



Presents

Charting the LifeCourse Series:

A Framework for Creating the Life You Want (Part 1 of 5)

Session 1: Creating a Portfolio for Exploring

KY-SPIN
(Special Parent Involvement Network)
Parent Training & Information (PTI)
Center

Funded by the U.S. Dept. of Education under IDEA since 1988 when Kentucky first received a PTI. KY-SPIN Parent Center provides training, information and support for children and youth with all types of disabilities (birth through 26 years old), their parents, families, and professionals.



We do NOT:
Act as Attorneys

We DO:



- ♥ Empower Families to Effectively Advocate for their Children
- ♥ Provide peer support to help families access needed information and resources



Introduction to the LifeCourse Framework

LifeCourse Tools



Core Belief:

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

Framework Principles



CHARTING THE LIFECOURSE FRAMEWORK | PRINCIPLES

What is the Charting the LifeCourse?

The Charting the LifeCourse (CtLC) framework was created to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. The framework is the keystone for supporting a community of learning that champions transformational change through knowledge exchange, capacity building and collaborative engagement.

Principles of the Framework

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



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 supports they need.



RECOGNIZING THE PERSON WITHIN THE CONTEXT OF THEIR FAMILY

People exist and have reciprocal roles within a family system, defined by that individual. Roles adjust as the individual members of the family system change and age. The entire family, individually and as a whole, needs support to ensure they all are able to successfully live their good life.



TRAJECTORY OF LIFE EXPERIENCES ACROSS THE LIFESPAN

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.



ACHIEVING LIFE OUTCOMES

Individuals and families plan for present and future life outcomes that take into account all facets of life and have opportunities for life experiences that build self-determination, social capital, economic sufficiency, and community inclusion.



Life Stages and Domains



Prenatal/Infancy

From conception through the earliest years of life or babyhood.



Early Childhood

The time in a child's life before they begin school full time.



School Age

The years from kindergarten through middle school.



Transition to Adulthood

Moving from childhood to young adulthood and from school to adult life.



Adulthood

Period of time after we transition from school years through the time we begin entering our golden years.



Aging

The golden years are when we begin to slow down and experience many age-related changes.



Daily Life & Employment

What a person does as part of everyday life-school, employment, volunteering, communication, routines, life skills.



Community Living

Where and how someone lives - housing and living options, community access, transportation, home adaptations and modifications.



Healthy Living

Managing and accessing health care and staying well - medical, mental health, behavioral health, developmental, wellness and nutrition.



Safety & Security

Staying safe and secure - emergencies, well-being, guardianship options, legal rights and issues.



Social & Spirituality

Building friendships and relationships, leisure activities, personal networks, and faith community.



Advocacy & Engagement

Building valued roles, making choices, setting goals, assuming responsibility and driving how one's own life is lived.

