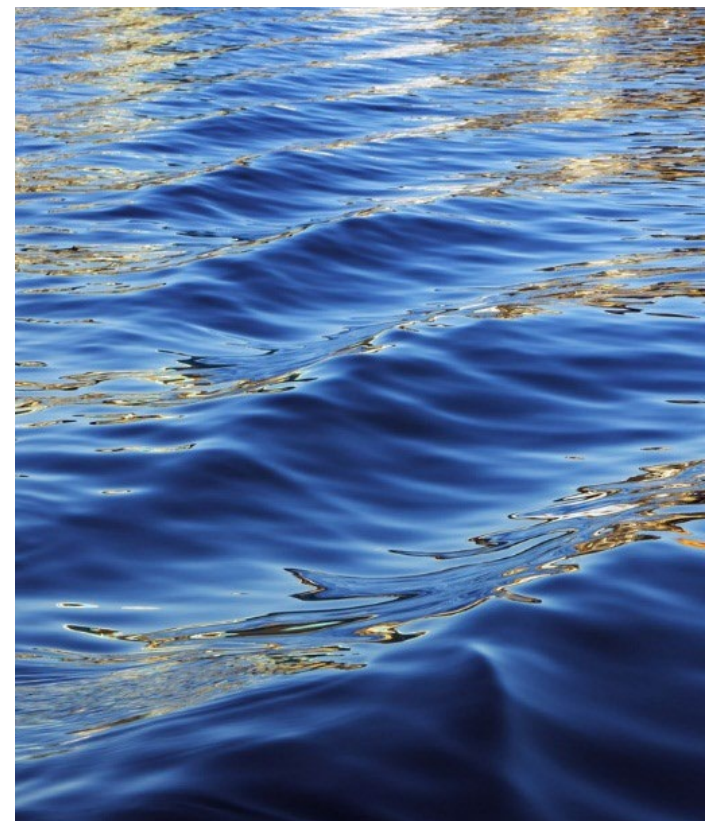




Charting the Life Course

Provider Meeting- February 28th, 2024
1:00pm



Introductions and Questions for You

- **Lisa Martinson, Chief Clinical Officer- Mecosta/Osceola**
- **Becky Wemple, Supervisor- Osceola**
- How did you decide where you wanted to live?
- How did you decide where you wanted to work?
- How did you decide on your career path?
- How do you decide on your plans for the weekend?
- How do you make decisions on the clothes you wear or what you eat for lunch?

What is Charting the LifeCourse?

- The Charting the LifeCourse framework helps organizations to assess, enhance, develop, and evaluate policies, practices and procedures to ensure person and family centered supports that lead to good lives.
- The CtLC principles and tools can be integrated into existing processes with individuals, families, and staff, and can also be used for supporting organizational strategic thinking and planning.

What is Charting the LifeCourse?

Charting the LifeCourse IS:

- About having different conversations
- A different way of thinking
- Encouraging high expectations
- Having life experiences to move the trajectory in the desired direction
- Integrating multiple types of support

Charting the LifeCourse IS NOT:

- Only for professionals to use
- Just about the “tools”
- A “program”
- Designed for just one specific age group
- Solely for people with disabilities and their families

Charting the LifeCourse™

Guiding Principles

Core Belief: All people have the right to live, love, work, play and pursue their life aspirations just as others do in their community.



