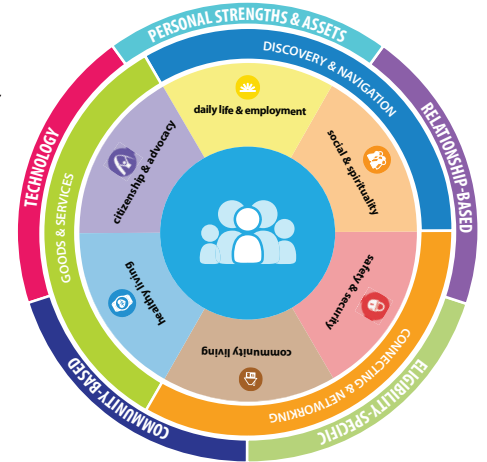
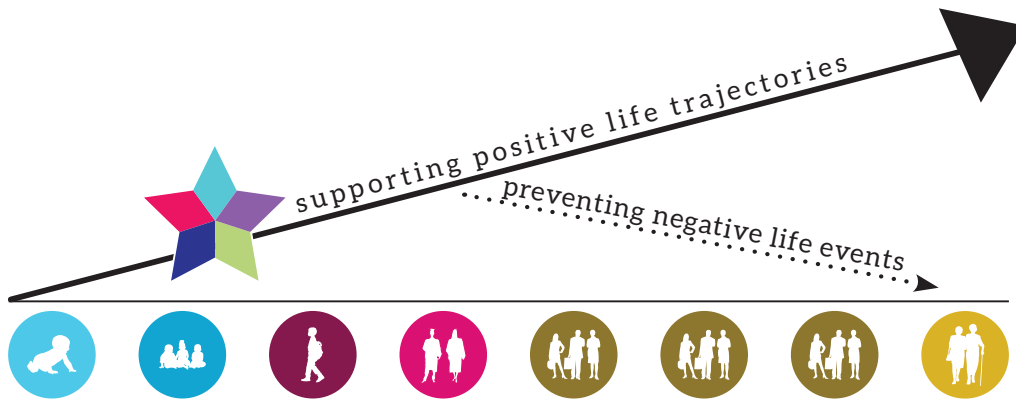


# Charting the LifeCourse™

## Guiding Principles

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



## Focusing on ALL

100%

4.9 million  
citizens with  
developmental  
disabilities

75%

25%

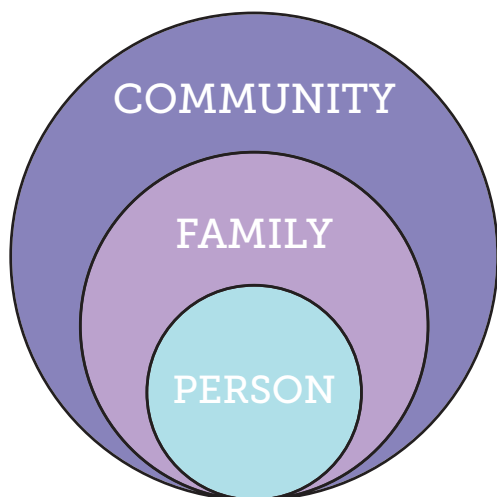
25% national  
percentage  
receiving state  
DD services

Based on 1.49% prevalence, US Census 2013. Braddock et al, State of the State 2013

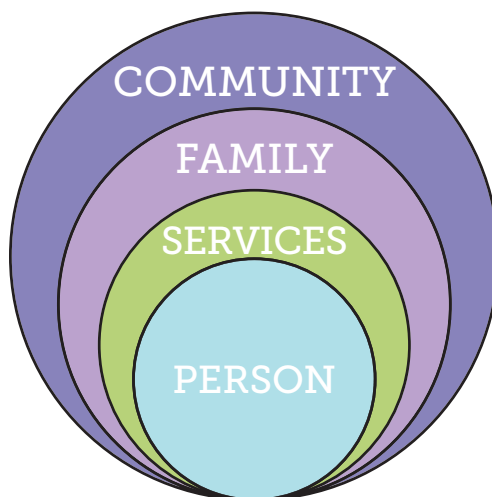
## Life Stages and Life Domains

<b>Meaningful Day &amp; Employment:</b> What you do as part of everyday life– school, employment, volunteering, communication, routines, life skills.	<b>Prenatal/Infancy</b> Early years, wondering if meeting developmental milestones
<b>Community Living</b> Where and how you live– housing and living options, community access, transportation, home modifications.	<b>Early Childhood</b> Preschool age, getting a diagnosis
<b>Safety &amp; Security</b> Staying safe and secure– emergencies, well-being, guardianship options, legal rights and issues.	<b>School Age</b> Everyday life during school years
<b>Healthy Living</b> Managing and accessing health care and staying well– medical, mental health, behavior, developmental, wellness and nutrition.	<b>Transition</b> Transitions from school to adult life– Realizing school is almost over!
<b>Social &amp; Spirituality</b> Building friendships and relationships, leisure activities, personal networks, faith community.	<b>Adulthood</b> Living life as an adult
<b>Citizenship &amp; Advocacy</b> Building valued roles, making choices, setting goals, assuming responsibility and driving how one's own life is lived.	<b>Aging</b> Getting older and preparing for end of life (parent/family/individual)

