



Westchester Institute  
for Human Development

<https://www.wihd.org>

*Welcome!*

**Community Support Network Transition Institute 2021**

- Mom of 3 sons, “Ben’s mom”
- CtLC Nexus at UMKC- Institute for Human Development, UCEDD
  - Product Development and Training
  - Trainer/Coordinator of activities focusing on supported decision making



About  
Jane

# Outcomes for Today

- Gain fundamental knowledge of the Charting the LifeCourse Framework and Tools
- Share real life examples of Charting the LifeCourse in Action
- Inspire you to want to learn more and try LifeCourse in your own life or with someone you support!



# Charting the LifeCourse Framework and Principles

# 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 LOTS of different kinds of support, and not just having an “all green life”

## ISN'T:

- JUST about the “tools”
- A “program”

***Is for ANYONE, regardless of AGE or ABILITY!***



**Core Belief:**  
All people and their families have the right to live, love, work, play, learn, and pursue their life aspirations in their community.



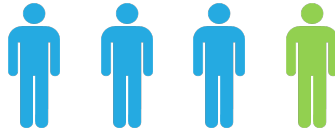
# ALL People



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



# WHY We Must Think Differently About Supports



75%

25%

ONLY 25% OF PEOPLE WITH IDD  
ACCESS FORMAL OR PAID SUPPORTS  
WITHIN THE DD SYSTEM

WHAT ABOUT THE OTHER 75%?



# Person Within Context of Family & Community





# ALL Individuals Exist within the Context of Family

- Family is defined by the individual
- Individuals and their family may need supports that adjust as roles and needs of all members change
- Not dependent upon where the person lives



# Lifelong Impact of Family on Individual

**Biologically:** Likes, dislikes, skills, abilities

**Socially:** Family and friend network, connection with community members

**Environmentally:** Neighborhood, socio-economic, education

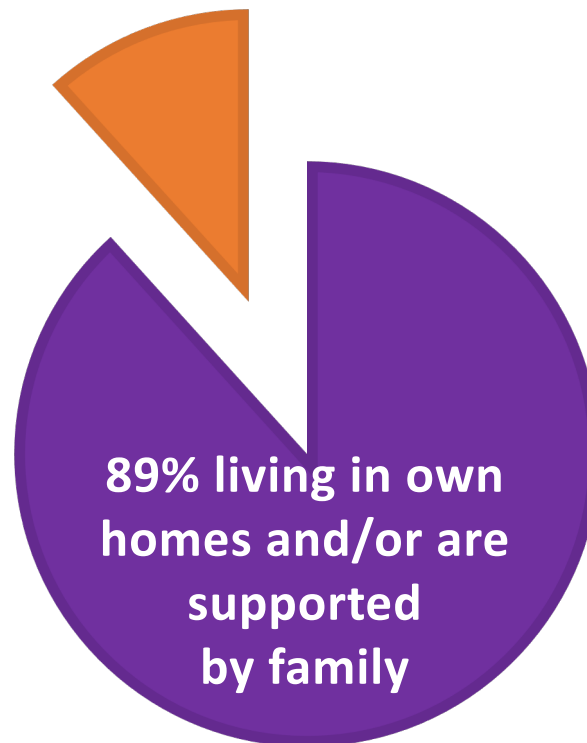
**Policy:** Dreams, Aspirations, House rules, cultural rules, expectations



# Where do People with I/DD Live?

TOTAL 4.7 MILLION PEOPLE WITH IDD

■ Own or With Family   ■ Residential Supports



Anderson, L.L., Larson, S.A., Kardell, Y., Hallas-Muchow, L., Aiken, F., Hewitt, A., Agosta, J., Fay, M.L., & Sowers, M. (2015). Supporting Individuals with Intellectual or Developmental Disabilities and their Families: Status and Trends through 2013. Minneapolis: University of Minnesota, Research and Training Center on Community Living, Institute on Community Integration.

# Reciprocal Roles of All Family Members

## Reciprocal Roles

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### CARING ABOUT

- Share Love, Affection, and Trust
- Spend Time and Create Memories Together
- Know About Personal Interests, Traditions, and Cultures

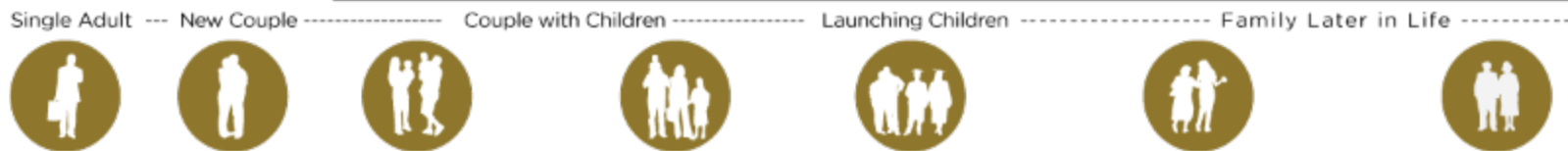
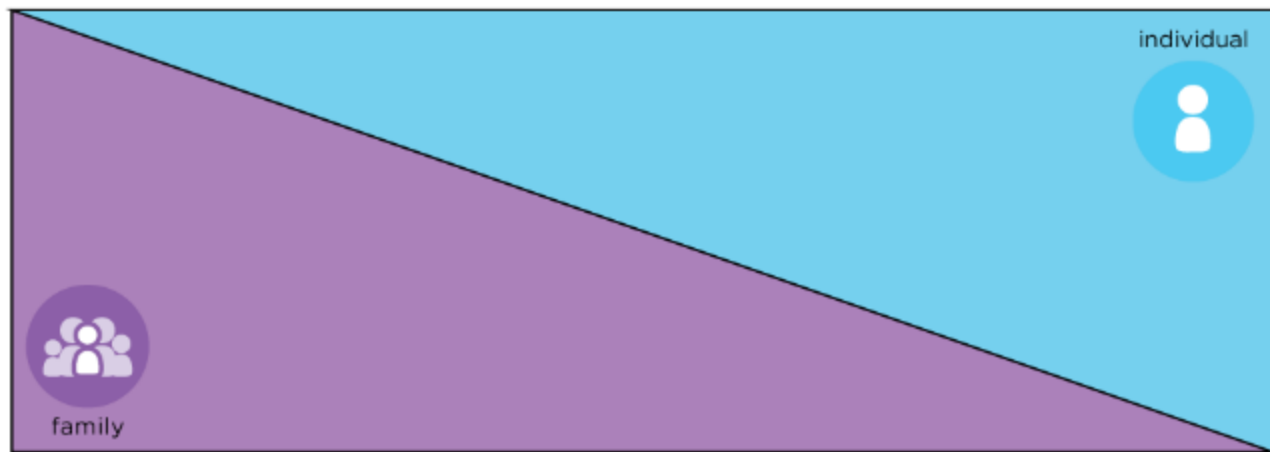


