



## Supporting Families Using Charting the LifeCourse

SSPS SEAC 1-3-22

- Welcome
- Introduction of Charting the LifeCourse Framework
- Using the trajectory principle and tool
- Resources and discussion

# Use the Chat to tell us about you

- 1. Who are you?

- Person with a disability
- Family member
- Educator/ School staff
- Other: \_\_\_\_\_

- 2. Do you have experience with Charting the LifeCourse?

- Yes
- Some experience
- No

Carrie Jakober,

- MN Department of Human Services

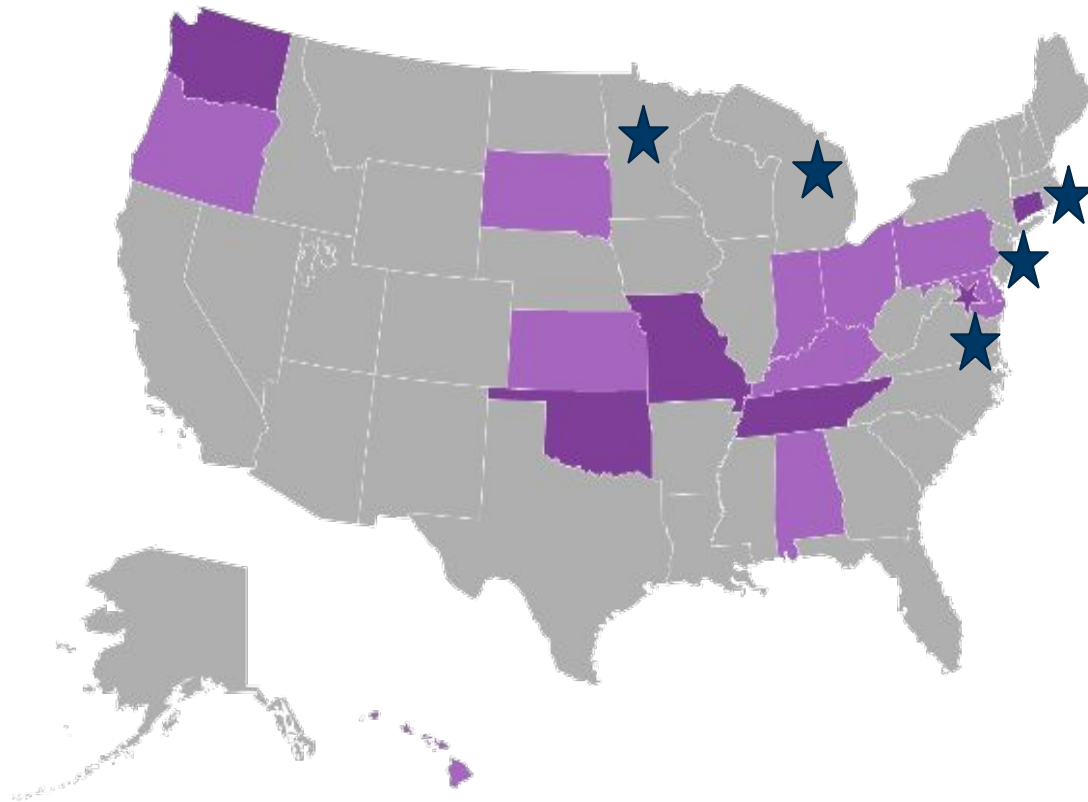
Sue Benolken

- Mn Department of Education

Jamie O'Conner (Via video)

- Family Voices of MN, Outreach Coordinator

# Charting the LifeCourse – National Community of Practice



## Full CoP/ Development

Maine  
Massachusetts  
Michigan  
Minnesota  
New Hampshire  
New Jersey  
Virginia

## Full CoP/ Integration

Alabama  
South Dakota

## Sustainability

Connecticut  
DC  
Delaware  
Hawaii  
Indiana  
Kansas  
Maryland  
Missouri  
Ohio  
Oklahoma  
Oregon  
Pennsylvania

