

Implementing Charting the LifeCourse

A Job Aid Developed by the LifeCourse Nexus



LifeCourse Nexus

Training and Technical Assistance Center
UMKC Institute for Human Development • UCEDD

Values
into action

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Overview

Charting the LifeCourse (CtLC) is a framework and set of tools that anyone can use to develop a vision for a good life. CtLC was created to help people and families of all abilities and all ages explore, problem-solve, or plan. It helps people think differently and talk about what they need to know and do, and how to identify supports to live the lives they want to live.

Using This Guide

CtLC is an inclusive process that puts the person at the center as the expert of their own life. While the tools are valuable, the focus is on having conversations and building relationships. However you choose to use the framework and tools, it's important to consider who should be involved and how.

This guide provides examples on how to use the tools to explore, plan, and problem solve with any person. To explore, encourage the person to think about all of life's possibilities to create their vision. To problem solve, identify the person's strengths, life experiences, and supports as well as any barriers to their vision. To plan, determine the steps to get needed supports, navigate barriers and move toward an inclusive, productive life in the future. There are endless ways to use CtLC. While this guide may not cover every situation, we encourage you to adapt it as needed. **This guide is not a substitute for training on Charting the LifeCourse from the LifeCourse Nexus. To learn more about training opportunities, please visit lifecoursenexus.com.**

Charting the LifeCourse Applications

FOR DAY-TO-DAY LIFE This is what a person does as part of everyday life. This includes education and training, employment, volunteering, routines, responsibilities, and skills for individual and family life.

- Designing your day
- Planning initial orientation for new team members
- Having and managing new/changing goals and support needs
- Co-producing annual ISP and other meetings
- Experiencing day-to-day life challenges
- Learning and managing a new routine

FOR LIFE TRANSITIONS Life is a journey where each stage of life impacts the other and different life experiences bring us closer or further away from our good life. Every life stage is connected, and what happens in each, affects all the stages to come. The life experiences in each stage build upon one another and prepare a person for the future. Throughout our life stages, we experience changes, or life transitions.

- Moving to a new location/deciding what you want in a home or community
- Transitioning from school to employment
- Becoming more independent
- Experiencing grief and loss

FOR LIFE OUTCOMES People and families plan for present and future life outcomes that consider all life domains and opportunities for experiences. These experiences build self-determination, social capital, economic sufficiency, and community inclusion.

- Defining what success looks like
- Having opportunities for dignity of risk
- Planning goals and tracking progress
- Achieving your good life



Charting the LifeCourse Tools

Life Trajectory for Exploring

Create a vision for your good life. The trajectory tool provides space to explore the things going well in your life or the things that are stopping you from reaching your good life.

Integrated Supports Star

Identify the supports you are using now and think about other supports that might be helpful. The right supports can help ensure your quality of life. Some supports are centered around relationships, technology, or personal strengths and assets. Others are based on eligibility criteria or are supports that anyone in the community can access. Using various supports in combination can help you achieve your vision of a good life.

Life Vision

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool helps people of all ages start to think about a more specific vision for life in the future and narrow down what life domain(s) to focus on at this point in time.

Experiences and Questions Booklet

Throughout life, you face questions and search for answers that will help you on your journey to a full and meaningful life. This booklet helps people and families see how their life experiences and environment can shape the future.

Mapping Relationships

Identify the different people in your life and ways that they support you. Some of the people in your life might fulfill a lot of different roles while others might have only one significant role. This tool helps you have conversations about the future and who may fill those roles when others are no longer able.

Reciprocal Roles

Identify the people in your life and ways they support you. This tool helps you explore ways that you support other people and roles you play in their lives. It can also identify gaps as well as the potential for building even stronger relationships.

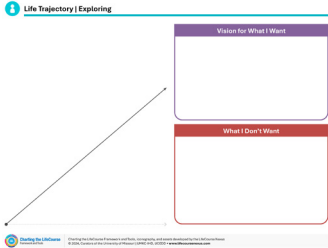
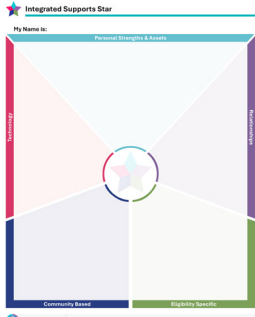
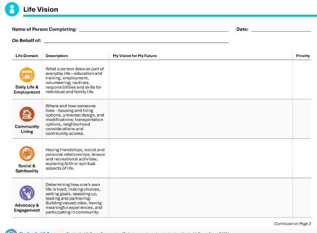
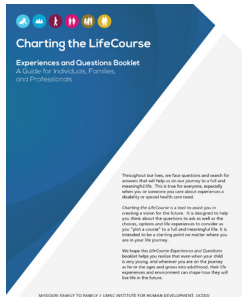
Goal Attainment: Planning and Tracking Success

When planning how to achieve a goal, this tool helps you define what success looks like, plan strategies to move closer to the goal, and track progress over time.