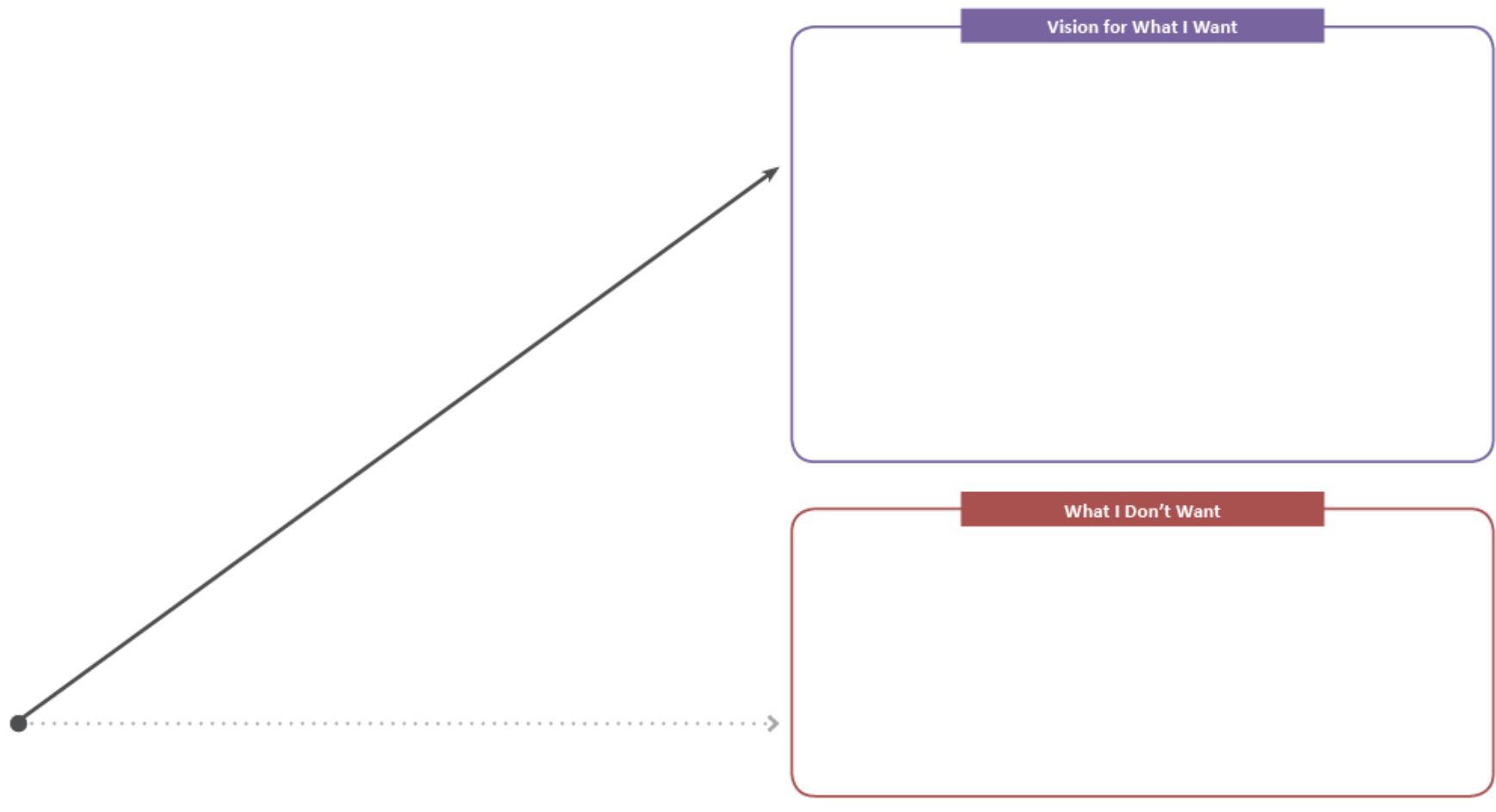
Charting the LifeCourse is...



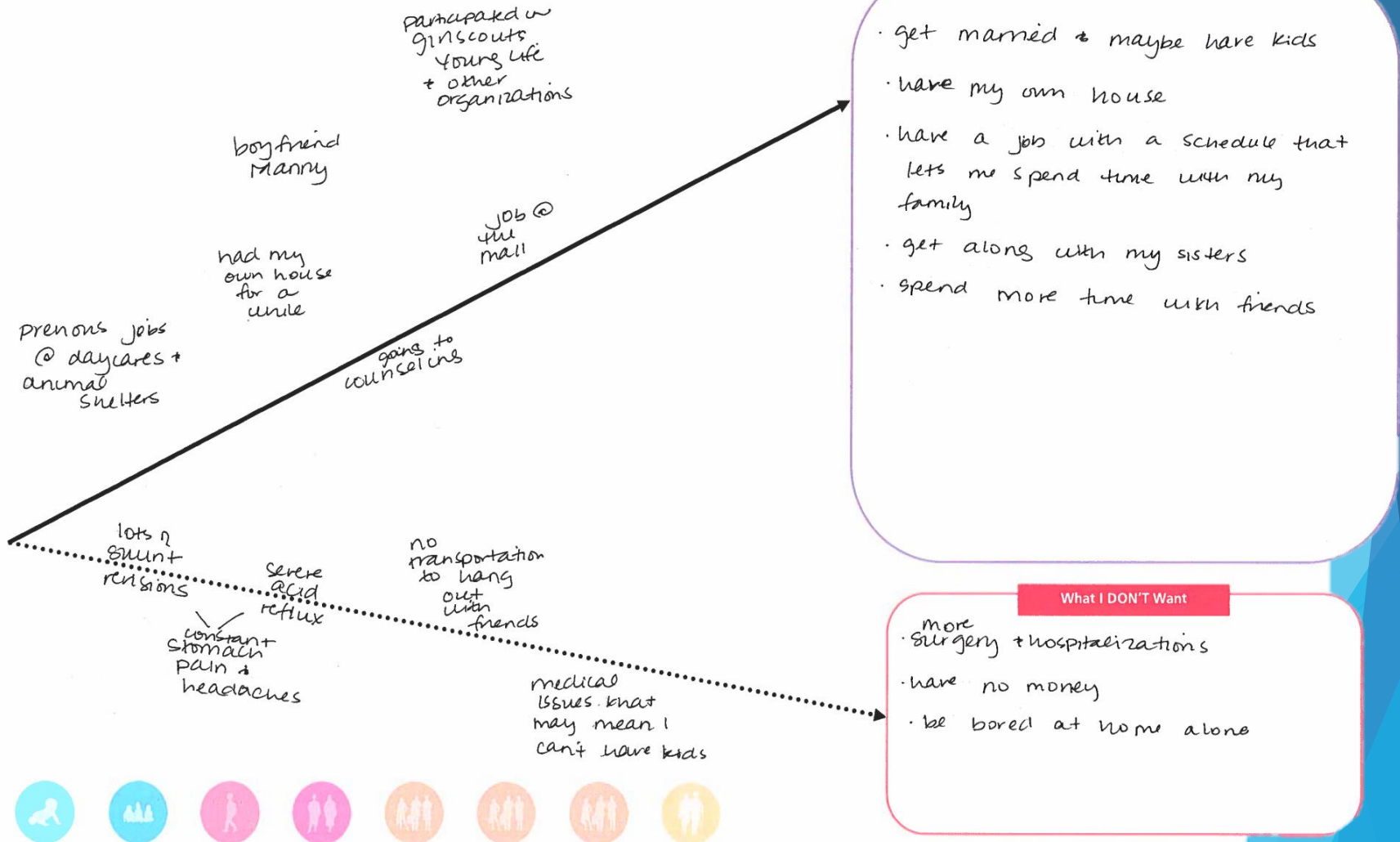
A way to communicate what I *want* and *need*