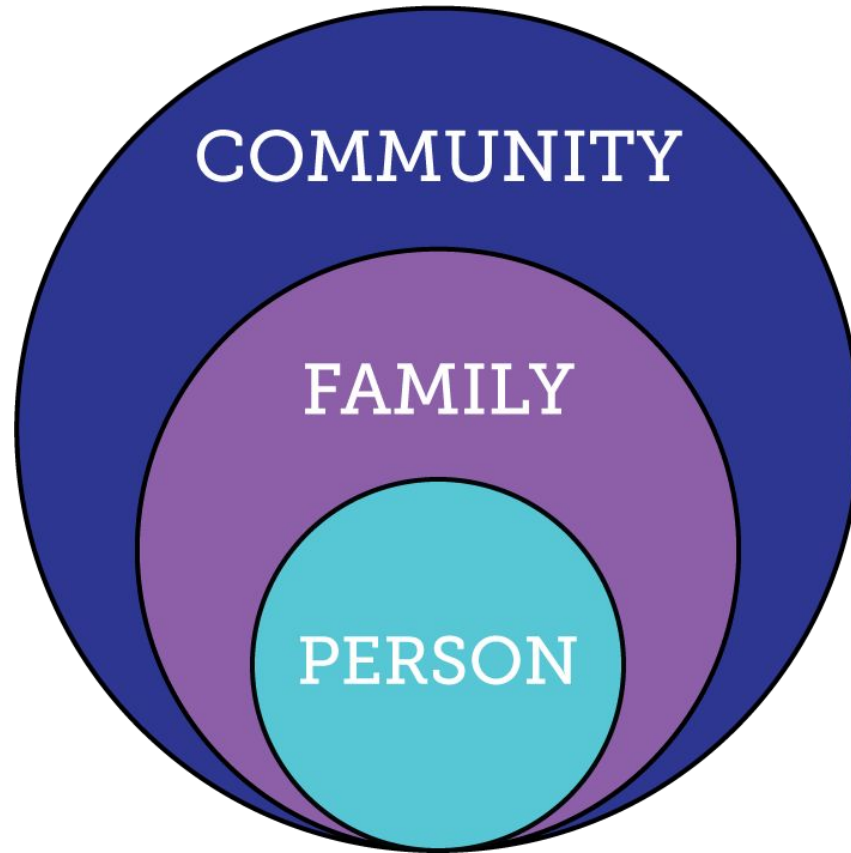
# What is Charting the LifeCourse

Created for people and families of all abilities and all ages to:

- Explore life possibilities
- Share ideas, hopes, and fears
- Set higher expectations
- Navigate Future
- Advocate for Vision
- Problem-Solve and Plan



# Everyone Exists Within the Context of Family and Community





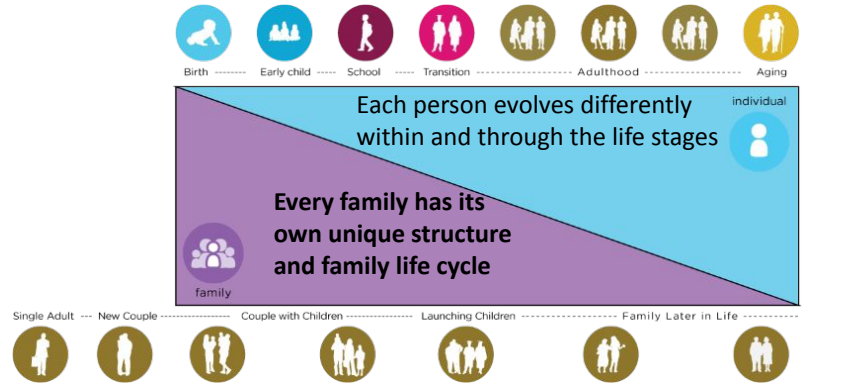
- **The individual** will achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life



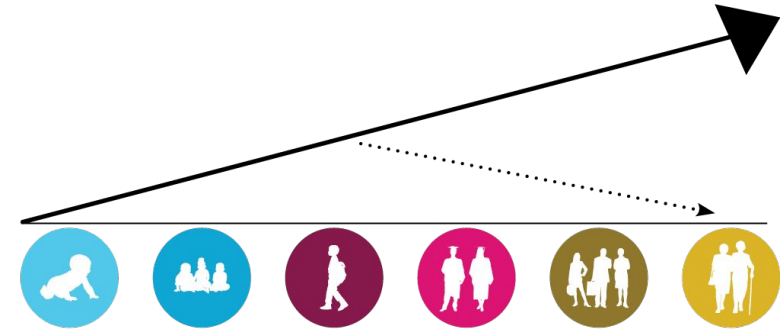
- **Families** will be supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support all individual members to achieve their goals.