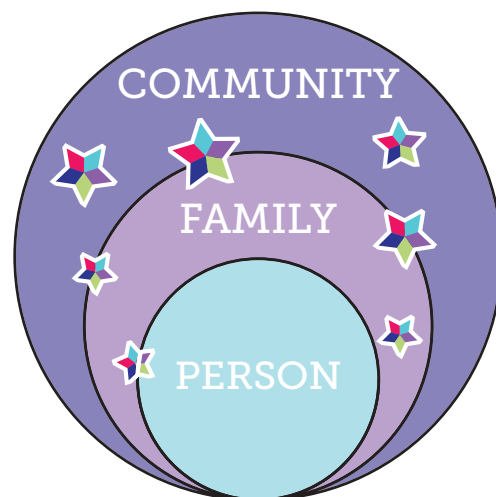
# Person within the Context of Family & Community



People with disabilities are members of their families and communities

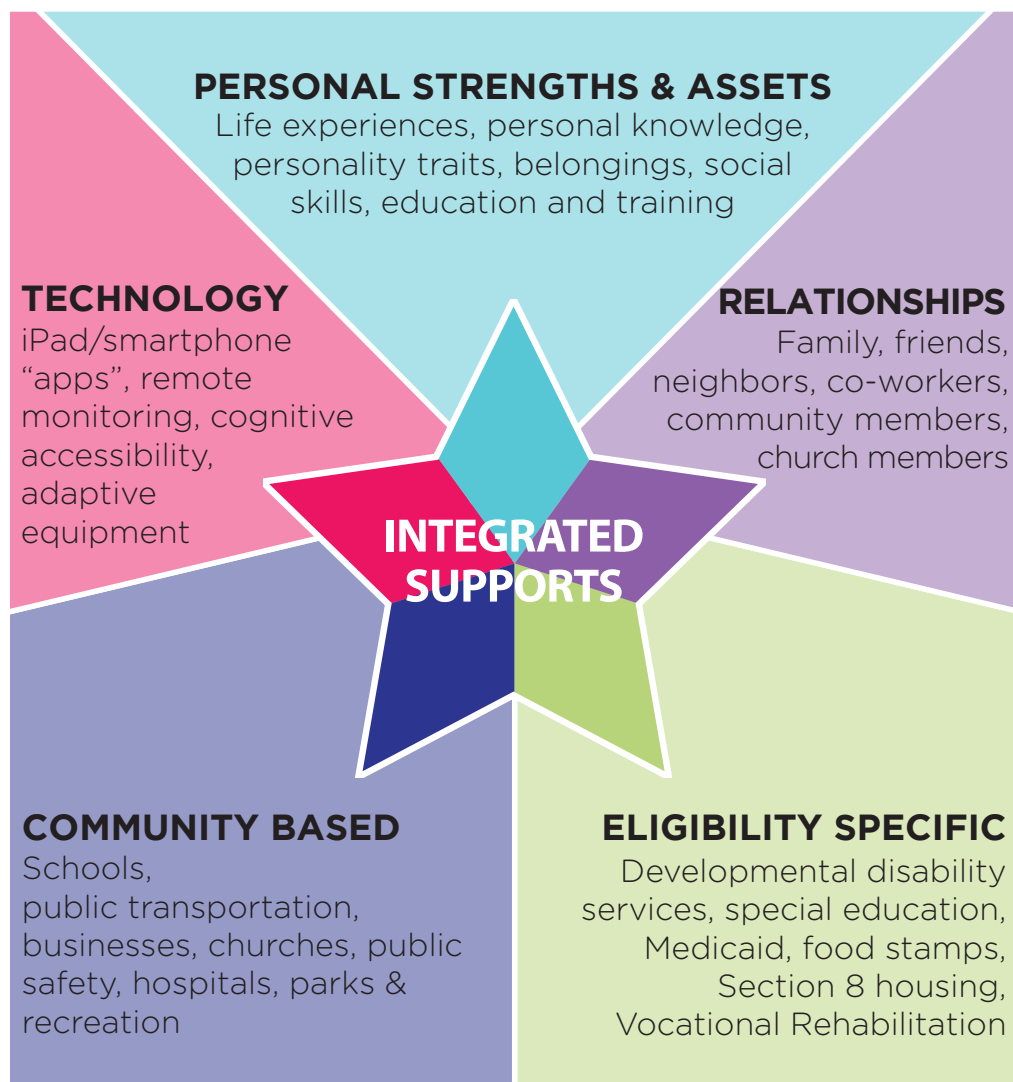


With the best of intentions



All people receive integrated services and supports

## Integrated Supports for a Good Life



## Strategies for Supporting Real Lives

### Discovery & Navigation: Knowledge & Skills

- Information on disability
- Knowledge about best practices and values
- Skills to navigate and access services
- Ability to advocate for services and policy change

### Connections & Partnerships: Mental Health & Self-efficacy

- Parent-to-Parent Support
- Self-Advocacy Organizations
- Family Organizations
- Sib-shops
- Support Groups
- Professional Counseling
- Non-disability community support

### Goods and Services: Instrumental Supports

- Self/Family-Directed services
- Transportation
- Respite/Childcare
- Adaptive equipment
- Home modifications
- Financial assistance
- Cash Subsidies
- Short/Long term planning
- Caregiver supports & training

Access the Charting the LifeCourse™ tools and framework at [lifecoursetools.com](http://lifecoursetools.com)