# 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**

- YOU are your greatest asset! Remain safe & practice self-care
  - Follow health/community guidelines
  - Be productive (Organize, work from home)
- Use your gifts to share with others (Read books online, teach online)
  - Exercise (Dance party, yoga, games)
- Make something (Draw, paint, cook, make a card)
  - Create contingency plan if you need help
    - Focus on what you CAN control
    - Brainstorm ideas with others
    - Use mindfulness to be positive/creative

going to be key in helping you get what you

Technology is

- need & in staying connected.
- Use Facebook Live; Skype,
- Zoom, FaceTime, to keep in touch.
- Use technology to: shop, stay connected, explore, stay entertained, manage health & well-being, create a schedule for daily activities
- Use doorbell cameras to limit interaction with visitors/deliveries
- Update and use phone contact list for getting
- in touch with friends, family, assistance
- Learn how to use new technologies
- Use watch alarms for reminders of activities/events

#### Relationships

- Virtual dates with family/friends
- Join/create an online social group
- Enjoy quality time with people in your home
- Enjoy quality time with your pet
- Send short videos saying 'hi' to friends and family
- Touchbase with teachers/therapists
  - Focus on relationship with yourself:
    - Home spa
    - Manicure
    - Try a new look
- Leave sidewalk chalk notes in friends' driveways

## COVID-19: **Social** Distancing

- Foster a pet from a local shelter
- Take virtual park/zoo/museum tours
- Try book downloads
- Visit a park while staying 6 feet away from others
- Virtually attend:
  - Online worship service - Exercise classes
  - Meditation class - Art classes
  - Book clubs
- Initiate connections in local community: porch-to-porch talks, sidewalk greetings, putting up lights, communities come out on porches at 7:00pm to visit
- Identify how you can safely help in your community
  - Call shut-ins - Send cards/notes
  - Offer assistance when you can
- Use local delivery services

**Community Based** 

- Ohio DODD continues to be open
  - Click here for guidance for providers/families
- Check in with your SSA/support worker
- Consider virtual therapy
- Ask about materials/technology/hotspots from schools

#### **Eligibility Specific**

#### Access the LifeCourse framework and tools at lifecoursetools.com

Developed by the UMKC Institute for Human Development, UCEDD. More tools and materials at lifecoursetools.com

