Presents

Charting the LifeCourse Series:

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

Session 5: Planning Portfolio and Goal Attainment

1

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

3

Charting the LifeCourse

- Framework (not a program)

- Focuses on all people regardless of age, ability or family role

- Recognizes the person within the context of their family

- Brings awareness of life experiences across the lifespan

- Assists individuals and families plan for present and future life outcomes that take into account all facets of life

- Considers that people lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life

Charting the LifeCourse

▶ Believes that strategies or supporting individuals can be organized into three categories (or buckets):

- ▶ Discovery and Navigation: having the information and tools you need to navigate life

- ▶ Connecting and Networking: making connections with peers and resources to help you navigate;

- ▶ Goods and Services: the day-to-day tangible items you buy or use from public and private organizations in your community.

▶ Individuals and families access an array of integrated supports to achieve their envisioned good life

▶ Every program, organization, system and policy-Maker must operate in a family-driven context.

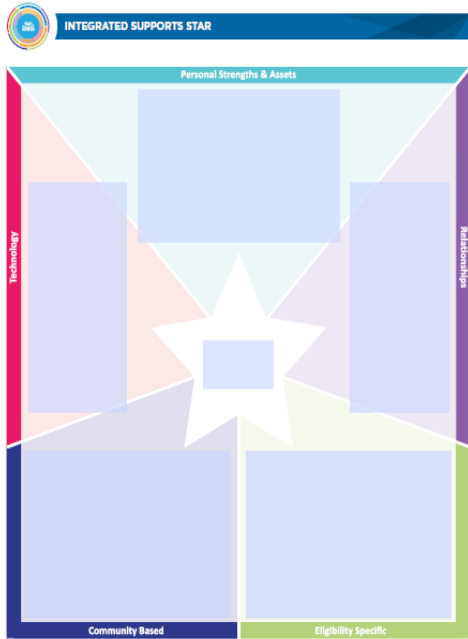# Charting the LifeCourse Tools

- Can be used by anyone
- Can be used for a variety of reasons
- Person-centered vision
- A way to communicate what an individual wants and needs
- Identifies areas of strength
- Identifies areas of need
- Maps relationships and the role people play in an individual's life
- Maps the roles the individual plays in the lives of others
- Helps the individual stay on track while working towards goals

Charting the LifeCourse Core Belief:

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

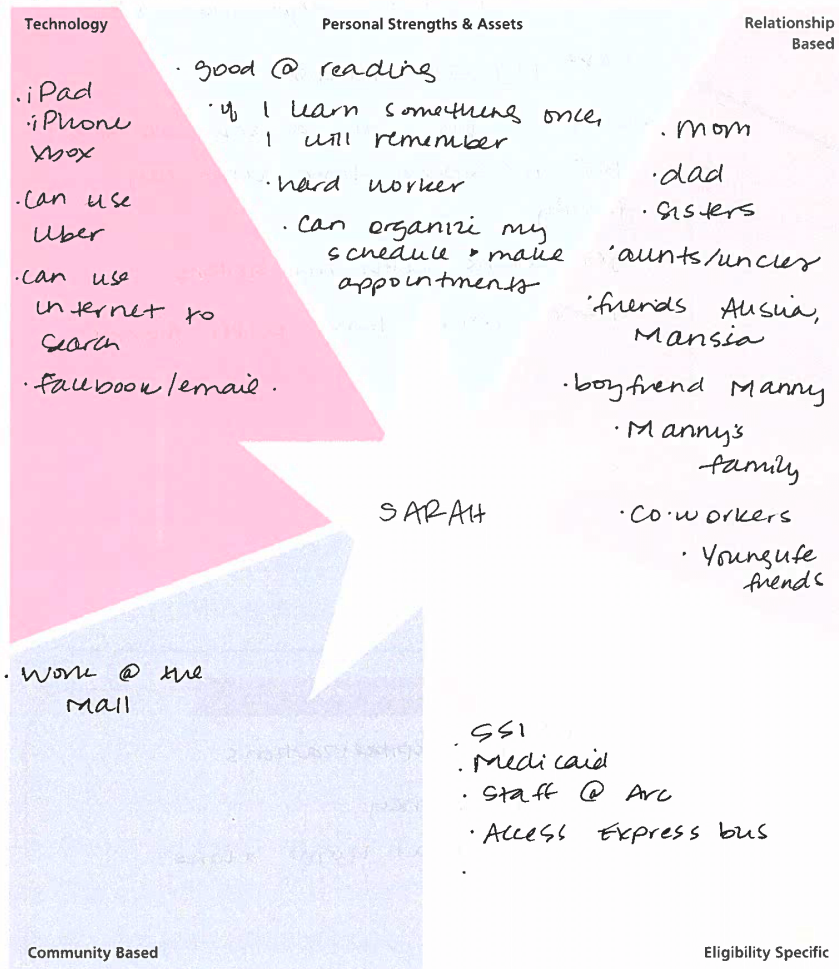# Portfolio for Planning

Integrated Supports Star

www.LIFECOURSETOOLS.com

Sarah's Integrated Services & Supports

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.