Focusing on ALL

100%


4.9 million
citizens with
developmental
disabilities

75%

25%

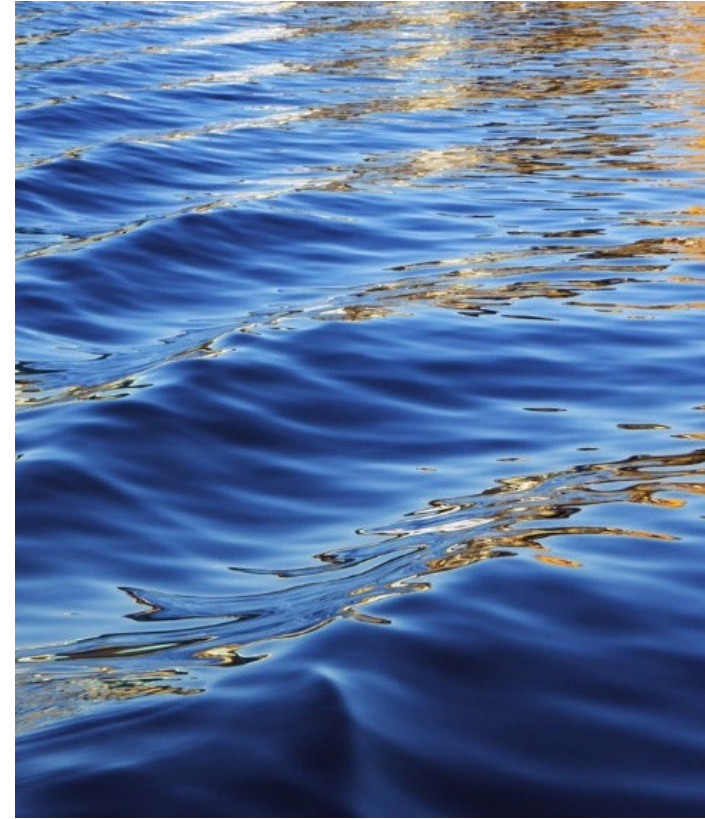
25% national
percentage
receiving state
DD services

Based on 1.49% prevalence, US Census 2013. Braddock et al, State of the State 2013



Introduction to LifeCourse Framework Video (18 min)

<https://youtu.be/hWrGklhIKgA>



LifeCourse Key Principles

Core Belief: All people have the right to live, love, work, play and pursue their own life aspirations.

1. Focusing on ALL people- 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 the supports they need.
2. Recognizing the person within the context of their family: Roles adjust as individual members in the family system change and age. The entire family needs supports to ensure they are all able to successfully live their good life.
3. Trajectory of life experiences across the Lifespan- focus on life stages we all go through and important to have a vision of a good, quality opportunities and experiences throughout the Trajectory of life.

LifeCourse Key Principles

- 4. Achieving Life Outcomes: Individuals and families plan for the present and future life outcomes- building self-determination, economic sufficiency and community inclusion.
- 5. Holistic Focus Across the Life Domains: ways to be connected, integrated to have a good quality of life. Example: Safety and Security.
- 6. Supporting the Three Buckets of Need:
 1. Discovery and Navigation
 2. Connecting and Networking
 3. Goods and Services

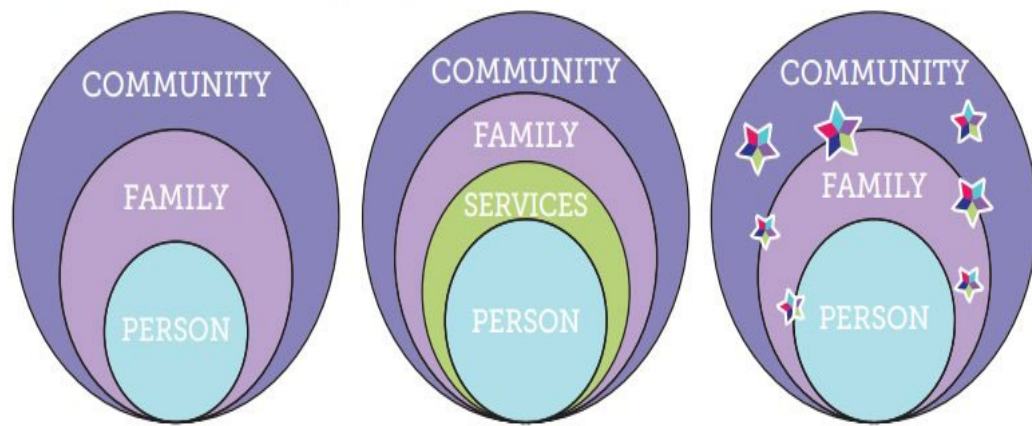
Life Course Key Principles

7. Intergrated Services and Supports Across the LifeCourse: individuals and families access array of intergrated supports to achieve their envisioned good life.

