



Charting a LifeCourse

Stacey Ramirez
State Director
The Arc Georgia

A life course approach recognizes the role of time in shaping health outcomes and incorporates time into models explaining health outcomes.

June 14, 2013

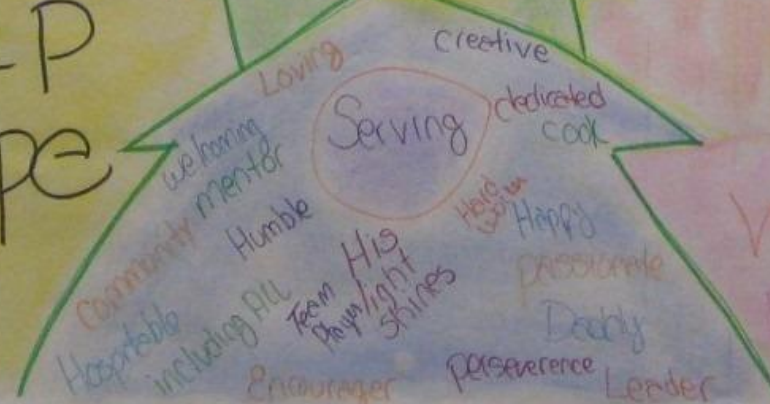
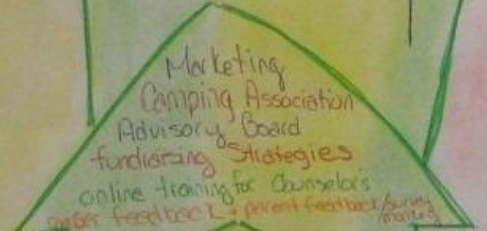


Dreams of Camp Hope

top br: Scott
 supported by: Anne
 Cathy Stacey

Action Agreements

Who	What	by When
Scott + team	Go to Camp	4/14/13
Team	Evaluate	7/23/13
Scott	Create ps surveys	6/17/13
Advisory Board	Fundraising Plan	6/18/13
Scott + Jo Jo	Recognize Anger's Class	7/20/13
Tracy + team	Create video for camp	7/20/13



Wonderful
 Lifechanging
 Habits



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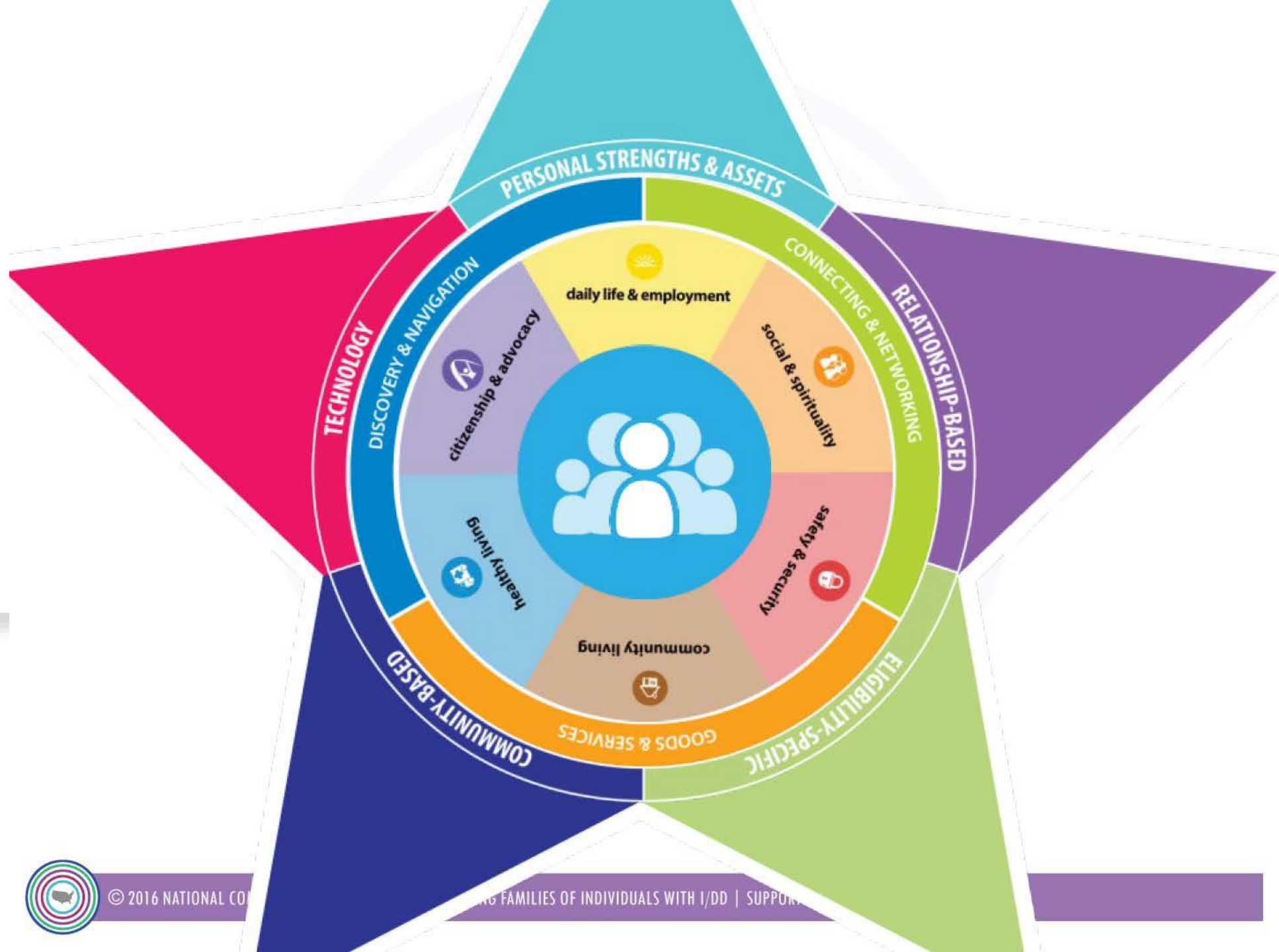