# Lifelong Impact of



Family Cycle Impacts Member Life Cycle



Family Life Experience Impacts Trajectory

**Biological:** Likes, dislikes, skills, abilities, race, gender, sexual orientation

**Socially:** Family and friend network, acquaintances employers, role within communities

**Environment:** Education, Neighborhood, socio-economic, spiritual or religious, community

**Family Culture:** Dreams, Aspirations, House rules, Ethnic culture, family expectations

Family Unit Impacts Individual Level Characteristics

# Family use Charting the LifeCourse to:

- Raise expectations
- Create a vision
- Have meaningful conversations
- Address barriers and overcome fears
- Help teams to think about common experiences, concerns and questions about the future

# Focusing on Life Domains



**Daily Life and Employment**  
(school/education, employment, volunteering, routines, life skills)



**Healthy Living**  
(medical, behavioral, nutrition, wellness, affordable care)



**Community Living**  
(housing, living options, home adaptations and modifications, community access, transportation)



**Safety and Security**  
(emergencies, well-being, legal rights & issues, guardianship options & alternatives )



**Social and Spirituality**  
(friends, relationships, leisure activities, personal networks, faith community)



**Advocacy and Engagement**  
(valued roles, making choices, setting goals, responsibility, leadership, peer support)

## Supporting the Needs of the Person and Family

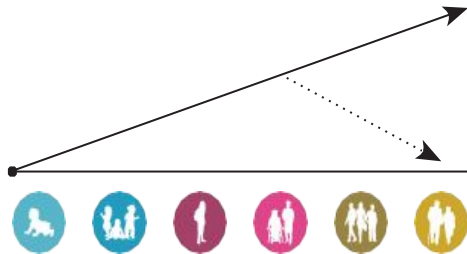
Individual and family supports  
address all facets of life and  
adjust as roles and needs of all  
family members change.



**Discovery  
&  
Navigation**  
(Info and  
Training)

**Connecting &  
Networking**  
(Talking to  
someone that  
has been  
there)

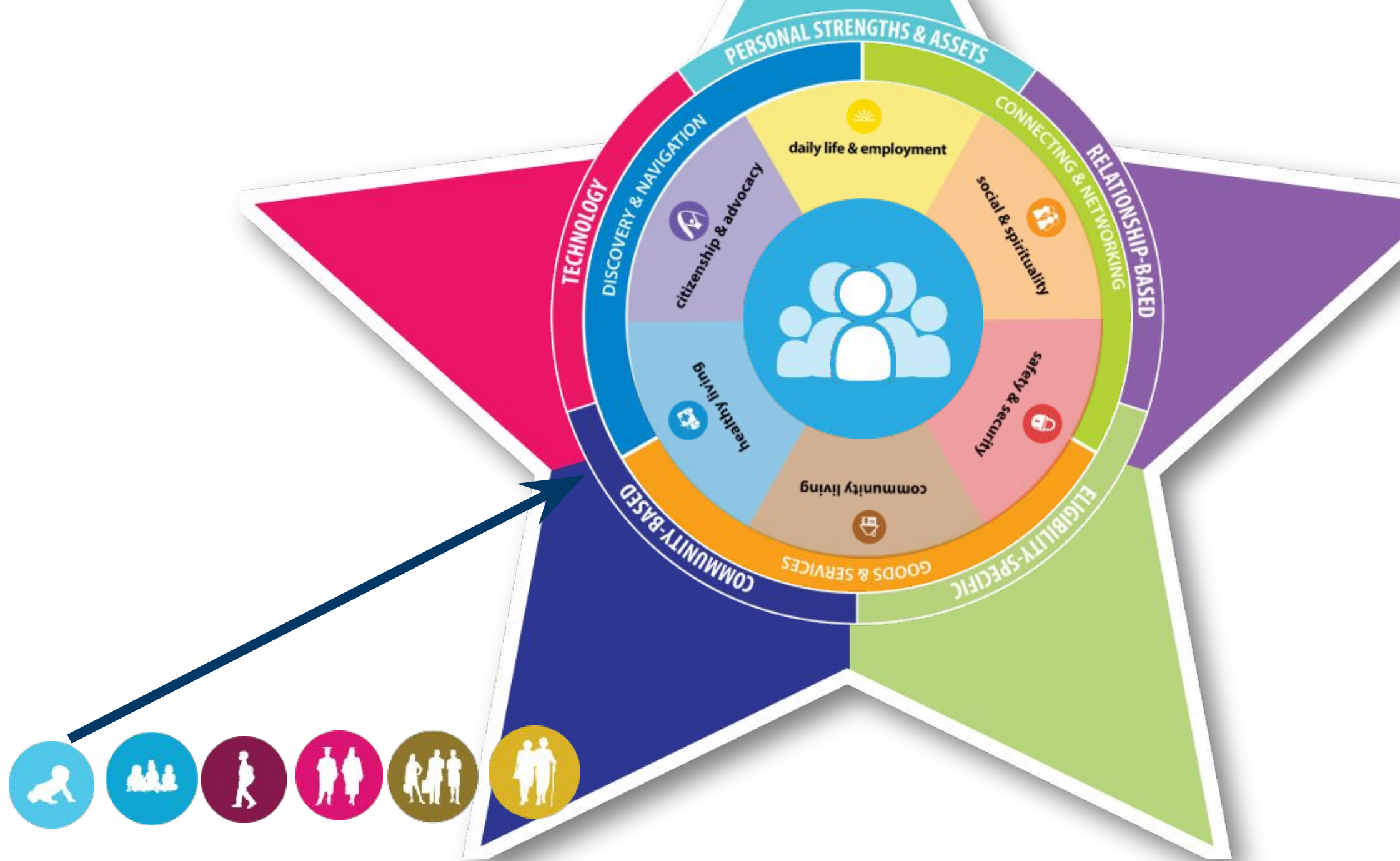
**Goods &  
Services**  
(Day to Day,  
Medical,  
Financial)