Getting Started: The Portfolio for Exploring

Trajectory for Exploring



Life Trajectory Worksheet



All About Me



LIFECOURSE PORTFOLIO | EXPLORING

NAME: _____ DATE: _____

WHAT PEOPLE LIKE AND ADMIRE ABOUT ME:

WHAT'S IMPORTANT TO ME:

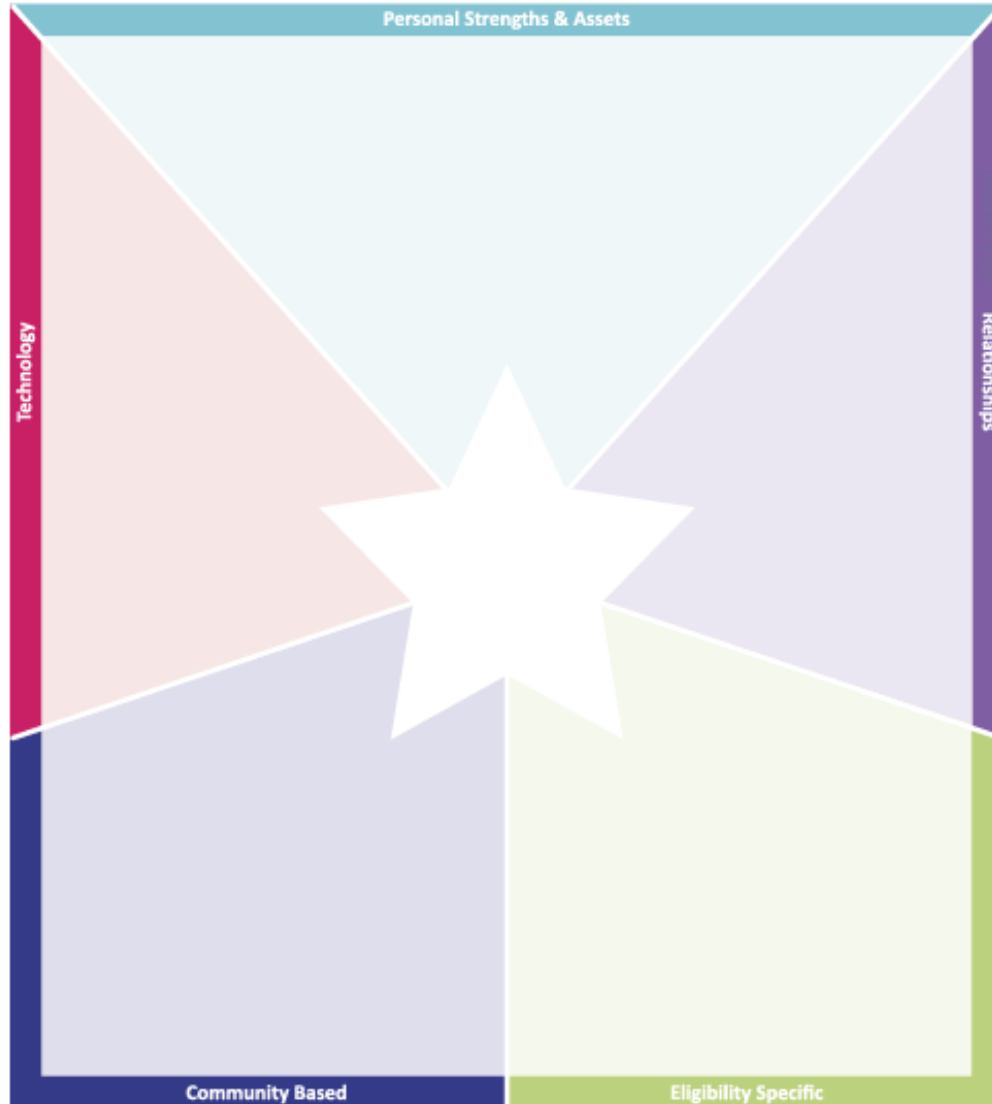
HOW TO BEST SUPPORT ME:



Integrated Supports Star



INTEGRATED SUPPORTS STAR



Sarah's Integrated Star

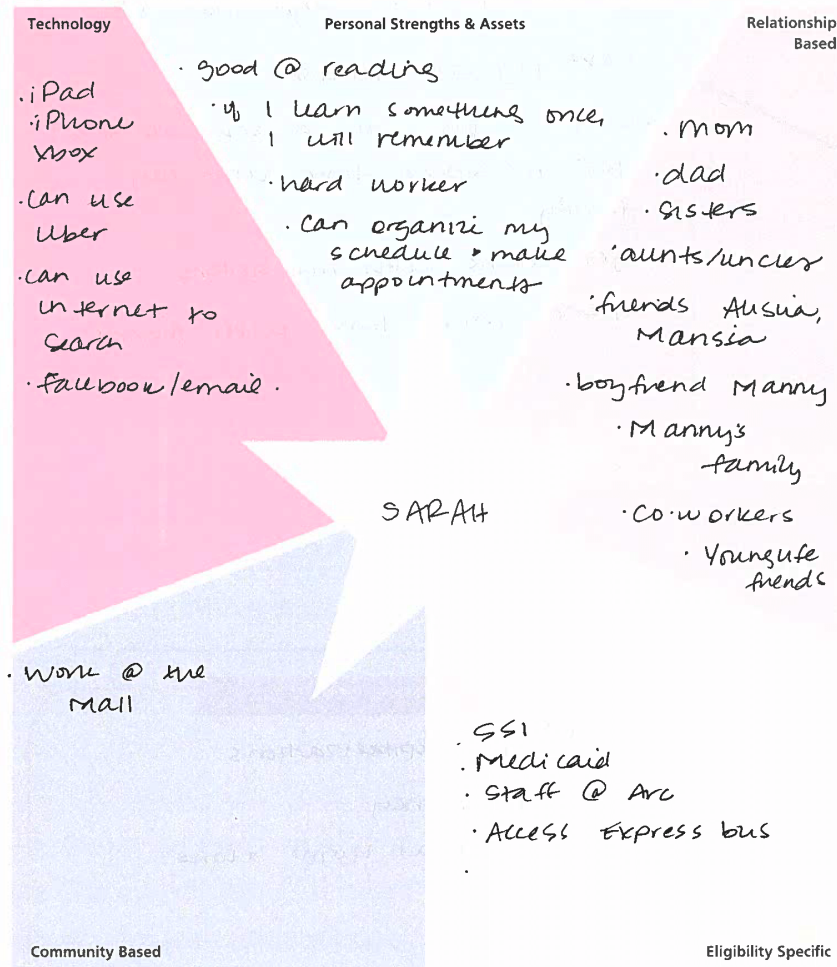
A picture of or the name of the person the portfolio is for will go in the center.

- Personal Strengths and Assets
- Technology:
- Relationship Based:
- Community Based:
- Eligibility Based:



Integrated Services and 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.



Access the LifeCourse framework and tools at lifecoursetools.com

My LifeCourse Portfolio is a template of the UMKC IHD, UCEDD. More materials at lifecoursetools.com

OCTOBER 2016

WHAT WILL YOUR STORY BE?

“THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW.” - SOCRATES

References:

“LifeCourse Framework.” *LifeCourse Nexus*,
www.lifecoursetools.com/lifecourse-library/lifecourse-framework/ .

Lifecoursetools.com

“KY-SPIN’s Tuesday Tips” webinars will be every Tuesday at 11:00 am. (EST) They will include latest information and guidance. Topics will vary...

Join us every Thursday for additional webinars on a variety of topics!

For most up-to-date information/resources for individuals with disabilities, their families and professionals during COVID-19, please visit our [webpage](#)

We also will have our [KY-SPIN eNews](#) that goes out on a regular basis to our listserv.



If you have
questions...



(800) 525-7746
(502) 937-6894
spininc@kyspin.com
www.kyspin.com

Please complete our evaluation