Development of LifeCourse Framework













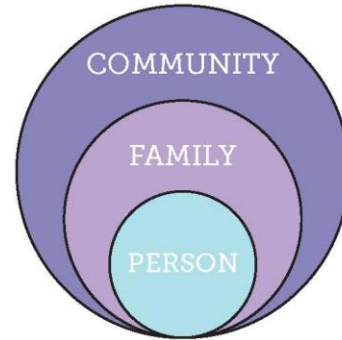


Exploring Life Possibilities

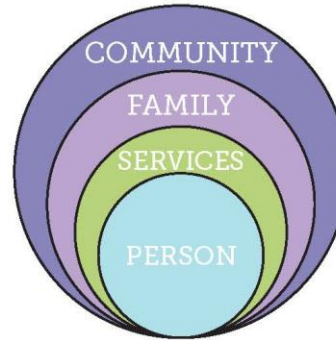
There are many options for living, working, and playing in the community. What might have been great 30 years ago, may not work for today's vision of a quality life in the community. This tool is to help individuals and families look at a variety of life options in each of the life domains, some of which are traditional or historic and no longer preferred by many, some that are known and tried, but not necessarily the norm, and others that are new or unfamiliar to individuals, families and professionals.

	 Daily Life & Employment	 Community Living	 Social & Spirituality	 Healthy Living	 Safety & Security	 Citizenship & Advocacy	 Supports for Family Unit	 Supports & Services
Innovative Life Options	New ideas; things that someone has tried, and you replicate or adapt for your own needs; things that haven't been thought of yet or tried.							
↕	<ul style="list-style-type: none"> • Micro-enterprises • Careers • Competitive employment • College or tech school • Supported employment • Work crews or enclaves • Job coaches • Volunteering • Special college programs 	<ul style="list-style-type: none"> • Co-op • Adapted living space • Environmental technology • Shared living • Public transportation • Independent Supported Living (ISL) • Home of Your Own (program) • Independent Living Center 	<ul style="list-style-type: none"> • Friendships • Dating/relationships • Parks and Recreation • Inclusive faith community • Service/social club/groups • Special Olympics • Special passes • Social skills classes 	<ul style="list-style-type: none"> • Gym membership • Community Health Centers • Health fairs • Family practice providers • In-home or community based therapies • Family member or school staff implement therapy • Special Olympics 	<ul style="list-style-type: none"> • Limited/ joint bank account, automatic bill pay, personal contract, agency agreement • Personal safety devices • Limited guardianship • Remote monitoring • Special Needs Trust • Power of Attorney 	<ul style="list-style-type: none"> • Voting • Neighborhood group or organization • Self-Advocacy • Visiting your legislator • People First/SABE • Disability Rights Day at the Capitol • Project STIR 	<ul style="list-style-type: none"> • Social Media • Technology • Blogs • Family & friends • Peer Support/P2P • Face-to-face local support groups • Online Support Groups • Sib-shops 	<ul style="list-style-type: none"> • Exchange networks • Time banks • Human service co-ops • General education • Self-Directed Supports • \$\$ follows the person • Technology/ remote monitoring
Traditional Life Options	<ul style="list-style-type: none"> • Sheltered workshops • Day habilitation 	<ul style="list-style-type: none"> • Institutions • Intermediate Care Facility (ICF) • Group Homes 	<ul style="list-style-type: none"> • Separate or special church service • Special group outings & activities 	<ul style="list-style-type: none"> • Center-based therapies (PT, OT, Speech, etc) • Special or institutional medical care 	<ul style="list-style-type: none"> • Full guardianship • 24 hour supervision 	<ul style="list-style-type: none"> • Paid advocate or having someone else advocate on your behalf 	<ul style="list-style-type: none"> • Institution or center based support group • Intensive all-day parent training • Disability specific groups 	<ul style="list-style-type: none"> • Systems supports • Provider and agency staff