Technology

- iPad
- iPhone
- Xbox
- Can use Uber
- Can use internet to search
- Facebook/email.

Personal Strengths & Assets

- good @ reading
- If I learn something once, I will remember
- hard worker
- Can organize my schedule & make appointments

SARAH

Relationship Based

- Mom
- dad
- Sisters
- aunts/uncles
- friends Alisia, Mansia
- boyfriend Manny
- Manny's family
- Co-workers
- Younglife friends

Community Based

- Work @ the mall

Eligibility Specific

- SSI
- Medicaid
- Staff @ Arc
- Access Express bus
- .

Access the LifeCourse framework and tools at lifecoursetools.com

All About Me

NAME: _____ DATE: _____

WHAT PEOPLE LIKE AND ADMIRE ABOUT ME:

WHAT'S IMPORTANT TO ME:

HOW TO BEST SUPPORT ME:

NAME: __Cody_____ DATE: __10/01/2020_____

WHAT PEOPLE LIKE AND ADMIRE ABOUT ME:

Funny
Honest
Dependable
Hard-working
Loyal

WHAT'S IMPORTANT TO ME:

Friendships
Loyalty
Respect
My own transportation
Being able to pay for my own things
Making my own choices

HOW TO BEST SUPPORT ME:

Accept me as I am
Help me understand my options and the consequences of choices, but respect my choice
Remind me of needed car maintenance and help me follow through
Help me budget
Don't nag me