Examples: public, privately funded, eligibility determined, community-based supports, technology and personal strengths and assets.

8. Transformational Policy and System Change- being involved in policy making to influence planning, policy implementation, research and revisions to practices that affect them.

Person within the Context of Family & Community



People with disabilities are members of their families and communities

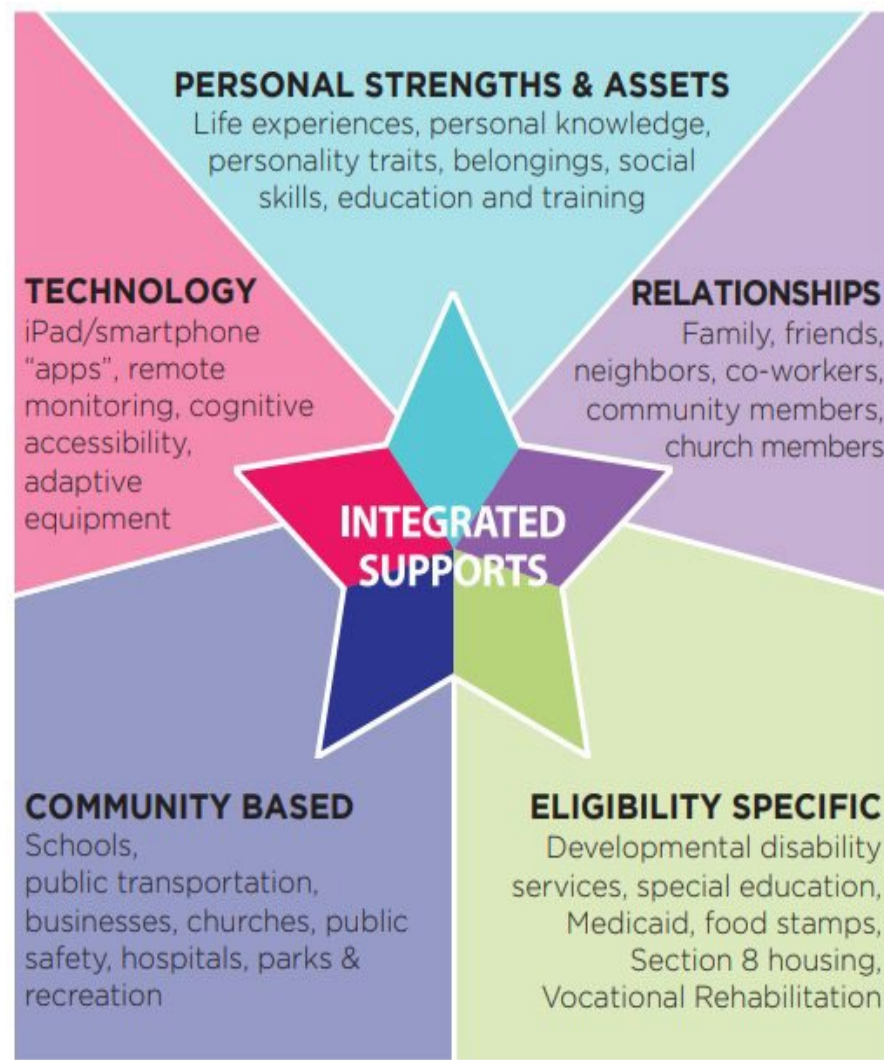
With the best of intentions

All people receive integrated services and supports

Charting the LifeCourse...