## Trajectory of Life Experiences Across the Life Span

Individuals and families can focus on a specific life stage, with an awareness of how prior, current, and future life stages impact and influence their 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.





# Life Trajectory, Vision and Experiences

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[www.lifecoursetools.com](http://www.lifecoursetools.com)

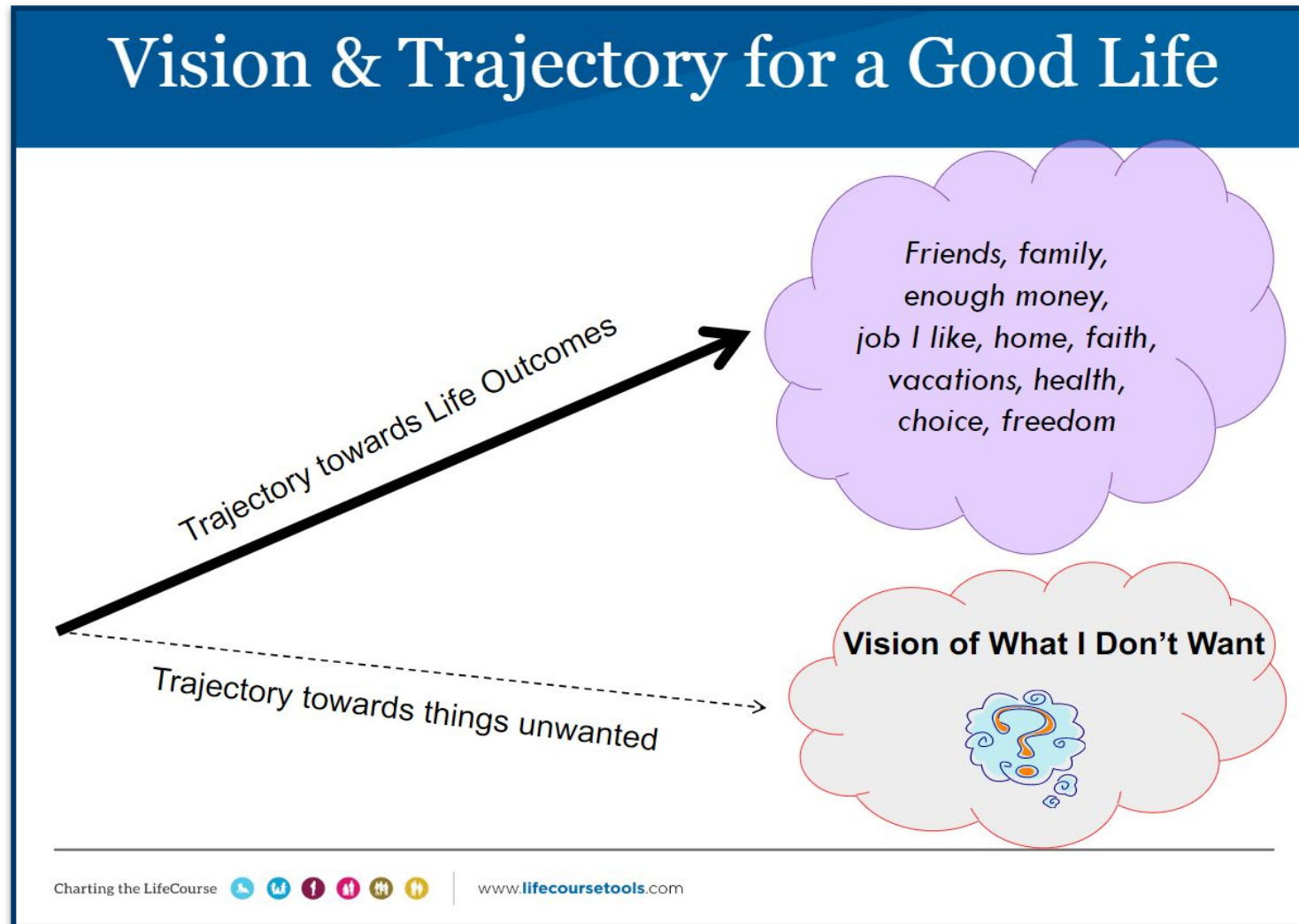
Jamie O'Conner shares her families CtLC story



