





# CHARTING the life course



## Integrated Services and 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.

LIFE DOMAIN	Personal Strengths & Assets	Relationship Based Supports	Technology	Community Resources	Eligibility Based Supports
 Daily Life & Employment	<ul style="list-style-type: none"> <li>• Work/volunteer experience</li> <li>• Summer jobs</li> <li>• Vision or dream for job or career</li> <li>• Responsibilities at home or school</li> <li>• Makes choices and decisions</li> <li>• Communicates ideas, needs, thoughts to others</li> <li>• Knowledge of a variety of different jobs/careers</li> <li>• Good social skills</li> <li>• Practices everyday living skills</li> </ul>	<ul style="list-style-type: none"> <li>• Coworkers</li> <li>• Parents, siblings, spouse, children, grandparents, other family</li> <li>• Friends</li> <li>• Teacher</li> <li>• Mentors</li> <li>• Parents/family of friends</li> <li>• Business partner</li> </ul>	<ul style="list-style-type: none"> <li>• Electronic reminders</li> <li>• Alarm clock</li> <li>• Cell phone</li> <li>• Ipad educational/life skills apps</li> <li>• Online resume builders</li> <li>• Online classes or training</li> <li>• Internet job search</li> <li>• Calculator</li> <li>• Computer</li> <li>• Iphone/smart phone</li> <li>• Ipad apps</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteering</li> <li>• Competitive employment/careers</li> <li>• Colleges, universities, tech school</li> <li>• Micro-enterprises</li> <li>• Self employment</li> <li>• Tutors</li> <li>• Parent/Teacher Association (PTA)</li> <li>• Summer Reading Program (library)</li> </ul>	<ul style="list-style-type: none"> <li>• Work crews/enclaves</li> <li>• Job coaches</li> <li>• Supported employment</li> <li>• Special college programs</li> <li>• Special Education/IEP's</li> <li>• HeadStart</li> <li>• Vocational Rehabilitation</li> <li>• Case manager/support coordinator</li> <li>• Sheltered workshops</li> <li>• Day habilitation</li> </ul>
 Community Living	<ul style="list-style-type: none"> <li>• Knowledge of how to navigate community</li> <li>• Drives, rides bus, cab, or other public transportation</li> <li>• Housekeeping skills</li> <li>• Can prepare simple meals/snacks</li> <li>• Can spend time alone or away from family</li> <li>• Knowledge of different types of living options</li> </ul>	<ul style="list-style-type: none"> <li>• Parents, siblings, spouse, children, grandparents, extended family</li> <li>• Friends</li> <li>• Roommates</li> <li>• Neighbors</li> <li>• Same age peers (college age, aging)</li> </ul>	<ul style="list-style-type: none"> <li>• Adapted living space</li> <li>• Environmental technology</li> <li>• Remote monitoring</li> <li>• Ipad apps</li> <li>• Facetime/Skype</li> <li>• Electronic reminders</li> </ul>	<ul style="list-style-type: none"> <li>• Home Ownership</li> <li>• Rental home/apartment</li> <li>• Co-op for housing or transportation</li> <li>• Public transportation (bus, train, taxi)</li> <li>• Universal design</li> <li>• Neighborhood Watch</li> <li>• Home Owner's Association</li> <li>• Food Pantries</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Supported Living (ISL)</li> <li>• Independent Living Center</li> <li>• Shared Living/host family</li> <li>• Institutions</li> <li>• Intermediate Care Facility (ICF)</li> <li>• Group Homes</li> <li>• Meals on Wheels</li> <li>• Section 8 Housing Vouchers</li> </ul>
 Social & Spirituality	<ul style="list-style-type: none"> <li>• Has hobbies and interests and needed supplies</li> <li>• Knowledge/experience playing games or other social activities</li> <li>• Outgoing, friendly personality</li> <li>• Understands social cues and norms</li> <li>• Has money/budget for social activities</li> <li>• Interest in/belief in faith/higher power</li> <li>• Belongs to/has roles in a faith community</li> <li>• Exposure/experience going to weddings/funerals</li> <li>• Good conversation skills</li> </ul>	<ul style="list-style-type: none"> <li>• Friendships</li> <li>• Dating/relationships</li> <li>• Members of your faith community</li> <li>• Friends of parents/siblings and other family members</li> <li>• People with a shared interest or hobby</li> </ul>	<ul style="list-style-type: none"> <li>• Online social clubs</li> <li>• Social media (Facebook, Twitter, Instagram, Pinterest, etc)</li> <li>• Online games</li> <li>• Email</li> <li>• Texting</li> </ul>	<ul style="list-style-type: none"> <li>• Parks and Recreation</li> <li>• Service/social club/groups</li> <li>• Inclusive faith community</li> <li>• Sports teams and clubs</li> <li>• Preschool</li> <li>• Playground</li> <li>• Community Centers</li> <li>• Churches/Places of Worship</li> </ul>	<ul style="list-style-type: none"> <li>• Separate or special church service</li> <li>• Special group outings &amp; activities</li> <li>• Special Olympics</li> <li>• Special passes</li> <li>• Social skills classes</li> </ul>
 Healthy Living	<ul style="list-style-type: none"> <li>• Communicates with doctors and other medical professionals</li> <li>• Knowledgeable about own disability or special healthcare needs</li> <li>• Knows how/when to seek help for health issues</li> <li>• Understands changes as body becomes adult, and has well woman/man checkups</li> <li>• Manages (or helps manage) own medication and other healthcare needs</li> <li>• Understands health risks associated with smoking, drinking, drug use, unprotected sex)</li> <li>• Knowledge and/or ability to plan/execute healthy meals; eats a healthy diet</li> <li>• Has health insurance</li> <li>• Gym membership/exercises regularly/rides bike</li> <li>• Medical home</li> </ul>	<ul style="list-style-type: none"> <li>• Family member or school staff implement therapy</li> <li>• Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Pill-minders</li> <li>• Chat with a nurse/nurseline</li> <li>• Tele-medicine</li> <li>• Web-MD</li> <li>• Fit-Bit/Nike Fuel Band</li> <li>• Exercise equipment (ie treadmill)</li> <li>• Health/fitness apps for ipad</li> <li>• Smart Toothbrush</li> </ul>	<ul style="list-style-type: none"> <li>• Gym membership</li> <li>• Community Centers</li> <li>• Neighborhood/City Pool</li> <li>• Community Health Centers</li> <li>• Health fairs</li> <li>• Family/General practice providers</li> <li>• YMCA</li> <li>• Neighborhood pharmacy</li> </ul>	<ul style="list-style-type: none"> <li>• Center-based therapies (PT, OT, Speech, etc)</li> <li>• Special/institutional medical care</li> <li>• Home/community based therapies</li> <li>• Special Olympics Healthy Communities Initiative</li> <li>• Medical home</li> <li>• IHP</li> </ul>