### CARING FOR

- Supports Day-to-Day Needs
- Ensures Material and Financial Needs are Met
- Connects to Meaningful Relationships and Roles
- Advocates and Supports Life Decisions

# Life Stages and Individual and Family Cycles

## Individual Life Stages



## Family Life Cycle



Aging Parents

Siblings with  
Disabilities

Children

## Siblings: The 'Club Sandwich' Generation

Siblings often juggle multiple roles for support and caregiving, which can seem overwhelming



# “Good Life for All”



**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



# Life Trajectory, Experiences and Life Stages



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

# What is YOUR Vision for a Good LIFE?

Vision of What I Want

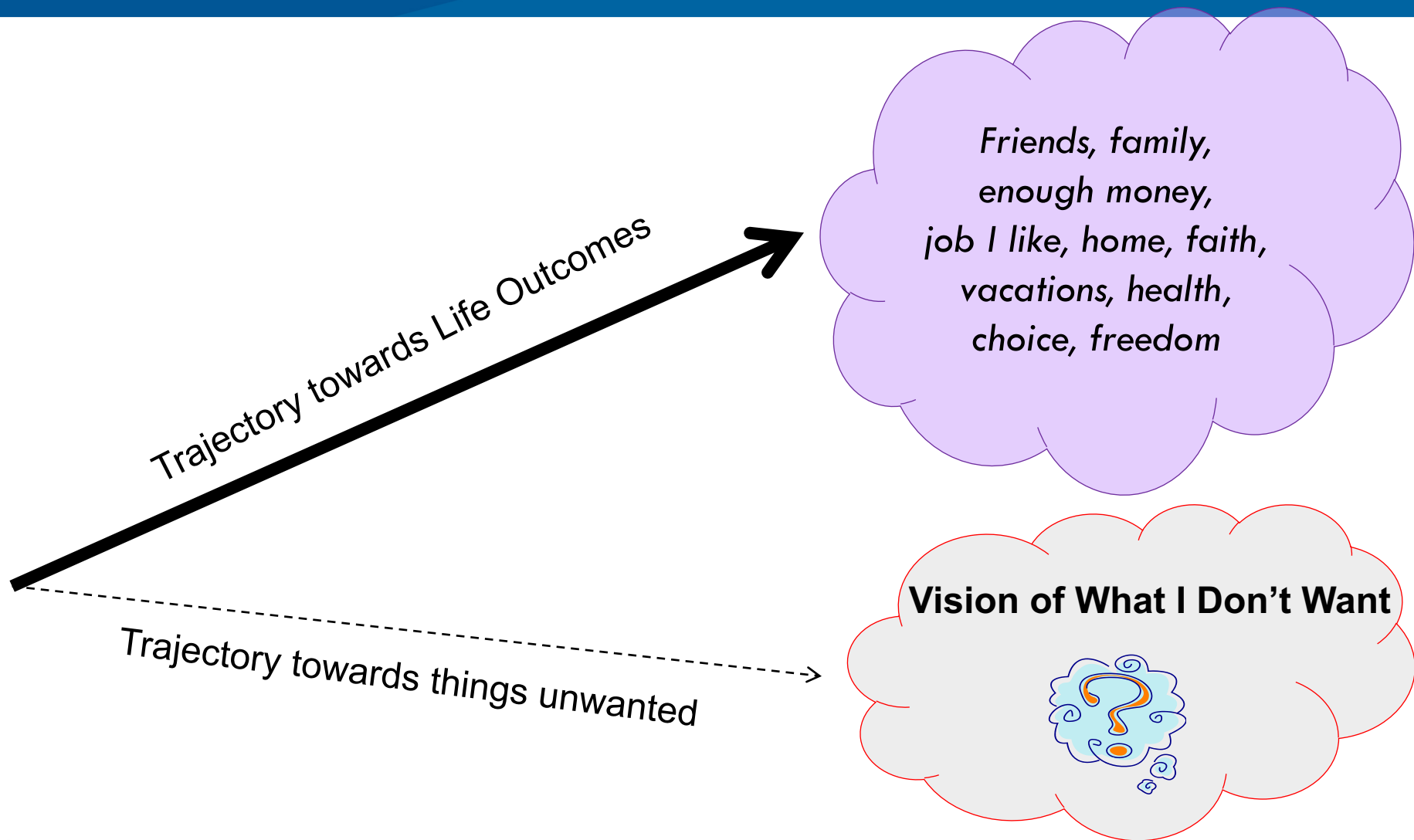


# What DON'T you want??

Vision of What  
I Don't Want



# Vision & Trajectory for a Good Life



# Ben's Good Life Vision

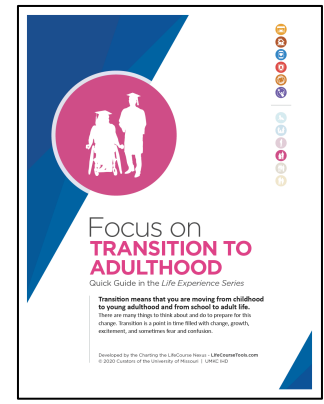
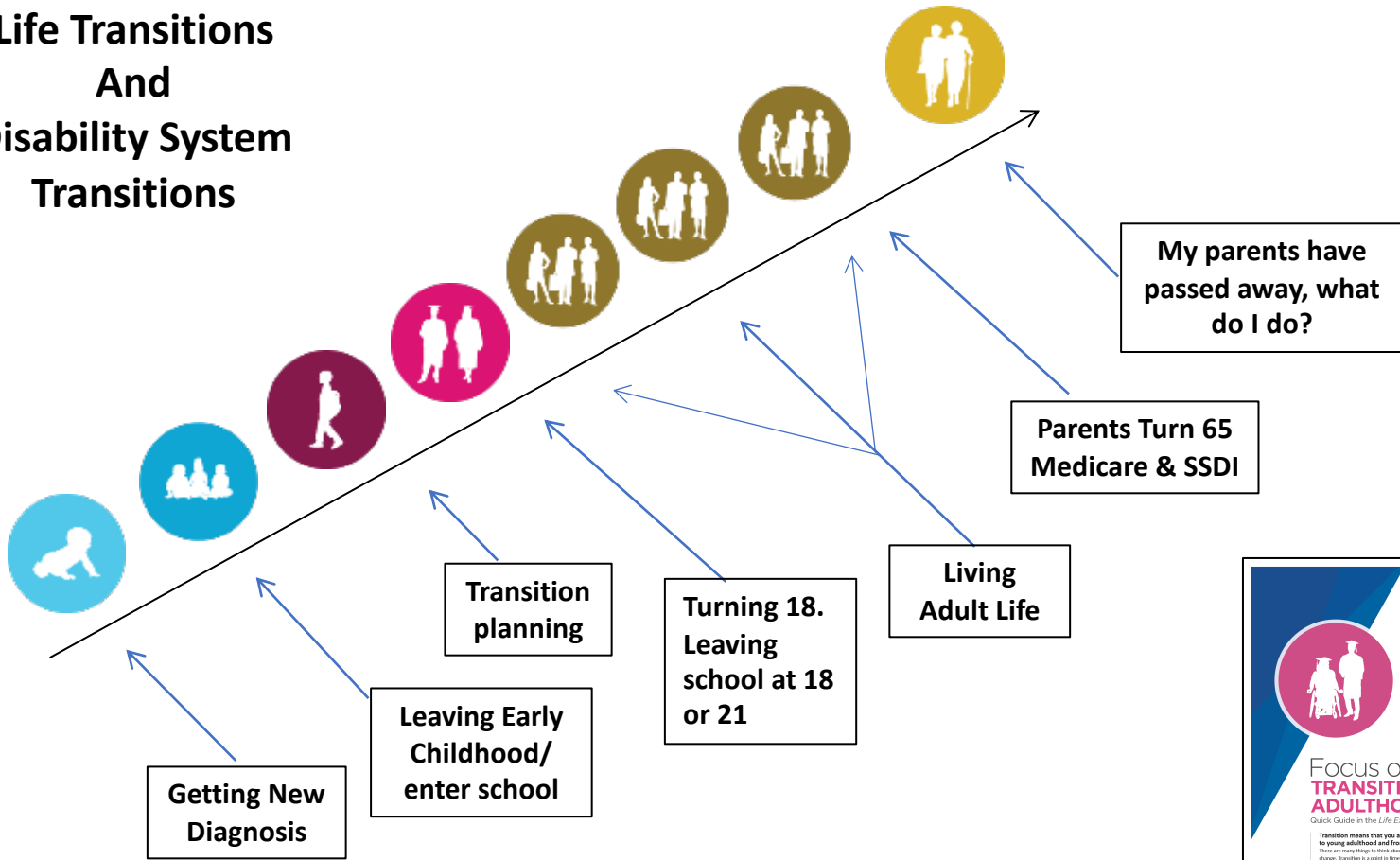


Family Friends TATTOOS  
Vacations Girlfriend  
Concerts WWE Nascar  
Money Job/own business  
Fire Station Church  
Tiger Football Royals  
Good Food Pepsi Beer  
Active Healthy & Fit

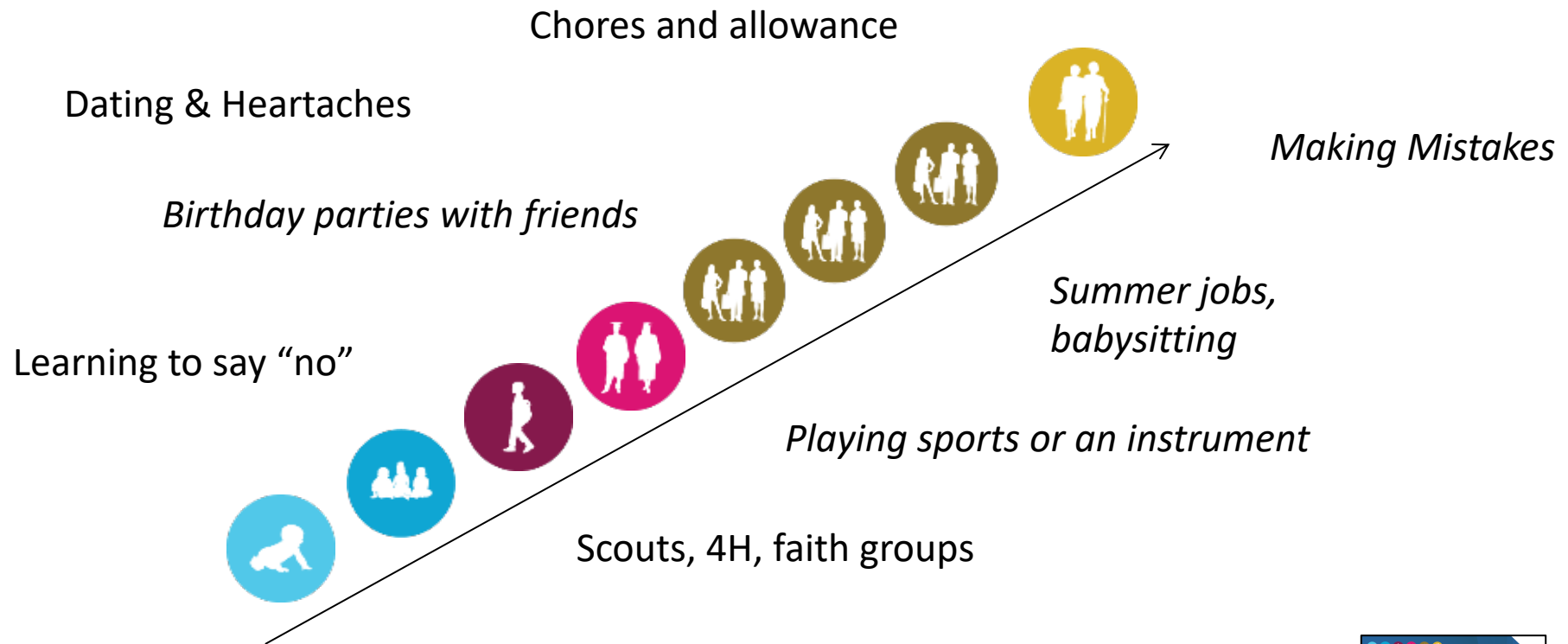
Poverty/No Money  
Poor Health Diabetes  
Heart Disease Guardian  
Isolated/Segregated  
Institution/group home  
Treated Differently