Person within the Context of Family & Community



People with disabilities are members of their families and communities

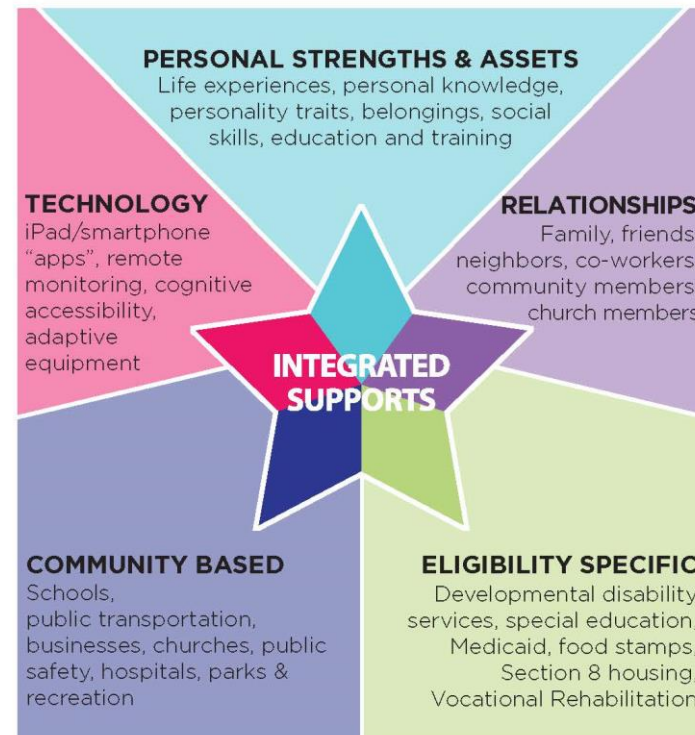


With the best of intentions



All people receive integrated services and supports

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

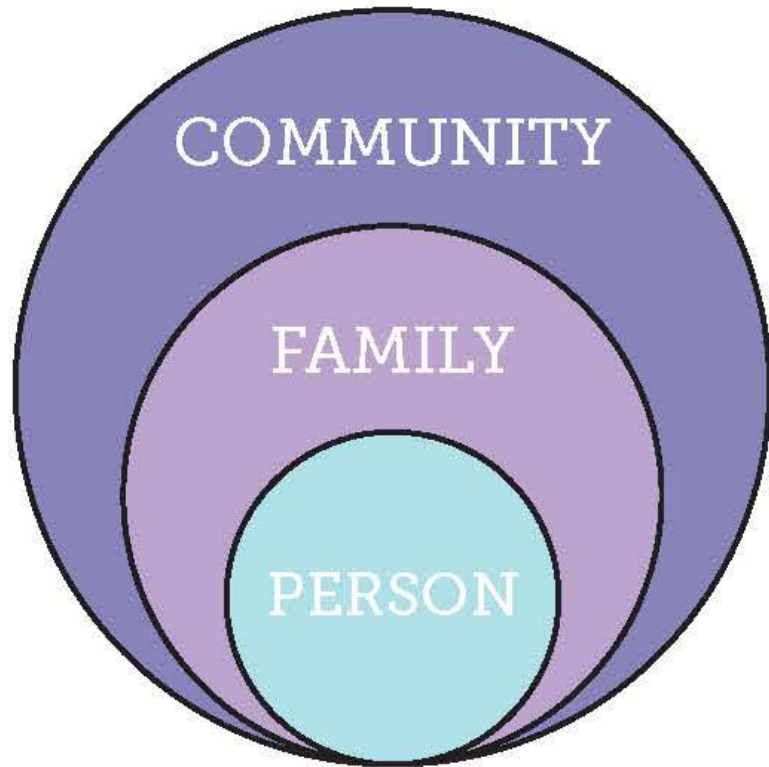
- Parent-to-Parent Support
- Self-Advocacy Organizations
- Family Organizations
- Sib-shops
- Support Groups
- Professional Counseling
- Non-disability community support