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 <b>Safety &amp; Security</b>	<ul style="list-style-type: none"> <li>• Home security/alarm system</li> <li>• Knows address, phone numbers, other contacts</li> <li>• Knows how to appropriately use 911</li> <li>• Family/person has an emergency/disaster plan</li> <li>• Able to lock/unlock door (with key or code)</li> <li>• Carries identification or specific information in wallet or on person</li> <li>• Home is modified for safety</li> <li>• GPS tracking device</li> <li>• Reciprocal knowledge with First Responders</li> <li>• Has and knows how to use a debit card</li> <li>• Family/person has engaged in financial planning</li> </ul>	<ul style="list-style-type: none"> <li>• Parents, siblings, grandparents, other family members</li> <li>• Friends</li> <li>• Neighbors</li> <li>• Familiar staff/workers at local stores, restaurants, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Automatic bill pay/direct deposit</li> <li>• Limited/joint bank account</li> <li>• Personal safety devices</li> <li>• Remote monitoring</li> <li>• Ipad/smart phone apps</li> </ul>	<ul style="list-style-type: none"> <li>• Powers of Attorney</li> <li>• Neighborhood watch</li> <li>• Local Police Department</li> <li>• Online banking</li> <li>• Living Trust</li> <li>• LifeLock (identity theft protection)</li> <li>• Neighborhood Watch</li> </ul>	<ul style="list-style-type: none"> <li>• Full guardianship</li> <li>• 24 hour supervision</li> <li>• Limited guardianship</li> <li>• Special Needs Trust</li> </ul>
 <b>Citizenship &amp; Advocacy</b>	<ul style="list-style-type: none"> <li>• Registered to vote, has voter ID, and understands how to vote</li> <li>• Knowledge of and membership in advocacy groups or organizations</li> <li>• Volunteers</li> <li>• Political awareness and advocacy</li> <li>• Has had leadership training and/or experience</li> <li>• Understands right/wrong, importance of doing the right thing and being a law-abiding citizen</li> <li>• Is able to speak up for self- parents modeling, social experiences, group participation</li> </ul>	<ul style="list-style-type: none"> <li>• Parents, siblings, grandparents, other family members</li> <li>• Self-advocate peers</li> <li>• Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Ipad advocacy apps</li> <li>• Communication devices</li> <li>• Online service group sites</li> </ul>	<ul style="list-style-type: none"> <li>• Voting</li> <li>• Neighborhood group or organization</li> <li>• Visiting your legislator</li> <li>• Scouting/Camp Fire/Optimist Club</li> </ul>	<ul style="list-style-type: none"> <li>• Paid advocate</li> <li>• Self Advocacy Groups</li> <li>• Disability Rights Day at the Capitol</li> <li>• Self Advocacy Training</li> </ul>
 <b>Services &amp; Supports</b>	<ul style="list-style-type: none"> <li>• Knowledge of different sources of support and how to navigate systems and organizations</li> <li>• Ability to integrate different kinds of support into family and individual's life</li> <li>• Knows who to contact for help or guidance</li> <li>• Has someone who can/will provide paid services (potential staff and networks to recruit)</li> </ul>	<ul style="list-style-type: none"> <li>• Parents, siblings, grandparents, spouse, children, other family</li> <li>• Neighbors</li> <li>• Classmates/former classmates</li> <li>• Church/Worship community</li> <li>• Teachers</li> </ul>	<ul style="list-style-type: none"> <li>• Smart Home</li> <li>• Remote Monitoring Devices</li> <li>• GPS Devices</li> </ul>	<ul style="list-style-type: none"> <li>• Financial planner</li> <li>• Piggy bank</li> <li>• Free/Reduced school lunch</li> <li>• Bank</li> <li>• Community Centers</li> <li>• Community clubs (Elks, Eagles, Lions)</li> <li>• Pets</li> <li>• Service animals</li> </ul>	<ul style="list-style-type: none"> <li>• Vocational Rehabilitation</li> <li>• Division Developmental Disabilities</li> <li>• Health and Senior Services</li> <li>• Medicaid/Medicare</li> <li>• Social Security</li> <li>• Food Stamps</li> <li>• Medicaid Waivers</li> <li>• Mental/Behavioral Health Centers</li> <li>• Independent Living Centers</li> <li>• Meals On Wheels</li> </ul>