# Trajectory Across Life Stages and Life Transitions

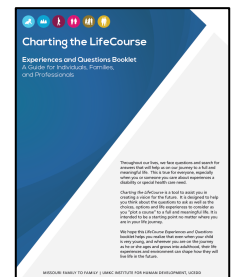
## Life Transitions And Disability System Transitions



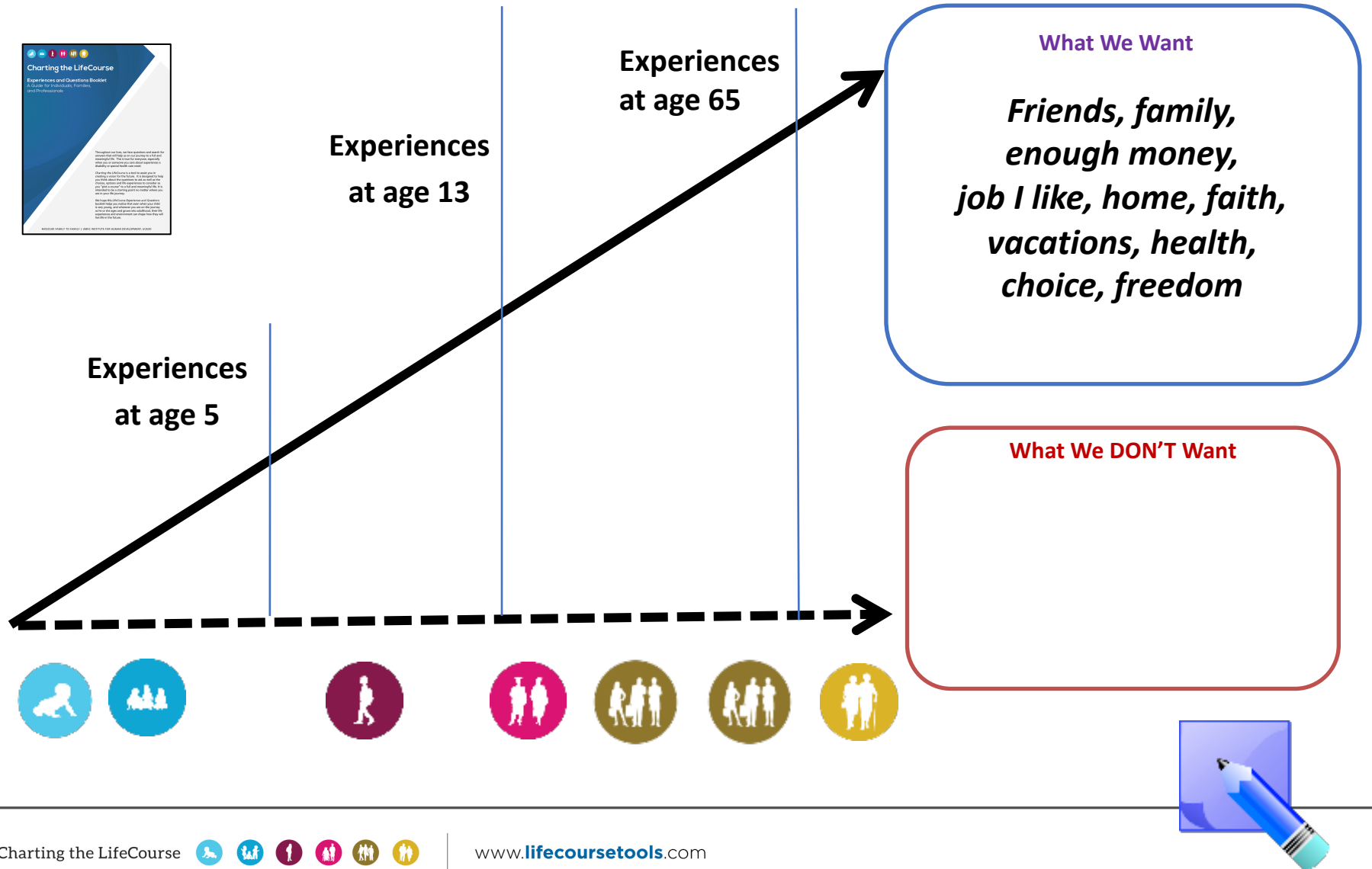
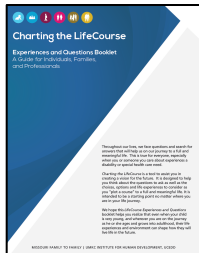
# Trajectory Across Life Experiences