Life Trajectory
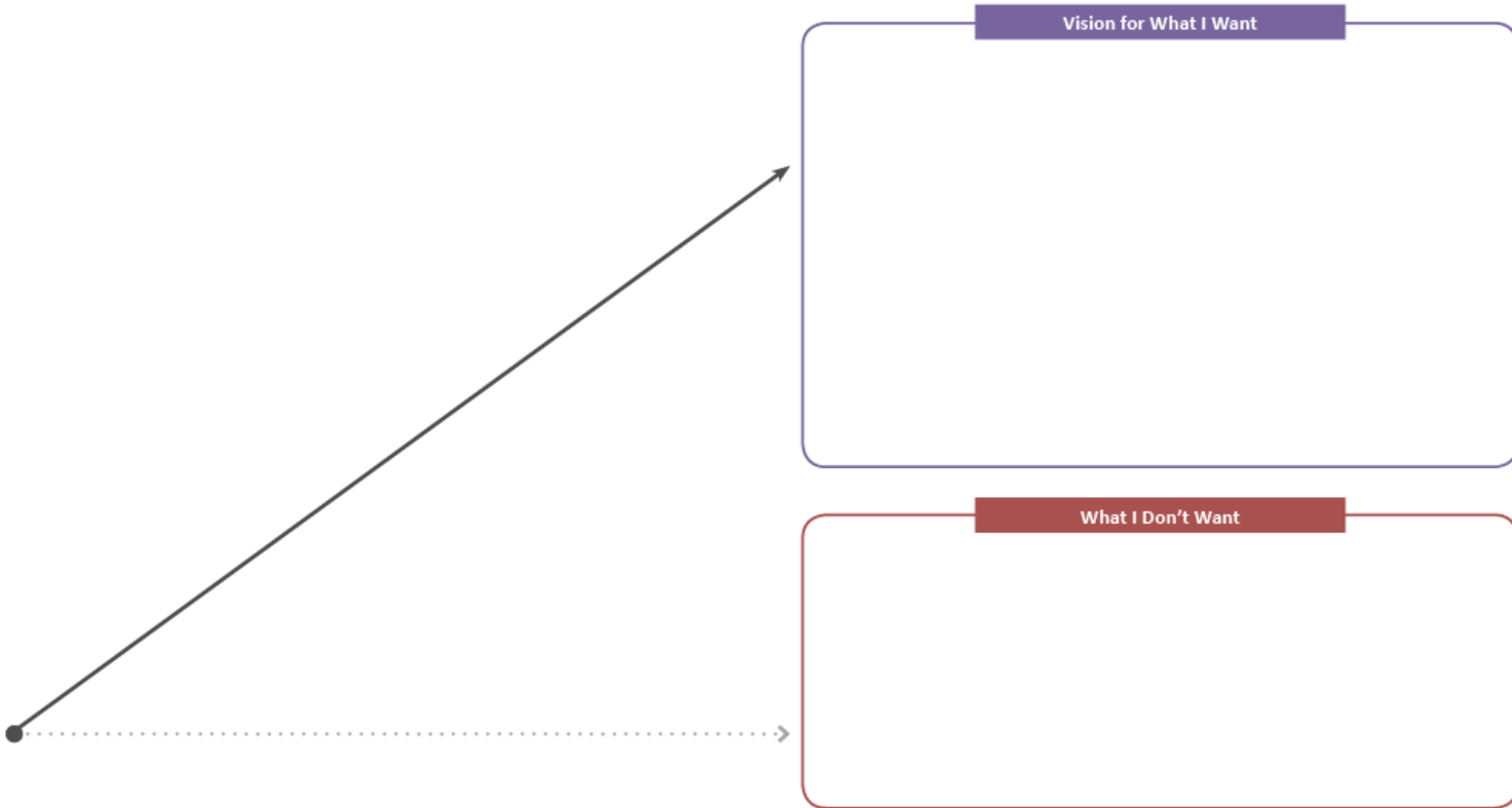
Past Life Experiences

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

Good friends
Family involvement
Job
Car
Apartment of my own

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

People that used me
Feeling alone
Drug/alcohol abuse
Speeding tickets
Car accidents
Losing job

Moving Forward

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

Having a roommate
Having a girlfriend
Getting a bigger place to live
Newer car
Having money left at the end of the month

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

Poor company
Poor hygiene
Drug/alcohol abuse
Missing work
Poor budgeting

Vision for What I Want

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

Nice home
Married with children (maybe?)
Dependable, decent looking car
Enough money to cover my needs and most of my wants
Enough money to be able to save some
Friends
Surrounded by family
Good job

What I Don't Want

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

Other people to make decisions for me
To be belittled
To be made fun of
To be broke (no money)
Stranded with no way to get anywhere
Lonely

Goal Attainment

Goal

GOAL ATTAINMENT | PLANNING AND TRACKING SUCCESS

GOAL:

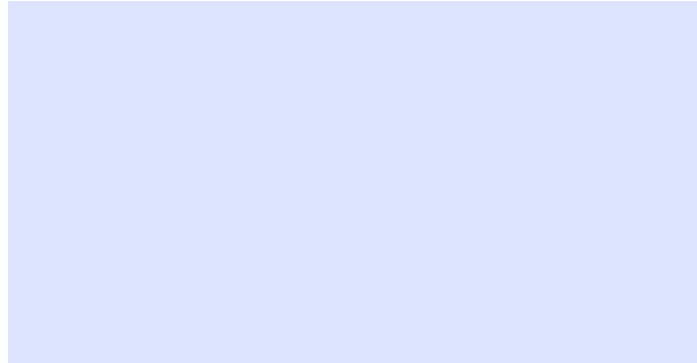# Cody's Goal:

GOAL ATTAINMENT | PLANNING AND TRACKING SUCCESS
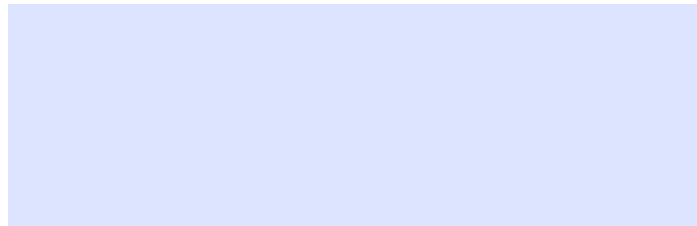
GOAL:

To have a good job.

Defining and Scaling Success

DEFINE SUCCESS	SUCCESS SCALE							
Describe what exceeds expected success would look like for this goal:	★★★★★							
	★★★★							
Describe what expected success looks like for this goal:	★★★							
Describe what minimum success would look like for this goal:	★★							
	★							

Working/Not Working

Successes: What's working?

Barriers: What's not working?

Strategies, Supports and Dates

STRATEGIES	⭐ SUPPORTS	START DATE	TARGET END DATE

Developed by the Charting the LifeCourse Nexus - **LifeCourseTools.com**
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Success Scale

SUCCESS SCALE						
★★★★★						
★★★★						
★★★						
★★						
★						

Charting the LifeCourse Tools

- Define
- Organize
- Communicate wants and needs
- Track progress

References:

- LifeCourse Website
- KY-SPIN Website

"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.

SIGN UP
☑

If you have questions...

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Please complete our evaluation