CHARTING the LifeCourse <a>













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

YouTube Social Media Online communities Smart phone apps Create artwork
Write stories
Create videos
Write cards
Journal

Phone calls Video chat Mail Porch delivery

Social Distancing

Take a walk
Ride a bike
Go on a scavenger hunt
Virtual play dates
Virtual theme parks
Virtual art classes/theater
Virtual concerts

Virtual therapy
Virtual classrooms
Virtual work/meetings
Virtual health care

Community Based

Eligibility Specific