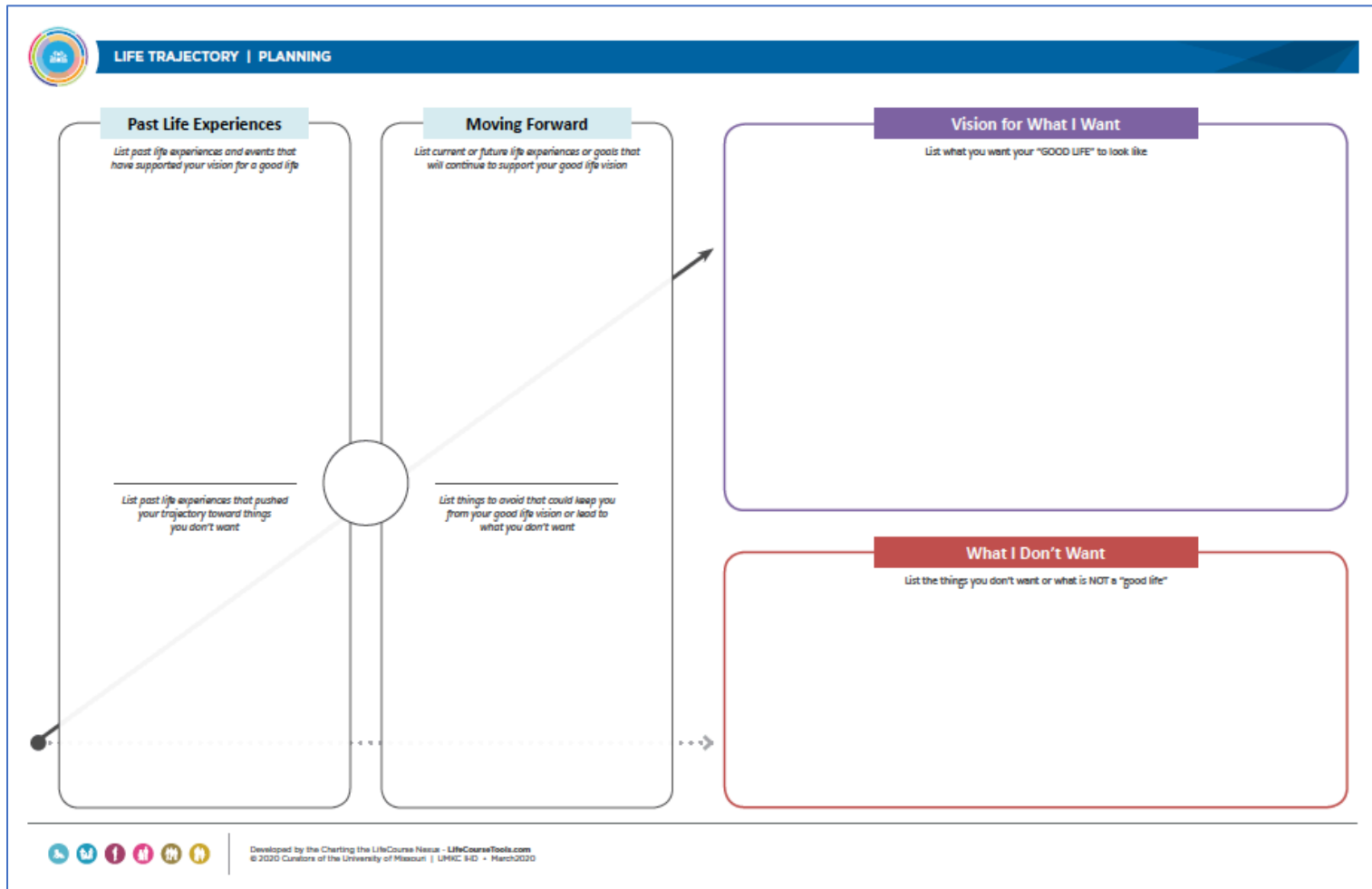
## “Anticipatory Guidance for Life Experiences”




# Life Experiences = Life Outcomes



# Trajectory – Person Centered



# Family Perspective Trajectory

 **LIFE TRAJECTORY | FAMILY PERSPECTIVE ON EMPLOYMENT**

### Past Life Experiences

List past life experiences and events that have prepared or supported my family member to get a job/career and be a good employee

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List past life experiences that may have prevented my family member from reaching job/career goals or led them in an unwanted direction

### Moving Forward

List specific steps I would like my family member to take toward reaching their job/career goal and how I might be helpful

---

List potential barriers or things to avoid that might get in the way of my family member reaching their job/career goals

### My Vision for My Family Member's Good Life and Job/Career


My vision for my family member's job/career

My vision for a good life for my family member

### What I Don't Want for My Family Member's Good Life and Job/Career

What I don't want for my family member's job/career

Not a good life for my family member

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# Reminder: Things to Consider When Developing A Trajectory

- The purpose of the trajectory worksheet
  - Short-term or long-term planning
  - Specific issue or activity
  - Problem solving
- The impact of life experiences on the trajectory
- The message are you trying to convey with your trajectory; what you are trying to impact/organize/plan?