- Is about having different conversations
- Is a different way of thinking
- Is about encouraging high expectations
- Is about having life experiences to move the trajectory in the desired direction
- Is about integrating LOTS of different kinds of support, and not just having an “all green life”
- Isn't JUST about the “tools”
- Isn't a “program”

Integrated Supports for a Good Life



Strategies for Supporting Real Lives

Discovery & Navigation: Knowledge & Skills

- Information on disability
- Knowledge about best practices and values
- Skills to navigate and access services
- Ability to advocate for services and policy change

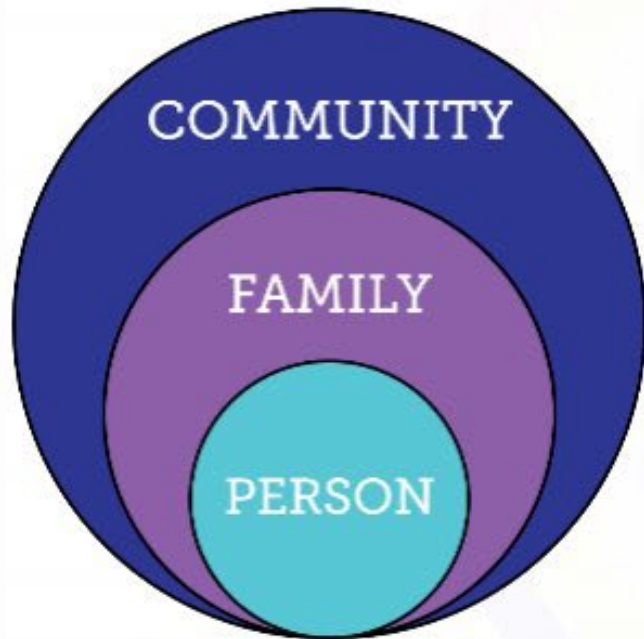
Connections & Partnerships: Mental Health & Self-efficacy

- Parent-to-Parent Support
- Self-Advocacy Organizations
- Family Organizations
- Sib-shops
- Support Groups
- Professional Counseling
- Non-disability community support

Goods and Services: Instrumental Supports

- Self/Family-Directed services
- Transportation
- Respite/Childcare
- Adaptive equipment
- Home modifications
- Financial assistance
- Cash Subsidies
- Short/Long term planning
- Caregiver supports & training

Services and Supports are Evolving



Everyone exists
within the context
of family
and community



Traditional
Services



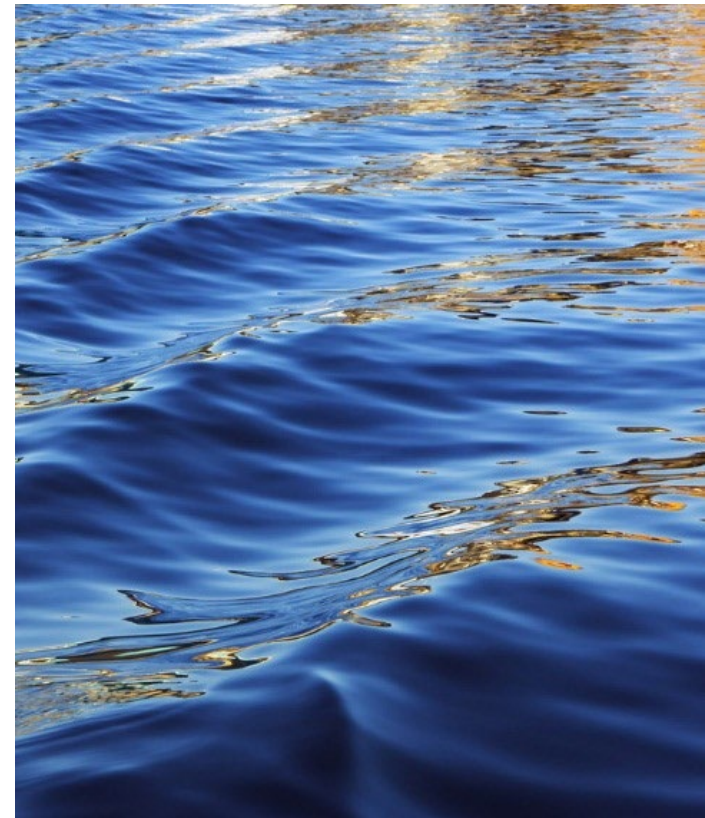
Integrated Services
and Supports within
context of person,
family and
community





