CHARTING the LifeCourse < 쓰 🚺



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

Ability to be positive and creative, Know your own interests, know what you like, ability to identify, create, and honor time energy for you, recognizing that you are important and have value,

Up to date contacts in phone,email, laptop or tablet, Facebook, know how to use the internet, free concerts, free art lessons, museum tours, DODD website info, phone, Alexa, Google Home, Siri, You-tube, video tutorials, Neigborhood pages on social media, FaceBook messenger, ZOOM, Face Time, Utilizing a calendar, reminders and alarms on the watch, online appointments and therapies

Self Care When you are caring for everyone else

Community Based Facebook pages,Next Door, Online Yoga classes with local yoga studios or gym/exercises, Online Book Club, Neighborhood Porch Parties, Live exercise groups, Live Dance Party, Online church activities, do for others:meet a need in your community like hand sanitizer make masks, foster a pet, Online family dinners, online happy hours, Face time connections, create a event on face book invite friends people to join, share your dog, pets, chalk messages on neighbors drive or porch, surprise gifts on porch

Relationships

County Board Activities Church supports available, Chrome books from school, hot spots or free Internet from school,

Community Based

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