## 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

Build upon interests and use strengths when developing a new routine:

creative

organized good with technolog rule follower audio/visual learner good with technology

Visual Schedules Smart phone apps for timers, reminders Social Stories/Narratives

Schedule regular phone calls/video chats with family, friends, teachers, therpists, and staff

Developing a new routine

Virtual activities through: Library YMCÁ Museum Music/Art/Theater Programs **Authors/Artists** 

Schedule virtual therapy sessions Special Education virtual lessons - e-learning

**Community Based** 

Eligibility Specific