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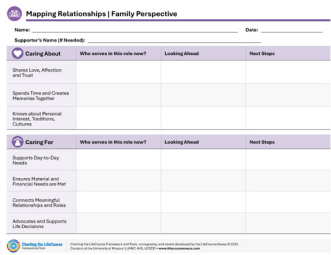
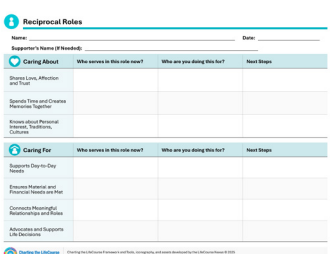
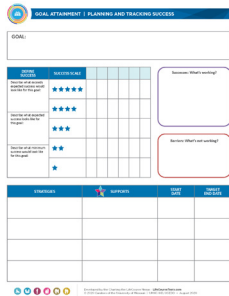
EXAMPLES OF POSSIBLE USES OF LIFECOURSE TOOLS

| Tool | Explore | Problem-Solve | Plan |
|---|---|---|---|
| Life Trajectory for Exploring  | <ul style="list-style-type: none"> Use to help a person develop a vision for a good life Use to identify what a person doesn't want | <ul style="list-style-type: none"> Use for immediate needs rather than the overall vision for a good life | <ul style="list-style-type: none"> Plan for next steps that will lead a person towards their vision for a good life Determine what to avoid and steer clear of what a person doesn't want Use as a check-in for plans to see what is and isn't working |
| Integrated Supports Star  | <ul style="list-style-type: none"> Identify current supports and services Identify gaps in supports | <ul style="list-style-type: none"> Identify ways to fill in the gaps needed Make a problem feel more manageable by having supports written down | <ul style="list-style-type: none"> Map services and supports to plan for a specific goal or life transition |
| Life Vision  | <ul style="list-style-type: none"> Identify goals for each life domain Discover opportunities for growth | <ul style="list-style-type: none"> Determine specific life domains that need to be prioritized | <ul style="list-style-type: none"> Prioritize and organize life domain goals |
| Experiences and Questions Booklet  | <ul style="list-style-type: none"> Think about upcoming life stages and transitions to identify ways to be prepared Consider questions and answers that haven't been explored | <ul style="list-style-type: none"> Determine ways to lessen some worry when the person and family can look ahead Start conversations or restart stalled conversations | <ul style="list-style-type: none"> Plan ahead for life events or transitions |



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EXAMPLES OF POSSIBLE USES OF LIFECOURSE TOOLS

| Tool | Explore | Problem-Solve | Plan |
|--|--|---|--|
| Mapping Relationships  | <ul style="list-style-type: none"> Identify who is in a person's life Think about potential evolving relationships | <ul style="list-style-type: none"> Identify where gaps can be filled | <ul style="list-style-type: none"> Plan for how these relationships can provide support |
| Reciprocal Roles  | <ul style="list-style-type: none"> Identify who provides support to the person and vice versa | <ul style="list-style-type: none"> Identify where gaps can be filled Discover how to evolve relationships | <ul style="list-style-type: none"> Determine how these relationships can provide support |
| Goal Attainment and Tracking  | <ul style="list-style-type: none"> Define what success looks like for a goal and how to track it Identify formal and informal supports to help accomplish a goal | <ul style="list-style-type: none"> Discover what is keeping the person from being successful in goal attainment | <ul style="list-style-type: none"> Use to better plan for goals that aren't as easy to define Plan manageable and attainable strategies based on existing supports |

Important Reminder

When supporting people and families, it is critical to consider all types of support needs. This helps ensure we are providing resources that help a person achieve their good life.

| Discovery and Navigation | Connecting and Networking | Goods and Services |
|---|---|---|
| Having the information and tools needed to navigate life. Sometimes, what is really needed is information about a topic to make an informed decision. | Making connections with peers to help with information, navigation, and emotional support. Who else has been there and done that? | The day-to-day tangible items from systems, or public and private organizations in the community. |



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