



## Integrated Supports: Social & Spirituality

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

- Online social clubs
- Social media (Facebook, Twitter, Instagram, Pinterest, etc)
- Online games
- Email
- Texting

### Personal Strengths & Assets

- Has hobbies and interests and needed supplies
- Knowledge/experience playing games or other social activities
  - Outgoing, friendly personality
  - Understands social cues and norms
  - Has money/budget for social activities
  - Interest in/belief in faith/higher power
- Belongs to/has roles in a faith community
- Exposure/experience going to weddings/funerals
  - Good conversation skills

### Relationships

- Friendships
- Dating/relationships
- Members of your faith community
  - Friends of parents/siblings and other family members
- People with a shared interest or hobby
- Neighbors



- Parks and Recreation
- Service/social club/groups
- Inclusive faith community
- Sports teams and clubs
- Preschool
- Playground
- Community Centers
- Churches/Places of Worship

### Community Based

- Separate or special church service
- Special group outings & activities
  - Special Olympics
  - Special passes
- Social skills classes

### Eligibility Specific

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