# Ben – Coping with COVID



### STAY HEALTHY/ACTIVE

- Walk outdoors when it's nice weather
- Avoid contact with anyone other than Mom or Dad (social distancing)
- Get a list of other exercise ideas from Matt and Adam (weights, push-ups etc)--use ZOOM
- Clean up the driveway basketball goal
- Healthy but yummy food choices
- Good and frequent hand washing
- Purell
- Wipe down surfaces daily
- Cover coughs and sneezes
- Check temperature regularly
- 

### DAILY LIFE/ROUTINE

- somewhat consistent wake/sleep times
- shower daily
- Help with housework/cooking/etc daily "schedule" of things to do such as exercise, physical activity, get outdoors, etc

### STAY CONNECTED

- Facetime Matt and other family
- Skype or Facetime Fire Dept shifts
- Make an encouraging video for ESFD
- Help Ben get on Facebook daily and "like" or comment on friends posts
- online church services on Sundays
- Front yard 10ft apart meet up with Steve

### STAY BUSY/NOT BORED

- Ipad (WWE, music)
- Remote control truck
- \*\*see stay connected
- golf in basement
- Family Movie time
- explore e-books

### POSSIBLE OBSTACLES/BARRIERS

- Dad still has to work - potential exposure
- CO-VID on the news and other media all the time
- Other people not complying with social distancing
- CABIN FEVER IS REAL
- Crappy weather/can't get outside
- 

### Vision for What I Want

#### WHAT WE WANT FOR BEN DURING THE CO-VID19 CRISIS

- Keep busy
- Keep working on fitness while he isn't able to access his trainer or the community center
- Stay Connected with:
  - Fire department friends
  - Valued staff
  - Family who don't live with us (especially Matt)
  - St Ann friends
  - Coffee friends & other community acquaintances
- Stay healthy and active
- Dad and Mom stay healthy too
- Keep a positive outlook on life - BE HAPPY

### What I Don't Want

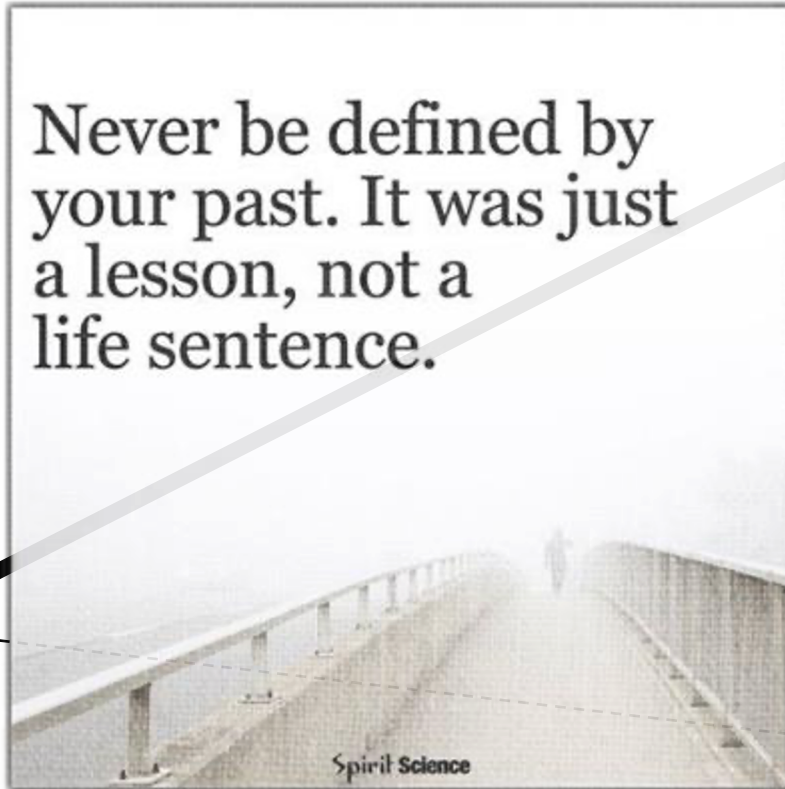
#### WHAT WE DON'T WANT TO HAPPEN DURING THE CRISIS

- Boredom
- Get CO-VID19 or any other sickness
- Stress and worry
- Ben scared he will get sick
- Ben worried for parent's health
- Seizures or other diagnosis related health complications
- Sadness
- Missing family and friends
- Gaining weight/out of shape



# Dignity of Risk and Mistakes

Never be defined by  
your past. It was just  
a lesson, not a  
life sentence.



*Friends, family,  
enough money,  
job I like, home,  
faith, vacations,  
health, choice,  
freedom*

Poverty, loneliness,  
segregation, restrictions,  
lack of choice, boredom



# Life Domains, Outcomes, and Possibilities



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# Achieving Outcomes for Connected 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)

# Looking at Life Possibilities









<b><i>Innovative</i></b>	<b><i>Very new or undiscovered</i></b>
<b>Islands of Excellence</b>	<b><i>Exists in a lot of places but not everywhere</i></b>
<b>Traditional Options</b>	<b><i>Services that have existed for a long time</i></b>



## LIFE DOMAIN VISION TOOL | PERSON CENTERED

Name of Person Completing: \_\_\_\_\_ Date: \_\_\_\_\_

On Behalf of: \_\_\_\_\_

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FUTURE	PRIORITY
	<b>Daily Life &amp; Employment:</b> 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?		
	<b>Community Living:</b> Where would I like to live in my adult life? Will I live alone or with someone else?		
	<b>Social &amp; Spirituality:</b> How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?		
	<b>Healthy Living:</b> How will I live a healthy lifestyle and manage health care supports in my adult life?		
	<b>Safety &amp; Security:</b> How will I stay safe from financial, emotional, physical or sexual harm in my adult life?		
	<b>Advocacy &amp; Engagement:</b> 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?		
	<b>Supports for Family:</b> How do I want my family to still be involved and engaged in my adult life?		
	<b>Supports &amp; Services:</b> What support will I need to live as independently as possible in my adult life, and where will my supports come from?		



