Charting the LifeCourse™

Guiding Principles

Core Belief: All people have the right to live, love, work, play and pursue their life aspirations just as others do in their community.

Focusing on ALL

100%

4.9 million citizens with developmental disabilities

75%

25% national percentage receiving state DD services


Life Stages and Life Domains

Meaningful Day & Employment:
What you do as part of everyday life—school, employment, volunteering, communication, routines, life skills.

Community Living
Where and how you live—housing and living options, community access, transportation, home modifications.

Safety & Security
Staying safe and secure—emergencies, well-being, guardianship options, legal rights and issues.

Healthy Living
Managing and accessing health care and staying well—medical, mental health, behavior, developmental, wellness and nutrition.

Social & Spirituality
Building friendships and relationships, leisure activities, personal networks, faith community.

Citizenship & Advocacy
Building valued roles, making choices, setting goals, assuming responsibility and driving how one’s own life is lived.

Prenatal/Infancy
Early years, wondering if meeting developmental milestones

Early Childhood
Preschool age, getting a diagnosis

School Age
Everyday life during school years

Transition
Transitions from school to adult life—Realizing school is almost over!

Adulthood
Living life as an adult

Aging
Getting older and preparing for end of life (parent/family/individual)
People with disabilities are members of their families and communities

With the best of intentions

All people receive integrated services and supports

**Integrated Supports for a Good Life**

**PERSONAL STRENGTHS & ASSETS**
Life experiences, personal knowledge, personality traits, belongings, social skills, education and training

**TECHNOLOGY**
iPad/smartphone “apps”, remote monitoring, cognitive accessibility, adaptive equipment

**RELATIONSHIPS**
Family, friends, neighbors, co-workers, community members, church members

**COMMUNITY BASED**
Schools, public transportation, businesses, churches, public safety, hospitals, parks & recreation

**ELIGIBILITY SPECIFIC**
Developmental disability services, special education, Medicaid, food stamps, Section 8 housing, Vocational Rehabilitation

**Possible strategies:**

**Discovery & Navigation:**
Knowledge & Skills
- Information on disability
- Knowledge about best practices and values
- Skills to navigate and access services
- Ability to advocate for services and policy change

**Connections & Partnerships:**
Mental Health & Self-efficacy
- Parent-to-Parent Support
- Self-Advocacy Organizations
- Family Organizations
- Sib-shops
- Support Groups
- Professional Counseling
- Non-disability community support

**Goods and Services:**
Instrumental Supports
- Self/Family-Directed services
- Transportation
- Respite/Childcare
- Adaptive equipment
- Home modifications
- Financial assistance
- Cash Subsidies
- Short/Long term planning
- Caregiver supports & training

Access the Charting the LifeCourse™ tools and framework at lifecoursetools.com