Helping families articulate what they need- Video

<https://youtu.be/lRHq4P27zWo>



Integrated Support Star

- The Integrated Support Star principle and tool can be used by anyone (individuals, families, or professionals) to guide their thinking about supports.
- It can be used for mapping current services and supports, problem-solving for a specific need, or planning the next steps.
- Identifies the Supports you are using and also think about other supports that might be helpful in your community and life.
- The right supports can help you ensure you overall quality of life.
- Some supports are centered around relationships, your personal strengths and assets you have which with a combination --can help consumer achieve a vision for a good life!

PERSONAL STRENGTHS & ASSETS

Skills, personal abilities, knowledge or life experiences;
Strengths, things a person is good at or others like and admire;
Assets, personal belongings and resources

TECHNOLOGY

Personal technology anyone uses;
Assistive or **adaptive** technology with day to day tasks;
Environmental technology designed to help with or adapt surroundings

RELATIONSHIPS

Family and others that love and care about each other;
Friends that spend time together or have things in common;
Acquaintances that come into frequent contact but don't know well

COMMUNITY BASED

Places such as businesses, parks, schools, faith-based communities, health care facilities;
Groups or **membership** organizations;
Local services or **public** resources everyone uses

ELIGIBILITY SPECIFIC

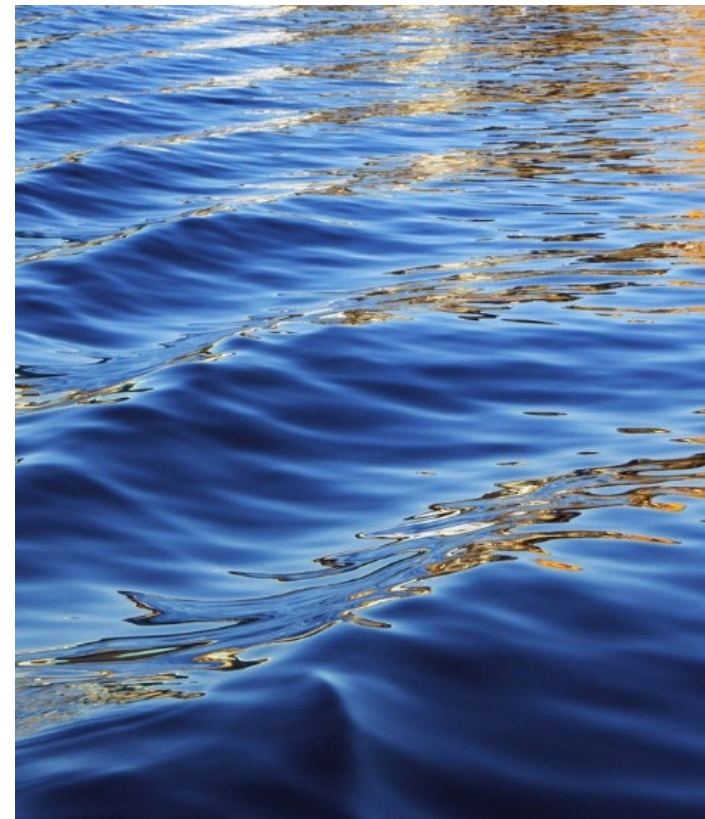
Needs based services based on age, geography, income level, or employment status;
Government paid services based on **disability** or **diagnosis**, such as special education or Medicaid