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

Access the Charting the LifeCourse™ tools and framework at lifecoursetools.com

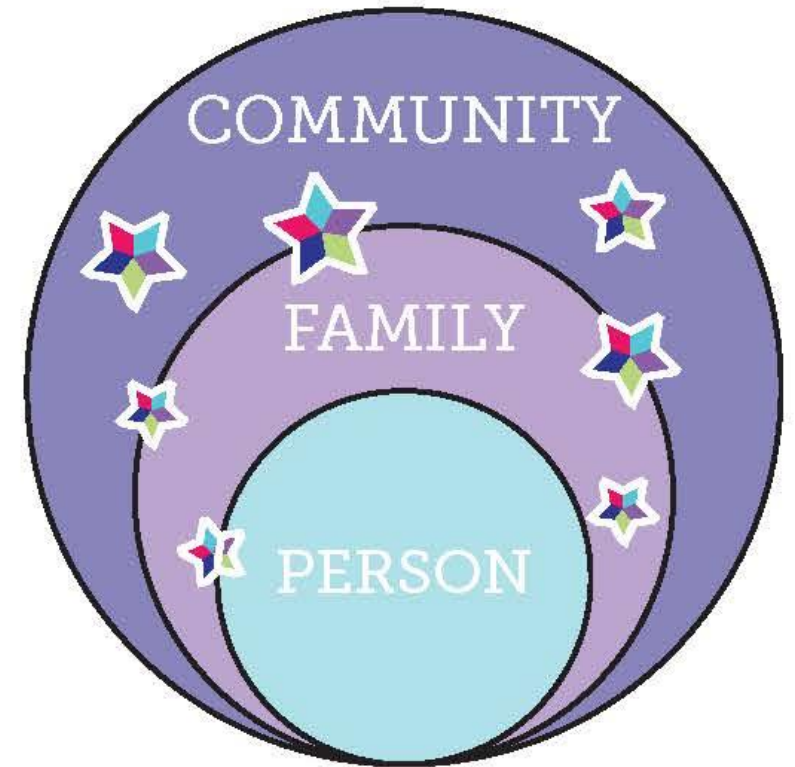
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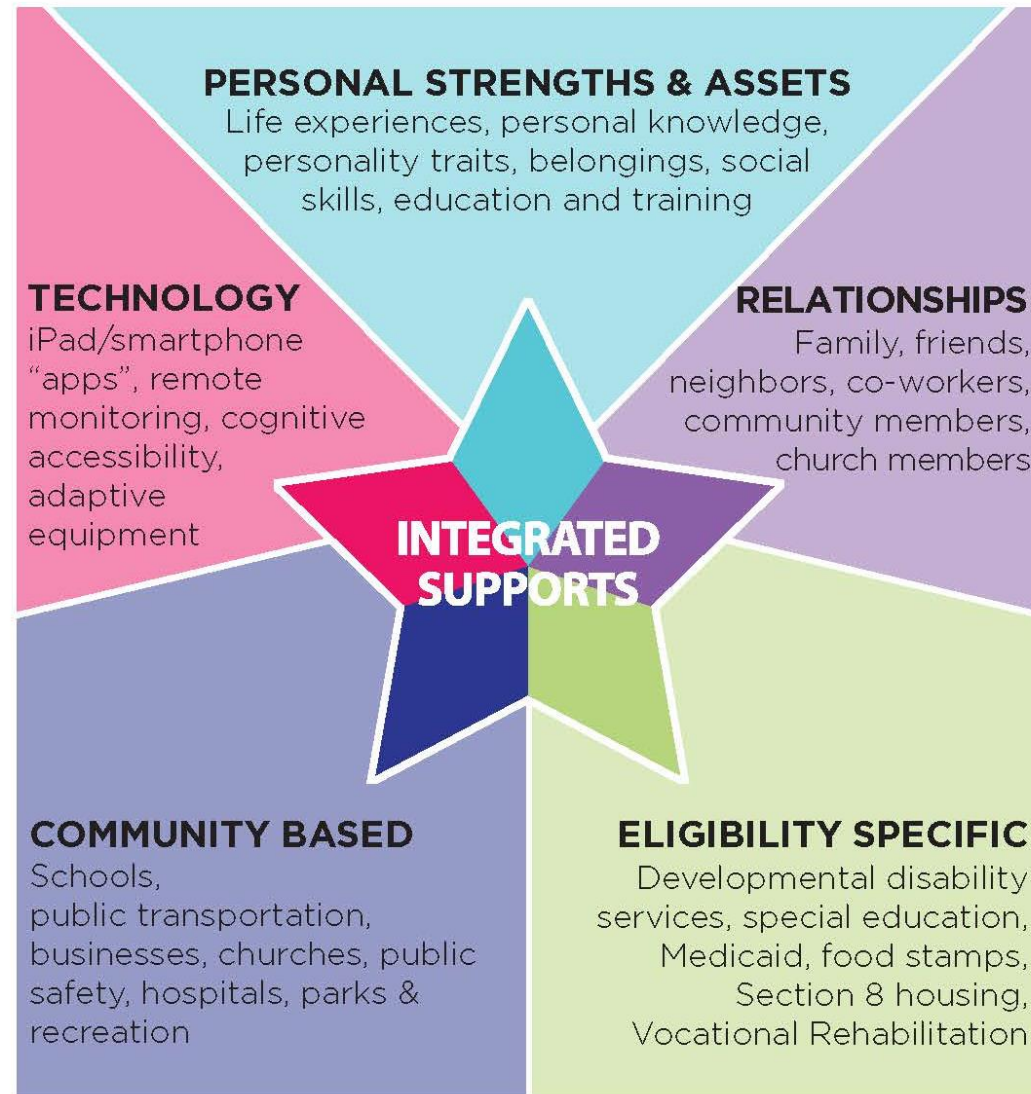


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CHARTING the LifeCourse



Life Stages and Trajectory

Individuals and families can focus on a specific life stage, 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.



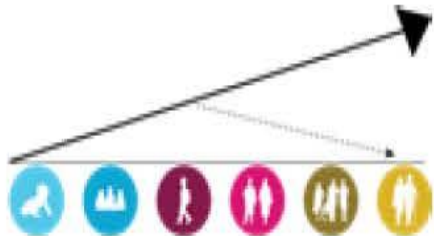
Policy and Systems

Individuals and families are satisfactorily 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.

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Integrated 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.