# Life Trajectory

The worksheet is titled "LIFE TRAJECTORY | EXPLORING" in a blue header bar. It features a graph on the left with a solid diagonal arrow pointing up and to the right, and a horizontal dashed arrow pointing to the right from the same starting point. To the right of the graph are two large, empty rectangular boxes. The top box is outlined in purple and has a purple header that reads "Vision for What I Want". The bottom box is outlined in red and has a red header that reads "What I Don't Want". At the bottom left of the page, there are five small circular icons in blue, purple, pink, green, and yellow. To the right of these icons is a small copyright notice: "Developed by the University of Wisconsin - LifeCourseFlow.com. © 2020 - Content of the University of Wisconsin | 2042-110 | 10/26/2020".

# Vision & Trajectory for a Good Life



# Trajectory Practice

## Planning for next school year activity

### Planning for next school year transition

The worksheet is titled "LIFE TRAJECTORY | EXPLORING" and is designed for planning a school year transition. It features a large arrow pointing from a starting point to a box labeled "Vision for What I Want". Below this is a box labeled "What I Don't Want". The worksheet includes social media icons and a copyright notice at the bottom.

3. What are the experiences or next steps to help our child/student toward the vision of a successful start to school next year?

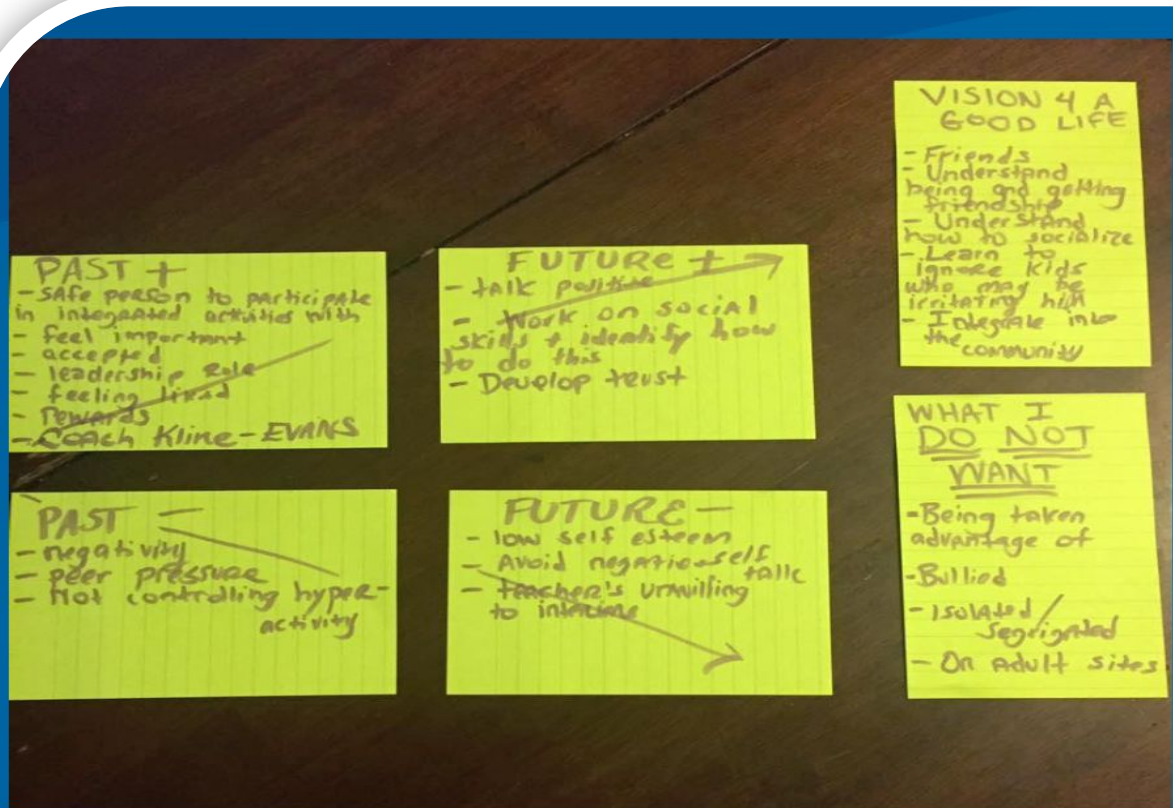
1. What would a good school start next year look like?