<https://youtu.be/ubRIPqUi4Ag>

Integrated Support Star Video

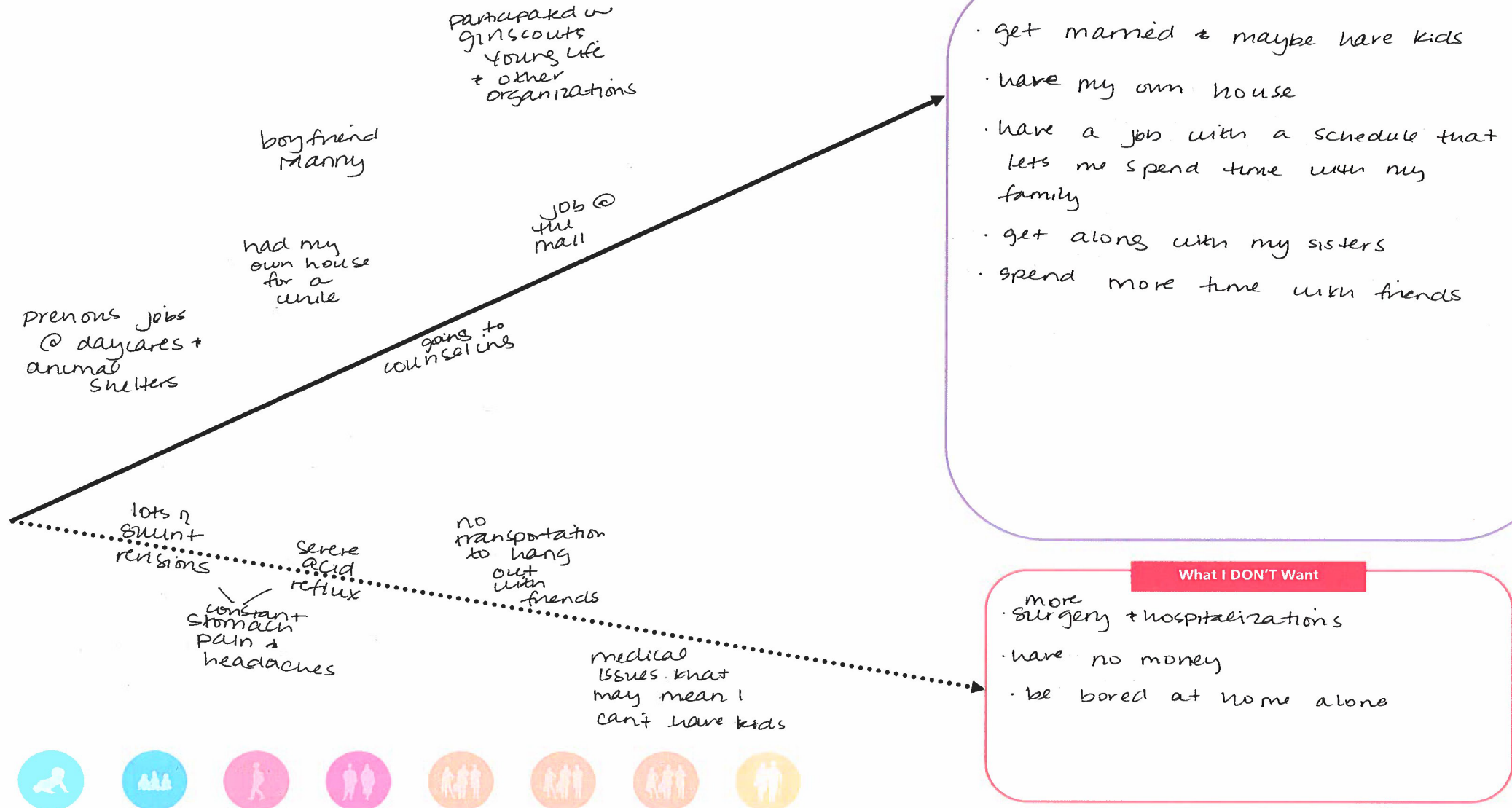
Origin of the Integrated Support Star (2 min)