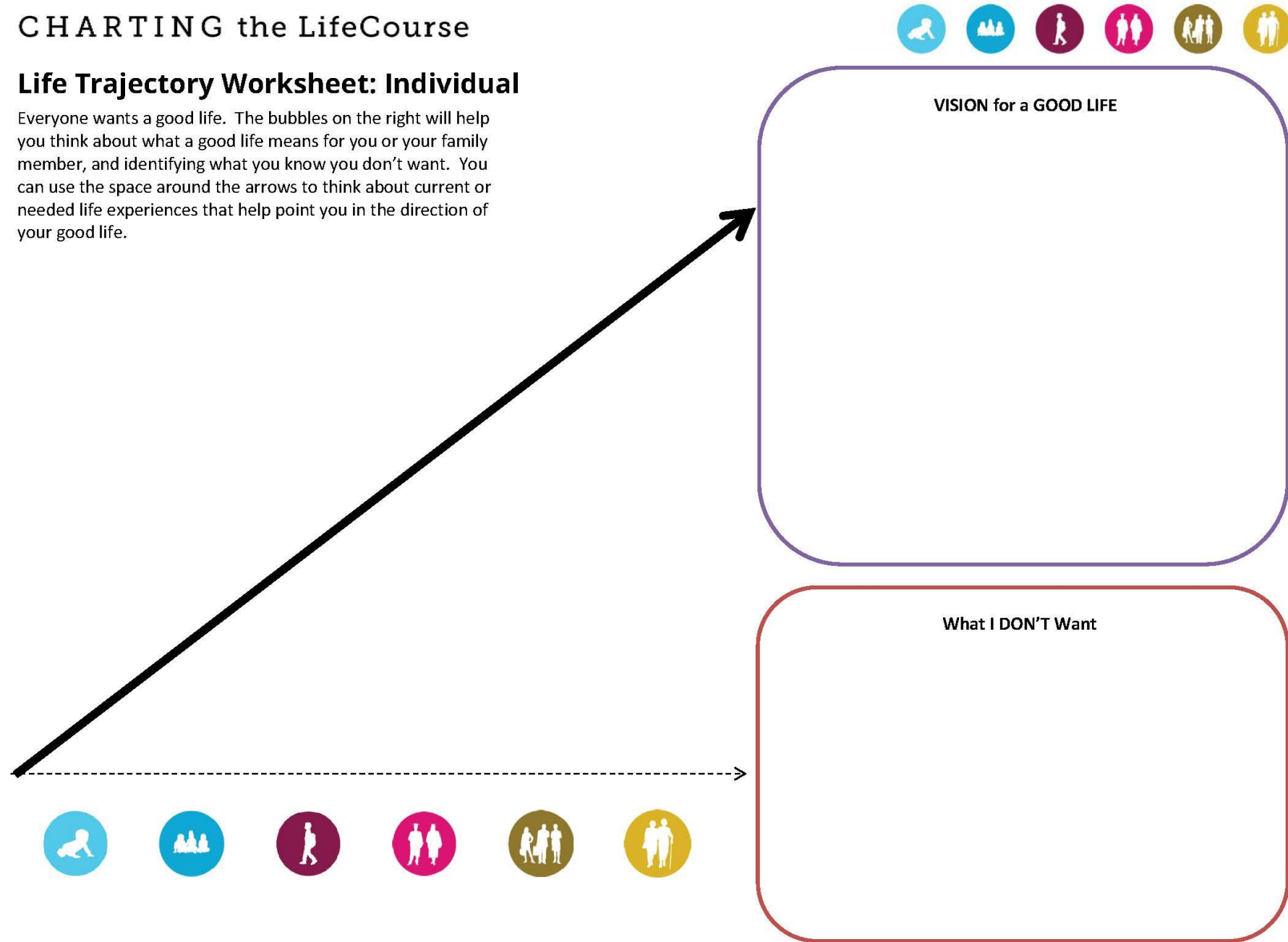


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CHARTING the LifeCourse

Life Trajectory Worksheet: Individual

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.




The diagram illustrates a life trajectory worksheet. A large black arrow starts from a dashed horizontal line on the left and points diagonally upwards to a large purple rounded rectangle labeled "VISION for a GOOD LIFE". Below the dashed line is a row of six circular icons representing life stages: a baby (light blue), a family (blue), a person walking (purple), two people (pink), a family with a stroller (olive green), and two elderly people (yellow). Above the "VISION" box is another row of six similar icons. Below the dashed line is a large red rounded rectangle labeled "What I DON'T Want".

VISION for a GOOD LIFE

What I DON'T Want



My Dream for My Son
It's ok not to know....



Let's bring LifeCourse to
Georgia!!
Join me!?!

Let's Talk...