## CHARTING the LifeCourse 🔼 ਘ













before opening?

## **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.

## **Personal Strengths & Assets Technology**

Relationships

Do I need help with personal care or grocery shopping? 1X a week? 2X a week? Can I do FaceTime Do I know what to do if staff is sick or doesn't show up? Do I know who to call? check-ins? Do I know what to do if I get sick? Do I know who to call? Do I have a camera at Can I decide things that should or that I want to happen? the door to identify new staff

Do I have an Online Care-

notebook to communicate needs? Do i have a phone to talk or text when I need help?

Do I have a computer to email with case manager?

Can I use an online calendar to monitor staf schedules?

Can I use remote monitoring to limit contact Can I call friends or family when I'm anxious

Have I created a written plan for Support Staff with my case manager?

Does my plan include what's important for me like meals, grocery, personal care, what to do if I get sick?

Does my plan include a calendar? Do I have an Emergency Contact list? Does my plan include things that are important to me like routines, people I t rust to help me, people to call if I am sick?

Do I have and can I find my emergency contact information? Can I assist in training my new staff? Do i know what I need them to know? Am I willing to be part of talks about me? Am I able to recognize that I need help?

Do I know my case managers name and phone number?

Can I express what I need help with? Am I able to call my own doctor? Can I heat up or prepare a meal?

Do you understand and have access to ways to stay in touch with family and friends outside of where vou live? Am I able to know or decide who will help me?

> Do I have people besides paid staff that I can talk to about how I am feeling, share my worries, or ask for help?

Have I identified the people in my life who know and understand my supports and services and can help me advocate for myself?

Am I able to expand my circle of personal relationships through the new online community supports available to evervone?

Can I identify family or friends who I can live with if someone gets sick where I live or if my staff gets sick?

## **Working with my Support Staff** during COVID-19

Can I order general PPE (gloves, anti-bacterial wipes etc) and groceries online to be delivered? Do I know who pays for these?

Do I know who to ask for help in picking up my community orders?

Do I qualify or need help to access the new benefits for people during the corona virus outbreak?

Do I need help to order or access my medication? Can family, friends or paid staff help me determine how to create new ways to access things I enjoy in the community with our new circumstances (on line museum or zoo tours, on line classes)?

Do I have a supply of needed items in case I get sick (thermometer, pain reliever, tissues)?

Is someone able to assistexpand my circle of personal relationships me to understand the news updates to the community about Corona?

**Community Based** 

Do I know who my case manager is and have I developed a relationship with them?

Do I have a therapist that I can connect with during this time of new stress and worry?

Do I know how to contact staff, family or my case manager when I need additional supplies (food, medication, household

Do I know who is on my medical team and how to access

Do I know who to contact if my staff gets sick and cant come to work, or if they come to work sick?

Does my staff and my caseworker have access to my written care plan and care notebook? Do they know where to find my emergency contact list?

Is my case manager and staff keeping up to date on any new information that might change my situation are they communicating that with me?

Has my staff and case manager explained to me what will happen if I, or someone I live with gets sick?

If I have a job is someone communicating with myboss?

**Eligibility**