Life Trajectory for Exploring and Planning

- This is used to help determine how to create a vision for a good life!
- Provides space to explore the things are going well in consumer's life or the things that are stopping a consumer from reaching their good life.
- This is taught in a strengths-based concept to think about the consumer's life: both short and long term.
- The higher the expectations, the more opportunities and experiences will be possible and lead towards achieving goals and dreams.

Life Trajectory Worksheet



Past Life Experiences

List past life experiences and events that have supported your vision for a good life

Moving Forward

List current or future life experiences or goals that will continue to support your good life vision

Vision for What I Want

List what you want your "GOOD LIFE" to look like

What I Don't Want

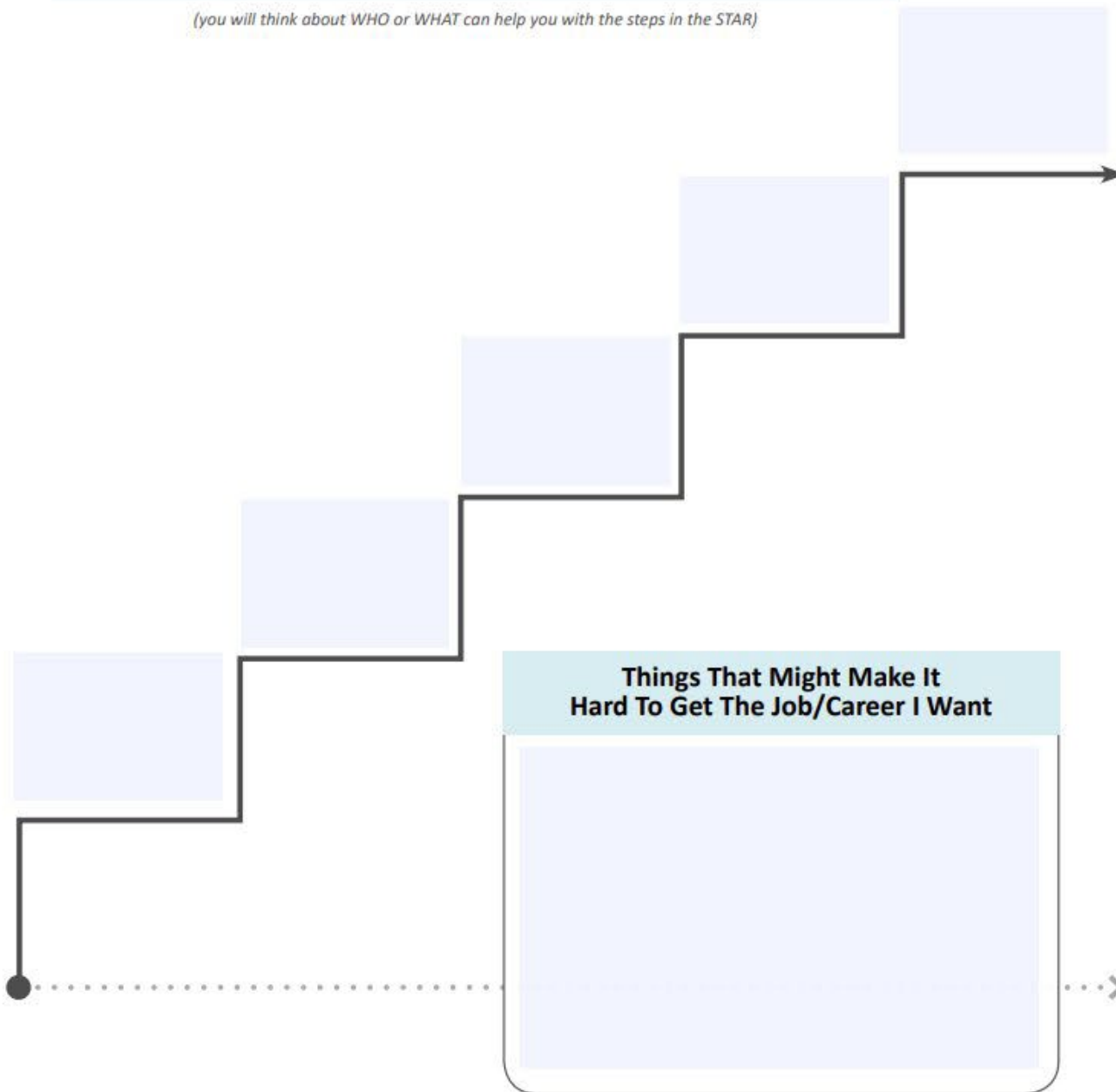
List the things you don't want or what is NOT a "good life"