2. What would not be a good start to school?

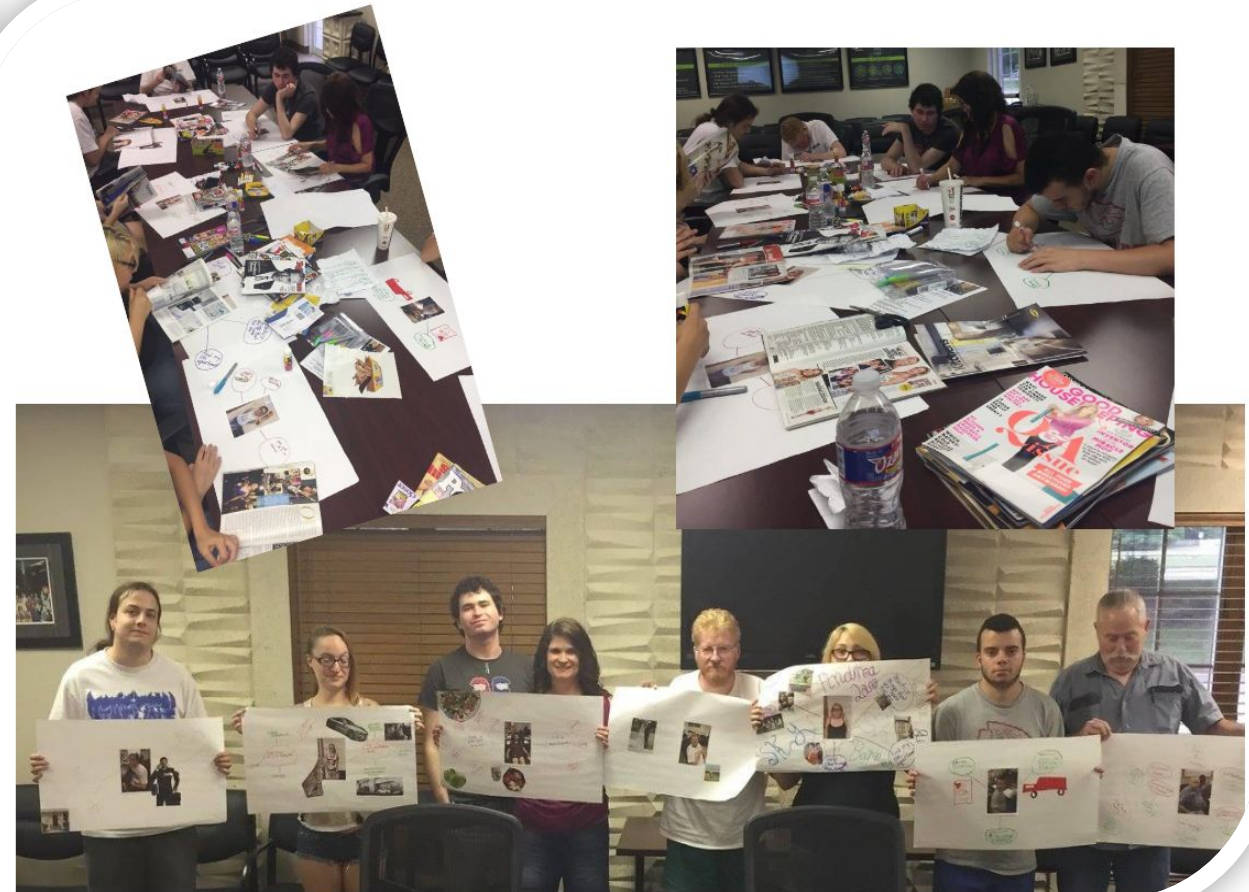
# What is the Purpose of Your

- Problem solving?
- Working toward broad life goals or specific short-term goals?
- Planning day-to-day activities?
- Being clear about what you want & don't want?
- Understanding past life experiences that either helped or were barriers to what you wanted?
- Strategic planning or implementation?