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# Life Domain Vision Tool

<http://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/>











# Ben's Mom- Family Perspective Life Domain Vision Tool









<http://www.lifecoursetools.com/lifecourse-library/foundational-tools/family-perspective/>


**LIFE DOMAIN VISION TOOL | FAMILY PERSPECTIVE**

Name of Person Completing: Jane - Ben's mom Date: October 2020

On Behalf of: Benjamin St John

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FAMILY MEMBER'S FUTURE	PRIORITY
	<b>Daily Life &amp; Employment:</b> What do I think my family member will do during the day in their adult life? What kind of job or career might they want?	Continue to volunteer at Fire Station because he loves it and he belongs. We want to help Ben start his own small business, based on his interests, using the Micro-Enterprise model. We want him to be active /not sit home all day.	1
	<b>Community Living:</b> Where and with whom do I think my family member will live in their adult life?	Ideally, we want Ben to either rent or own an apartment, condo or house, and have a roommate or live-in companion. For now, we are looking at options for him to be more	4
	<b>Social &amp; Spirituality:</b> How will they connect with spiritual and leisure activities, and have friendship, and relationships in their adult life?	Ben loves going to weekly mass and a lot of people there talk to him. The fire department also is a source of friendships for him. We want him to keep in touch with friends via social media and invite friends over or out and about with him. We would like him to have a girlfriend and maybe get married someday.	2
	<b>Healthy Living:</b> How will they live a healthy lifestyle and manage health care supports in their adult life?	Ben would work out at least 3-5 times/week, eat healthy food choices, and limit caffeine (Pepsi). We want to get a pill dispenser so he can be more independent taking his meds. We want him to be able to talk to his health care providers and be supported to make choices about his medical care.	3
	<b>Safety &amp; Security:</b> How will my family member be safe from financial, emotional, physical or sexual harm in their adult life?	We want Ben to have lots of friends and family members who keep in touch with him regularly and will notice if something is wrong. He has a trust committee for his SN Trust, and he has family who are his Powers of Attorney. Use available banking options for financial security	
	<b>Advocacy &amp; Engagement:</b> How do I think they will have valued roles, responsibilities, and control of how their own life is lived as an adult?	We would like to see Ben have more active roles at church – maybe ushering or joining the men's group. Maybe find some other volunteer opportunities. Ben should be supported by family and trusted friends to make his own decisions and choices.	
	<b>Supports for Family:</b> What supports does our family unit need now or will need in the future?	Helping Ben self direct his services is helpful so we can continue to work while still being able to hire people we know or that are highly recommended. We need coaching and mentoring for future options.	
	<b>Supports &amp; Services:</b> What supports and services might my family member need in the future to lead the kind of life they want as independently as possible?	By using a combination of technology, family and friends, community options, paid supports, and building on Ben's own skills and abilities, we think he can have the good life he wants.	

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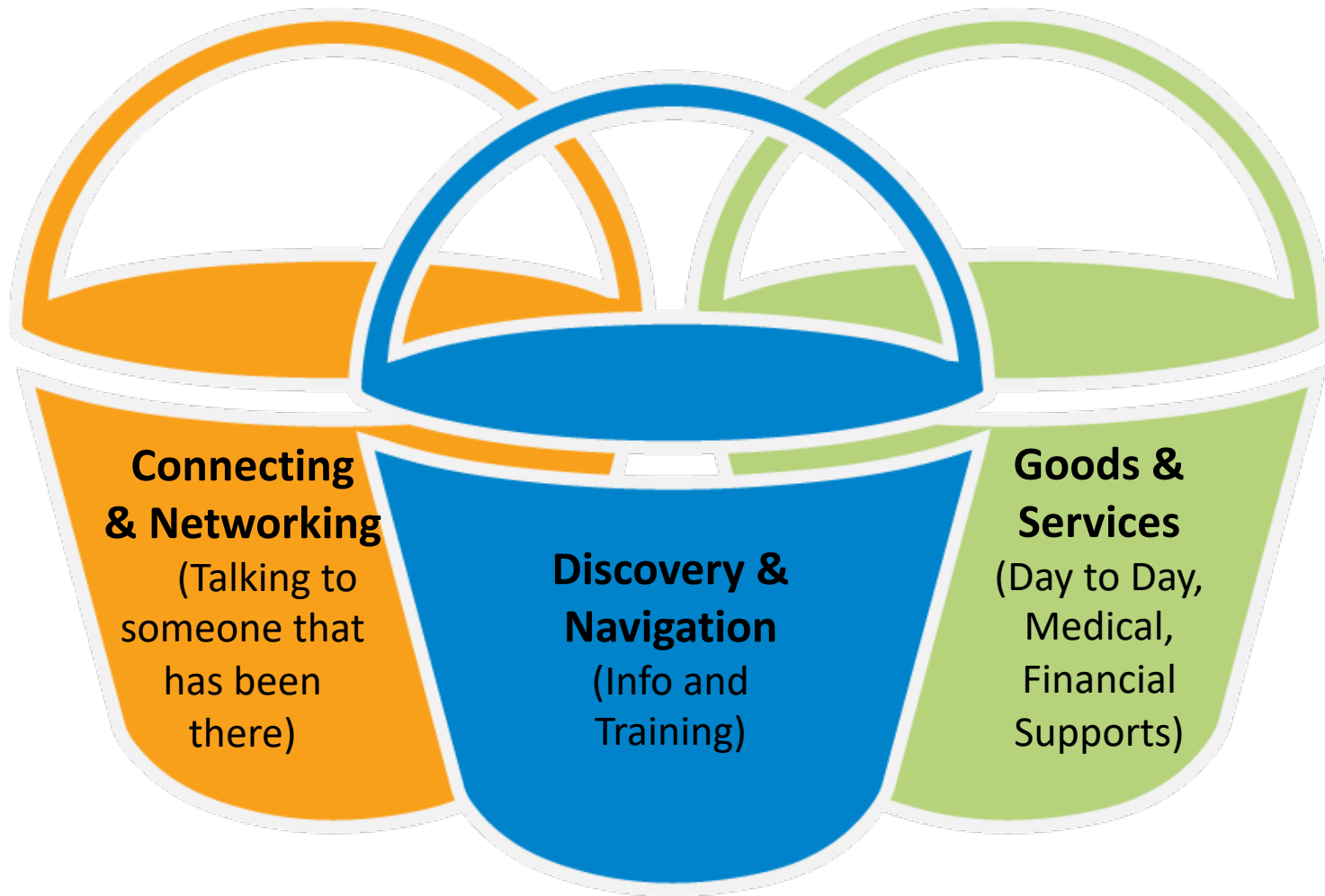
# Individualized Supports to Achieve a Good Life