List past life experiences that pushed your trajectory toward things you don't want

List things to avoid that could keep you from your good life vision or lead to what you don't want

Steps To Help Me Move Closer To My Job/Career Goal

(you will think about WHO or WHAT can help you with the steps in the STAR)



Things That Might Make It Hard To Get The Job/Career I Want

Large empty box for writing.

My Vision for My Job/Career

What is my short term goal for employment? What job or career would I most want to end up doing in the long run?

Large empty box for writing.

My vision for a good life

Large empty box for writing.

What are the things I must have to apply for or accept a job? Are there things about a job I would prefer (outside/inside; fast/slow pace; salary, schedule, tasks, dress code, work around people or not)?

Large empty box for writing.

What I Don't Want for My Job/Career

What kind of jobs do I know I don't want to do? What kinds of things in a job would make me not want to do it?

Large empty box for writing.

Not a good life

Large empty box for writing.

Large empty box for writing.

Life Domain Vision Tool

- This tool describes the what the consumer's vision looks like in the following areas:
- Social and Spirituality
- Healthy Living
- Daily Life and Employment
- Safety and Security







LIFE DOMAIN VISION TOOL | PERSON CENTERED

Name of Person Completing: _____

Date: _____

On Behalf of: _____

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FUTURE	PRIORITY
	Daily Life & Employment: What do I think I will do or want to do during the day in my adult life? What kind of job or career would I like?		
	Community Living: Where would I like to live in my adult life? Will I live alone or with someone else?		
	Social & Spirituality: How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?		
	Healthy Living: How will I live a healthy lifestyle and manage health care supports in my adult life?		

	<p>Safety & Security: How will I stay safe from financial, emotional, physical or sexual harm in my adult life?</p>		
	<p>Advocacy & Engagement: What kind of valued roles and responsibilities do I or will I have, and how can I have control of how my own life is lived?</p>		
	<p>Supports for Family: How do I want my family to still be involved and engaged in my adult life?</p>		
	<p>Supports & Services: What support will I need to live as independently as possible in my adult life, and where will my supports come from?</p>		

Using Charting the Life Course for Providers

- How might you apply them to your work with consumers?
- As a provider, could you use these tools to support the consumer s we serve?
- Do you see your staff using some of these tools to assist in problem solving with consumers?
- Do you think that staff would be able to talk with consumers about Intergrated Support Star, Life Trajectory or a Vision Tool?

Review and Questions

- **Website: lifecoursetools.com- access tools—please explore!**
- Charting the Life Course tools plan to be posted on the provider page under Training.
- We are working to ensure that our CMHCM staff are trained in this practice and each county should have trained staff on each team.
- Upcoming trainings for CMHCM staff- all case holders in March 2024; future trainings for case holders in April 2024.
- QUESTIONS?