# Great Tool for Visual Thinkers and Problem Solvers



[www.LIFECOURSETOOLS.com](http://www.LIFECOURSETOOLS.com)



# Using and Sharing the Trajectory

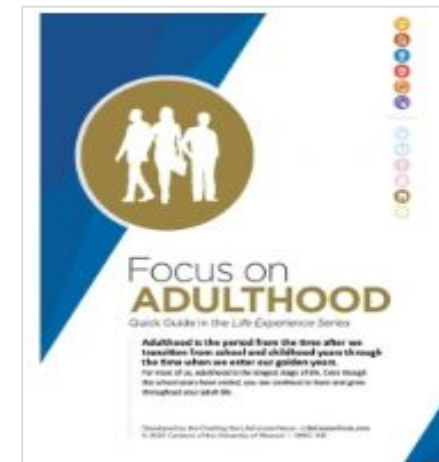
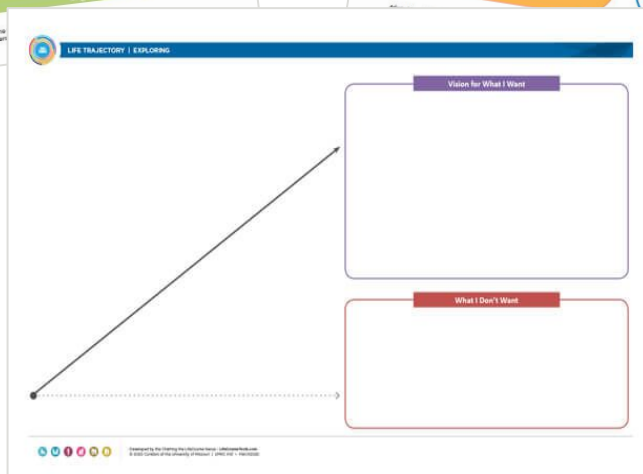
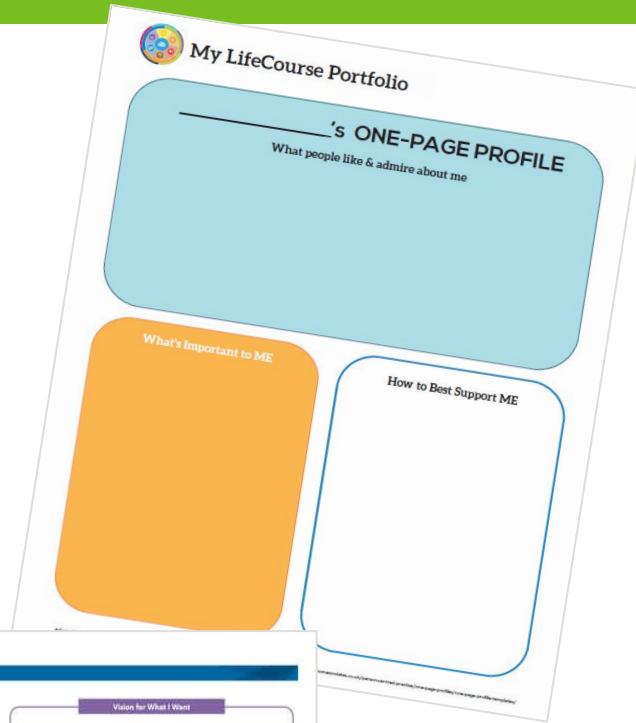
## Keep These Things in Mind

- Concept, not the tool
- Non-negotiables (thinking about the vision for a good life but ALSO what is not wanted) and steps or experiences needed to get there
- People don't even necessarily ever have to even see or know that you're doing the trajectory

