## 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.

### CHARTING the life course

<table>
<thead>
<tr>
<th>LIFE DOMAIN</th>
<th>PERSONAL STRENGTHS &amp; ASSETS</th>
<th>RELATIONSHIP BASED SUPPORTS</th>
<th>TECHNOLOGY</th>
<th>COMMUNITY RESOURCES</th>
<th>ELIGIBILITY BASED SUPPORTS</th>
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</thead>
</table>
| **Daily Life & Employment** | - 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 | - Coworkers  
- Parents, siblings, spouse, children, grandparents, other family  
- Friends  
- Teacher  
- Mentors  
- Parents/family of friends  
- Business partner | - Electronic reminders  
- Alarm clock  
- Cell phone  
- Ipod educational/life skills apps  
- Online resume builders  
- Online classes or training  
- Internet job search  
- Calculator  
- Computer  
- Iphone/smart phone  
- Ipod apps | - Volunteering  
- Competitive employment/careers  
- Colleges, universities, tech school  
- Micro-enterprises  
- Self employment  
- Tutors  
- Parent/Teacher Association (PTA)  
- Summer Reading Program (library) | - 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 |
| **Community Living** | - Knowledge of how to navigate community  
- Drives, rides bus, cab, or other public transportation  
- Housekeeping skills  
- Can prepare simple meals/snacks  
- Can spend time alone or away from family  
- Knowledge of different types of living options | - Parents, siblings, spouse, children, grandparents, extended family  
- Friends  
- Roommates  
- Neighbors  
- Same age peers (college age, aging) | - Adapted living space  
- Environmental technology  
- Remote monitoring  
- Ipod apps  
- Facetime/Skype  
- Electronic reminders | - Home Ownership  
- Rental home/apartment  
- Co-op for housing or transportation  
- Public transportation (bus, train, taxi)  
- Universal design  
- Neighborhood Watch  
- Home Owner’s Association  
- Food Pantries | - Independent Supported Living (ISL)  
- Independent Living Center  
- Shared Living/host family  
- Institutions  
- Intermediate Care Facility (ICF)  
- Group Homes  
- Meals on Wheels  
- Section 8 Housing Vouchers |
| **Social & Spirituality** | - 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 | - Friendships  
- Dating/relationships  
- Members of your faith community  
- Friends of parents/siblings and other family members  
- People with a shared interest or hobby | - Online social clubs  
- Social media (Facebook, Twitter, Instagram, Pinterest, etc)  
- Online games  
- Email  
- Texting | - Parks and Recreation  
- Service/social club/groups  
- Inclusive faith community  
- Sports teams and clubs  
- Preschool  
- Playground  
- Community Centers  
- Churches/Places of Worship | - Separate or special church service  
- Special group outings & activities  
- Special Olympics  
- Special passes  
- Social skills classes |
| **Healthy Living** | - Communicates with doctors and other medical professionals  
- Knowledgeable about own disability or special healthcare needs  
- Knows how/when to seek help for health issues  
- Understands changes as body becomes adult, and has well woman/man checkups  
- Manages (or helps manage) own medication and other healthcare needs  
- Understands health risks associated with smoking, drinking, drug use, unprotected sex  
- Knowledge and/or ability to plan/execute healthy meals; eats a healthy diet  
- Has health insurance  
- Gym membership/exercises regularly/rides bike  
- Medical home | - Family member or school staff implement therapy  
- Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)  
- Pill-minders  
- Chat with a nurse/nurseline  
- Tele-medicine  
- Web-MD  
- Fit-Bit/ Nike Fuel Band  
- Exercise equipment (ie treadmill)  
- Health/fitness apps for ipad  
- Smart Toothbrush | - Gym membership  
- Community Centers  
- Neighborhood/City Pool  
- Community Health Centers  
- Health fairs  
- Family/General practice providers  
- YMCA  
- Neighborhood pharmacy | - Center-based therapies (PT, OT, Speech, etc)  
- Special/institutional medical care  
- Home/community based therapies  
- Special Olympics Healthy Communities Initiative  
- Medical home  
- HIP |
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<th>Personal Strengths &amp; Assets</th>
<th>Relationship Based Supports</th>
<th>Technology</th>
<th>Community Resources</th>
<th>Eligibility Based Supports</th>
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| Safety & Security | • Home security/alarm system  
• Knows address, phone numbers, other contacts  
• Knows how to appropriately use 911  
• Family/person has an emergency/disaster plan  
• Able to lock/unlock door (with key or code)  
• Carries identification or specific information in wallet or on person  
• Home is modified for safety  
• GPS tracking device  
• Reciprocal knowledge with First Responders  
• Has and knows how to use a debit card  
• Family/person has engaged in financial planning | • Parents, siblings, grandparents, other family members  
• Friends  
• Neighbors  
• Familiar staff/workers at local stores, restaurants, etc. | • Automatic bill pay/direct deposit  
• Limited/joint bank account  
• Personal safety devices  
• Remote monitoring  
• Ipad/smart phone apps | • Powers of Attorney  
• Neighborhood watch  
• Local Police Department  
• Online banking  
• Living Trust  
• Lifesaving (identity theft protection)  
• Neighborhood Watch | • Full guardianship  
• 24 hour supervision  
• Limited guardianship  
• Special Needs Trust |
| Citizenship & Advocacy | • Registered to vote, has voter ID, and understands how to vote  
• Knowledge of and membership in advocacy groups or organizations  
• Volunteers  
• Political awareness and advocacy  
• Has had leadership training and/or experience  
• Understands right/wrong, importance of doing the right thing and being a law-abiding citizen  
• Is able to speak up for self, parents modeling, social experiences, group participation | • Parents, siblings, grandparents, other family members  
• Self-advocate peers  
• Friends | • Ipad advocacy apps  
• Communication devices  
• Online service group sites | • Voting  
• Neighborhood group or organization  
• Visiting your legislator  
• Scouting/Camp Fire/Clifford Club | • Paid advocate  
• Self Advocacy Groups  
• Disability Rights Day at the Capitol  
• Self Advocacy Training |
| Services & Supports | • Knowledge of different sources of support and how to navigate systems and organizations  
• Ability to integrate different kinds of support into family and individual’s life  
• Knows who to contact for help or guidance  
• Has someone who can/will provide paid services (potential staff and networks to recruit) | • Parents, siblings, grandparents, spouse, children, other family  
• Neighbors  
• Classmates/former classmates  
• Church/Worship community  
• Teachers | • Smart Home  
• Remote Monitoring Devices  
• GPS Devices | • Financial planner  
• Piggy bank  
• Free/Reduced school lunch  
• Bank  
• Community Centers  
• Community clubs (Elks, Eagles, Lions)  
• Pets  
• Service animals | • Vocational Rehabilitation  
• Division Developmental Disabilities  
• Health and Senior Services  
• Medicaid/Medicare  
• Social Security  
• Food Stamps  
• Medicaid Waivers  
• Mental/Behavioral Health Centers  
• Independent Living Centers  
• Meals On Wheels |