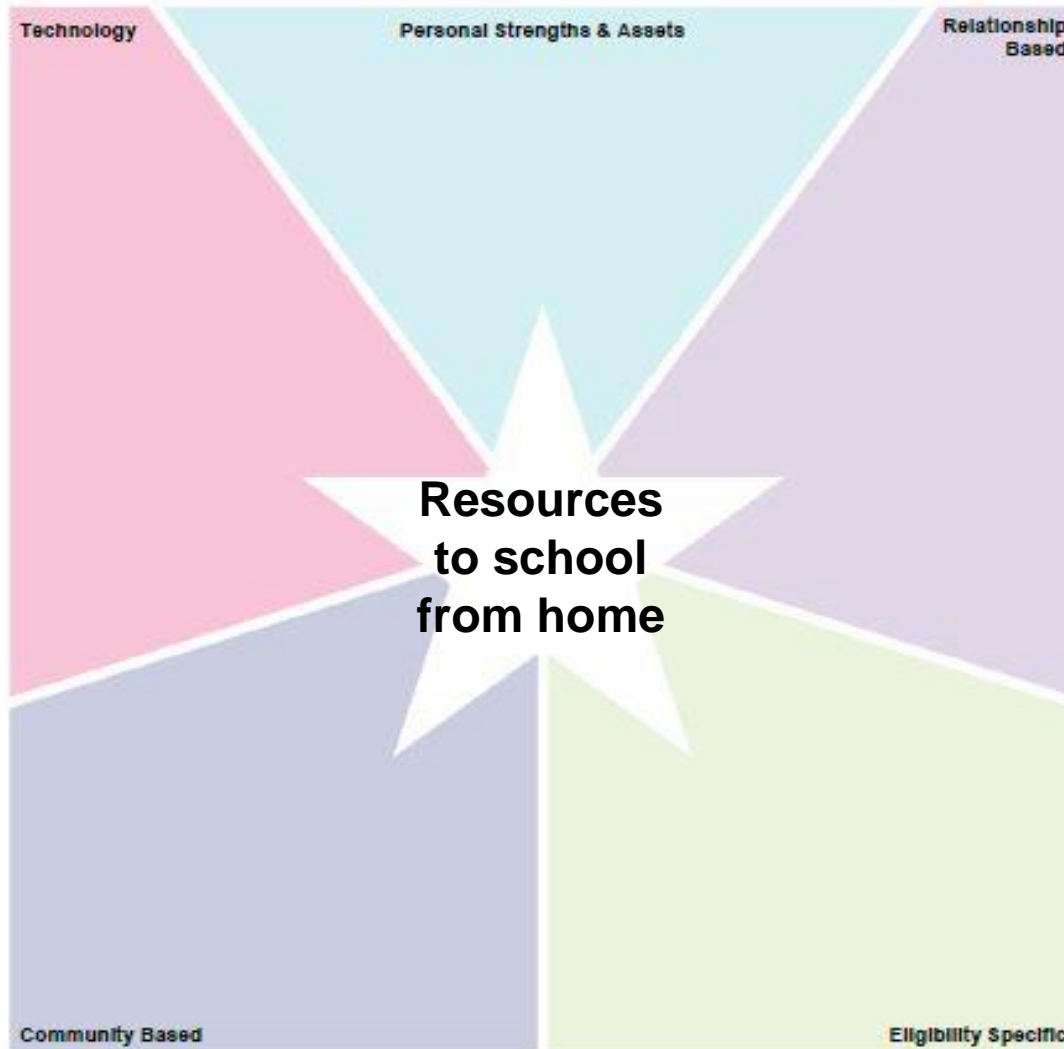


CHARTING the life course



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.



Access the LifeCourse framework and tools at lifecoursetools.com

Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD mofamilytofamily.org | MAY 2016

Using the Star to Support My Child's Learning at Home



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Personal Strengths & Assets

Relationship Based

Personal Strengths and Assets

Do I know how to use technology? Are there online tutorials that I can access to add to my skills? Have I identified a space for “school” or learning for each of my children? Can I identify at least 30min-1hr per child to support their learning? Do I have appropriate supplies for my child’s work? Can I create or discover creative ways to learn through doing (cooking, gardening) that ease anxiety? Can I find ways to forgive myself for not being perfect as a teacher and a mom? Do I have or can I develop a health working relationship with my child’s school team in this difficult time?

Community Based

Access the lifecycle framework and tools at thelifeoursertools.com

Using the
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Technolo

Technology

Do I have access to the internet through a phone, computer, tablet? If no, what low-tech options might I have? Do I have the assistive technology needed for my child to adapt to online school? Do I have someone to call for tech help? Am I connected to the online platforms used by school to communicate or get schoolwork? Do I have contact information to email, message or call teachers or intervention specialists? Have I received information from school, DDBP outreach or the UCCEDD about educational apps or online tools? Can I use facetime, FaceBook live, Marco Polo, or other apps to create group activities with classmates, our school team, or friends? Can I access free educational feeds at the zoo, museum, art classes etc.? Can I access stress or mindfulness apps like CALM?

Commun

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Technology

Personal Strengths & Assets

Relationship Based

Relationships

Can you identify people who support you activities in your day to day? Do you have others in the house (partner, adult children, older children who can help with learning and supporting the younger children in school? Do you have friends or know who parents of children your child's age or with similar challenges? Do you have friends or family who are teachers, intervention specialists or therapists who could share ideas or offer support? Are their people at church, or other community spaces whose connection could hold you up in this challenging time?

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Technology

Personal Strengths & Assets

Relationship
Based

Community

Can you get outside and with appropriate social distancing observe the newness of spring with your children? Can you create sidewalk chalk notes to family, friends and neighbors? Are you taking advantage of the free online classes and activities at the Zoo and museums, etc.? Can you access free exercise classes, or create them with school groups or neighbors on facetime, What's app, FaceBook live, or Marco Polo ?

Community Based

Eligibility Specific

Access the LifeCourse framework and tools at lifecoursetools.com

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Eligibility

Do you have a copy of your child's most recent progress reports, ETR or IEP? Have you discussed your own strengths and challenges to support your child during all these changes? Do you know who to contact if your needs change to an urgent level? Can you arrange a ongoing conversation, call or online meeting with your school team to discuss where your time, and energy should be focused concerning school? Can you and your team identify priorities and high need areas so you and your child do not become overwhelmed? Have you spoken with your county board about how to engage during this time? Have you considered telehealth for therapies to continue support in needed areas.

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