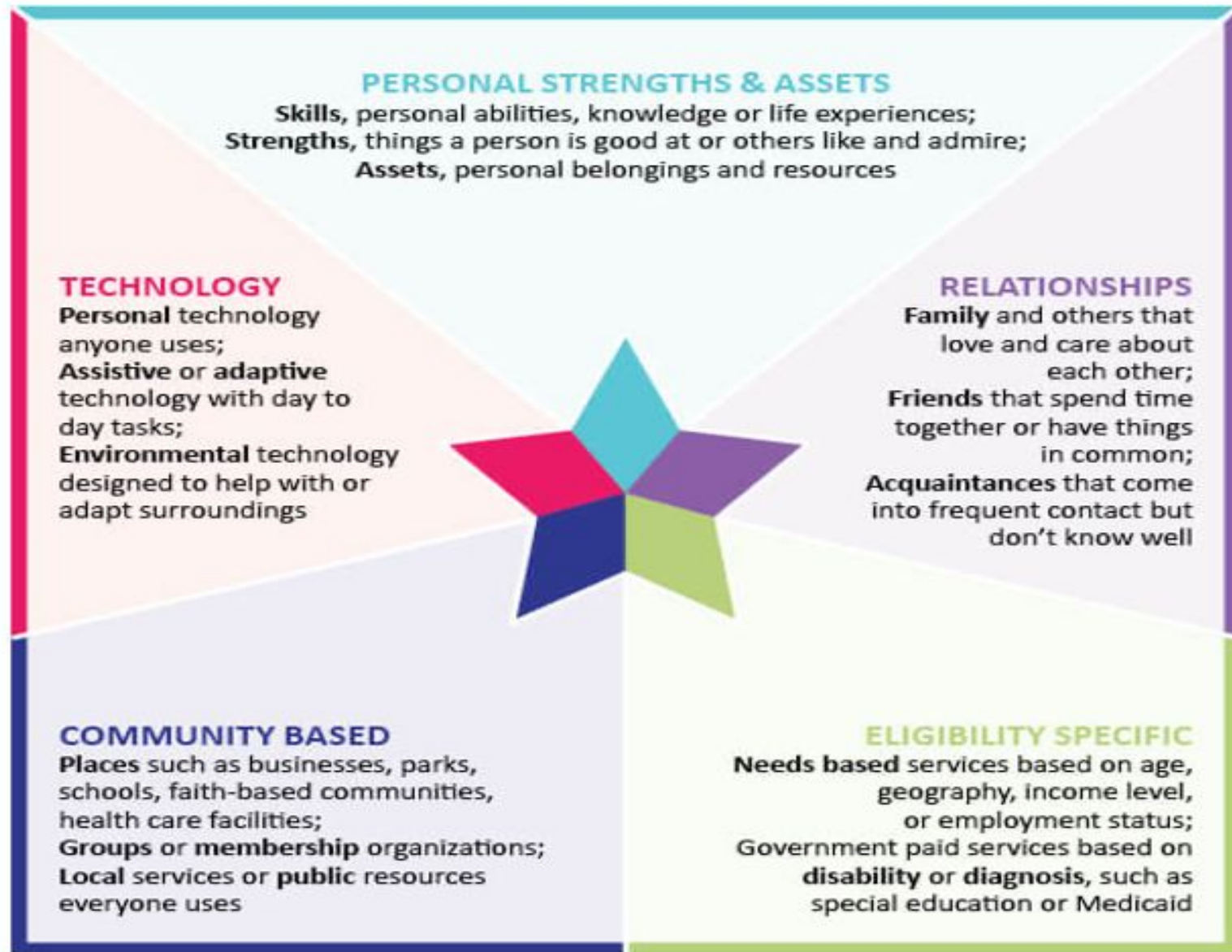


# Tools

# Life Stages Guide



# LifeCourse Integrated Supports STAR





# Disability Hub –For families

The screenshot shows the top navigation bar of the Disability Hub website. It includes the 'Disability HUB MN' logo, contact options for Chat, 1-866-333-2466, and Email, and a 'Sign in to My Vault' button. The main navigation menu features 'Top Topics', 'Your Options', 'Hub Tools', 'Get Involved', 'For Families' (highlighted with a red circle), 'For Professionals', and a 'Search' button. Below the navigation is a large banner with the text 'Envision your child's best life, then make a plan to get there.' and a photo of a smiling woman and child. A sub-header reads 'Resources for families'.

Disability HUB MN

Chat | 1-866-333-2466 | Email

Sign in to My Vault

Top Topics | Your Options | Hub Tools | Get Involved | **For Families** | For Professionals | Search

## Envision your child's best life, then make a plan to get there.

Whether you're facing an immediate need or looking years ahead, Hub experts can help you find solutions, make connections and take steps to move ahead.

### Resources for families

- Information and support for families by (chat, phone or email.)

**Parent and family supports**

Disabilities affect the entire family. Navigate key supports, programs and services for siblings, parents and families.

**Charting the LifeCourse for families**

You can make a plan that supports your child's best life. Charting the LifeCourse materials can help.

**COVID-19 resources for families**

This collection of helpful COVID-19 resources is geared for families of children with disabilities.

## Disability Hub MN - My Vault

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- [Family Voices of Minnesota](#). A parent-to-parent networking group connects families across the state, empowering them to become advocates for children and youth with special health care needs and disabilities.
- [Charting the LifeCourse Tools – Disability Hub MN](#): Information and links to fillable PDFs of the Charting the LifeCourse Tools discussed today
- [My Vault](#): Learn more about the My Vault tool and create an account to organize information for your child and sharing information with their team.

# Life Experiences = Life Outcomes = Good Life



Type in the chat:

- What gets you excited about these materials?
- How can you see yourself using the trajectory in the next few weeks?

