

Charting the LifeCourse Framework

Getting the Word Out in South Dakota!

The Core Belief

All people and their families have the right to live, love, work, play, and pursue their aspirations in their community.



South Dakota State Team

What's been happening?

- **November 1, 2016** 1st State Team meeting held in Pierre with Sheli Reynolds, UMKC & Barbara Brent, NASDDDS, from the National Supporting Families Community of Practice.
- **May 2017** Five members of the SD State Team attended the LifeCourse Showcase in Kansas City.
- **July 18, 2017** Family and self-advocate state team members met in Pierre to identify needs and suggested next steps.
- **September/October 2018** Listening Sessions held across the state to hear from families & self-advocates what they want and need for services and supports. Listening sessions were led by family members.
- **October 24, 2017** State team meeting in Pierre with Barbara Brent and Lisa Meyer from the National Supporting Families CoP (Community of Practice).

Ask how you can become involved!

What is The LifeCourse Framework?

Charting the LifeCourse is a framework guided by principles to assist anyone in creating a vision for the future and plan the supports to make it happen. It is designed to help you think about the questions to ask as well as the choices, options and life experiences (past & present) to consider as you “plot a course” to a full and meaningful life. It is intended to be a starting point no matter where you are in your life journey.

Even though the framework was originally developed for people with disabilities, it is designed universally and can be used by **ALL** people making a life plan.

The South Dakota State Team:

The State Team is made up of family members, self-advocates, representatives from agencies and organizations that work with individuals and families at different ages and stages of life.

How can I learn more about the LifeCourse Framework?

- A “YouTube” 16 minute video introduction to the LifeCourse Framework by Sheli Reynolds:
<https://youtu.be/hWrGklh1KgA>
- At LifeCoursetools.com resources, documents, LifeCourse tools, examples, videos, and more!



How can I stay informed?

Check out our Facebook Page! Go to Facebook and find: **SD Charting the LifeCourse**





Listening Sessions were held in communities across the state.

These sessions were to introduce people to the LifeCourse Framework & State Team. The main goal of the *Listening Sessions* was to hear from individuals and families to learn what they want and need to plan a good life and have the supports to make it happen. The Supporting Families Community of Practice State Team used that information to identify priority areas for our work.

Listening Sessions were held in:

Eagle Butte, Rapid City, Sioux Falls, Aberdeen, Milbank, Hot Springs, Wagner, Vermillion, Huron, and online. (On January 26, 2018 a *Listening Session* will be held at the *Dakota Oyate Challenge* in Huron.)

Listening Session Highlights

What Families/Individuals said they want:

More options for services/supports, flexible funding, consistency in staff, a 'regular' life, to live where they want, freedom, choice, and transportation.

What people said they did not want:

Limited/no choices in services/supports, group homes, families overwhelmed & exhausted, reduced funding and no jobs.

Join the LifeCourse Conversation!

Contact: julie.Hand@state.sd.us
& learn how you can get involved.

Priority Areas for the State Team

- 1. Good Communication** - A consistent message and a concerted effort to increase community awareness regarding Supporting Families CoP and state and private partnerships through interagency collaboration.
- 2. Increase LifeCourse Knowledge** - Build SD's capacity for expertise in regard to the number of people with the knowledge base to share the LifeCourse Framework Guiding Principles and Tools.
 - State team members will increase their knowledge and understanding of the LifeCourse Framework.
 - Lynne Rick & Brenda Smith completed the Ambassador series.
 - Elaine Roberts, Lori Larson, Teri Bukowski, Carrie Geppert & Francey McOwen recently started the LifeCourse Ambassador series to gain a deeper understanding of the framework.
 - Self-Advocates for Change created a presentation on LifeCourse Trajectory and shared at The Advocacy Jam & Center for Disabilities Symposium.
- 3. Community Events** Sharing Supporting Families CoP (Community of Practice) efforts with the **ALL** in SD will be key in promoting the success of universal strategies.
- 4. Front Door to Supports** - A long-term goal within this area would be to have a single point of entry/information.
- 5. Support To Stay in My Community** - People are able to access the supports they need and want within in their home community.

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"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Margaret Meade

Foundation of the LifeCourse Framework



ALL People, regardless of age, ability or family role, are considered in our vision, values, policies and practices for supporting individuals and families. All families have choices and access to supports they need, whether they are know to the disability services system or not.



Family Systems & Cycles - People exist and have give and take roles within a family system, which adjust as the individual members change and age. Individuals and families need supports that address all facets of life and adjust as roles and needs of all family members change as they age through the family cycles.



Life Outcomes - Individuals and families focus on life experiences that point the trajectory toward a good quality of life. Based on current support structures that focus on self-determination, community living, social capital and economic sufficiency, the emphasis is on planning for life outcomes, not just services.



Life Domains - People lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life, including daily living, safety and security, community living, healthy lifestyle, social and spirituality, and citizenship and advocacy.



Life Stages and Trajectory - Individuals and families can focus on a specific life state, with an awareness of how prior, current and future life stages and experiences impact and influence life trajectory. It is important to have a vision for a good, quality life, and have opportunities, experiences and support to move the life trajectory in a positive direction.



Individual and Family Supports - Supports address all facets of life and adjust as roles and needs of all family members change. Types of support might include discovery and navigation (information, education, skill building), connecting and networking (peer support), and goods and services (daily living and financial supports).



Integrated Delivery of Supports - Individuals and families utilize an array of integrated supports to achieve the envisioned good life, including those that are publicly or privately funded and based on eligibility, community supports that are available to anyone, relationship based supports, technology, and that take into account the assets and strengths of the individual and family.



Policy and Systems - Individuals and families are involved in policy making so that they influence planning, policy, implementation, evaluation and revision of the practices that affect them. Every program, organization, system and policy maker must always think about a person in the context of family.

Supporting Families Community of Practice Kickoff



LifeCourse Showcase Kansas City



Family & Self-Advocate Team Members

