



## Integrated Supports: Daily Life

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 star will help families and individuals think about how to work in partnership to support their vision for a good life.

### Technology

- Electronic reminders
- Alarm clock
- Cell phone
- iPad educational/life skills apps
- Online resume builders
- Online classes or training
- Internet job search
- Calculator
- Computer
- iPhone or smart phone apps

### Personal Strengths & Assets

- Work/volunteer experience
  - Summer jobs
- Vision or dream for job or career
- Responsibilities at home or school
  - Makes choices and decisions
- Communicates ideas, needs, thoughts to others
- Knowledge of a variety of different jobs/careers
  - Good social skills
- Practices everyday living skills

### Relationships

- Coworkers
- Parents, siblings, spouse, children, grandparents, other family
  - Friends
  - Teacher
  - Mentors
- Parents/family of friends
- Business partner



- Volunteering
- Competitive employment/careers
- Colleges, universities, tech school
- Micro-enterprises
- Self employment
- Tutors
- Parent/Teacher Association (PTA)
- Summer Reading Program (library)

### Community Based

- Work crews/enclaves
  - Job coaches
- Supported employment
- Special college programs
  - Special Education/IEP's
    - HeadStart
  - Vocational Rehabilitation
- Case manager/support coordinator
  - Sheltered workshops
    - Day habilitation

### Eligibility Specific

Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)