many options for living, working, and playing in the community. What might have been great 30 years ago, may not work for today's vision of a quality life in the community. This tool is to help individuals and families look at a variety of life options, some of which are traditional or historic and no longer preferred by many, some that are known and tried, but not necessarily the norm, and others that are new or unfamiliar to individuals, families and professionals.</p>

# CHARTING the LifeCourse



	<p><b>Integrated Supports Star</b></p> <p>People often need support to lead good lives. Using a combination of many different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals brainstorm the supports that they already have or might need in order to work in partnership to make their vision for a good life possible.</p>		<p><b>Integrated Support Options</b></p> <p>People often need support to lead good lives. Using a combination of many 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.</p>
	<p><b>Long Term Service and Support Needs Template</b></p> <p>Once people have figured out the types of supports needed and/or existing, this template is a way to apply the supports to a daily/weekly schedule.</p>		<p><b>Long Term Service and Support Needs – Before and After Integrating Support</b></p> <p>This is an example of what the template looks like filled out for a particular individual in a more traditional systems model and in an integrated support model.</p>

## ALSO AVAILABLE

<p><b>Charting the LifeCourse: Daily Life &amp; Employment</b></p> <p>This 20-page guide is meant to help transition age youth and families figure out what daily life is going to look like after high school ends. It includes activities and resources to begin to think about jobs, careers, or continuing education in adult life.</p>	<p><b>Charting the LifeCourse: Focus on Transition</b></p> <p>This short, four page guide can be given to youth and parents of youth who are nearing or have reached transition age, to help them begin to think about things in each of the life domains that will be important in the transition from school to adult life. It includes questions to ask and options to consider and discuss with transitioning youth, to move toward a vision for a good life as an adult.</p>	<p><b>Charting the LifeCourse: Focus on Aging</b></p> <p>This short, four page guide can be given to aging individuals, caregivers, family members, and supporters to help them think about some of the questions to ask, options to consider, and conversations to have as they age. Choices and decisions individuals and family member make during this time can help to positively shape the future and the life they will live as they get older.</p>
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LifeCourse Tools and materials are available for download and printing at [www.lifecoursetools.com](http://www.lifecoursetools.com).