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# Supporting the Needs of ALL Family Members

## The “3 Buckets”

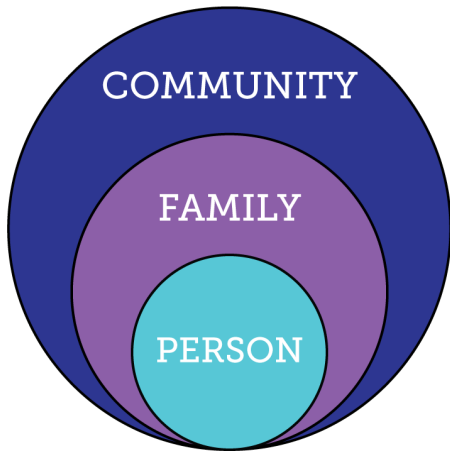




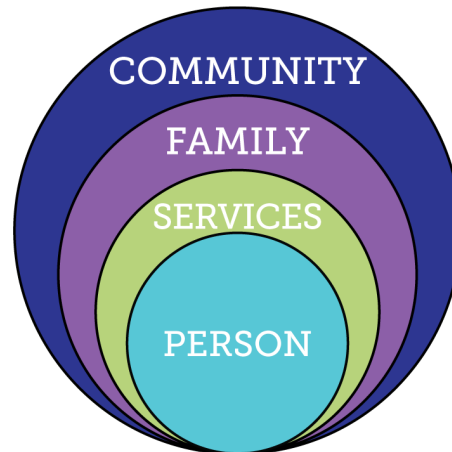
# Integrated Supports Star for Problem Solving and Exploring Options



# What We Want to See...



**75%**  
People with I/DD not receiving formal DD services

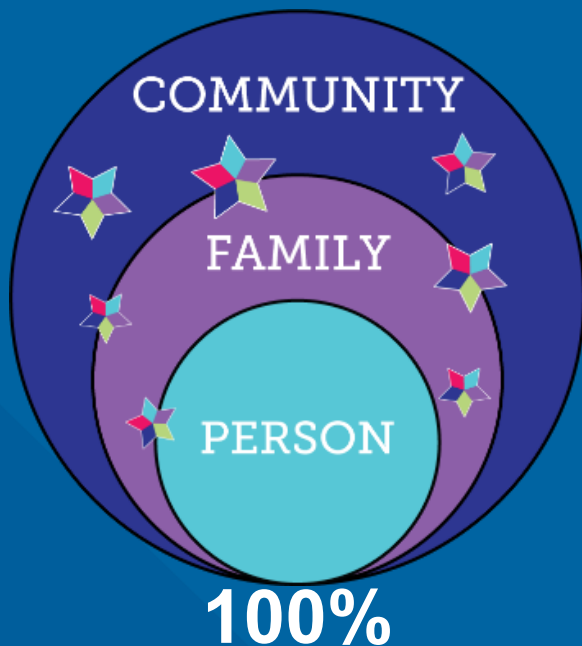


**25%**  
People with I/DD receiving formal DD services



**100%**  
People with I/DD receiving integrated services and supports

# Charting the LifeCourse Integrated Supports Star



# Relationship Supports



100%



## RELATIONSHIPS

### Family:

People that love, care about, and are committed to each other

### Friends:

People that enjoy spending time together, have things in common, and care about each other

### Acquaintances:

People that come into frequent contact with the person but don't know them well.

# Personal Assets and Strengths



## PERSONAL STRENGTHS & ASSETS

### Strengths:

Things a person is good at or others admire or like

### Assets:

Resources that are owned or can be accessed by the person

### Skills:

Personal abilities, knowledge or experience



## TECHNOLOGY

**Personal Technology:**  
Common technologies  
used by anyone \*

**Environmental Technology:**  
Innovative technologies  
designed to help a person  
navigate or adapt their  
environment\*

**Assistive Technology:**  
Low-tech or specialized devices  
that assist a person with  
day-to-day tasks\*



# Technology Supports



**100%**

# Community Based Supports



## COMMUNITY RESOURCES

### Places:

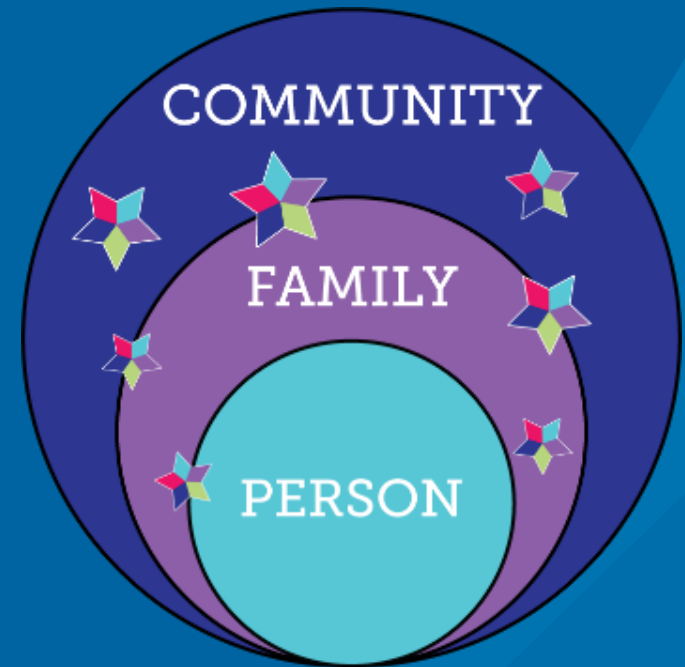
Businesses, faith communities, parks and recreation, health care facilities

### Groups:

Civic and membership organizations

### Government Resources:

Local services, i.e.: public safety, legal, social programs



100%

# Eligibility Specific Supports



100%



## ELIGIBILITY-SPECIFIC SUPPORTS

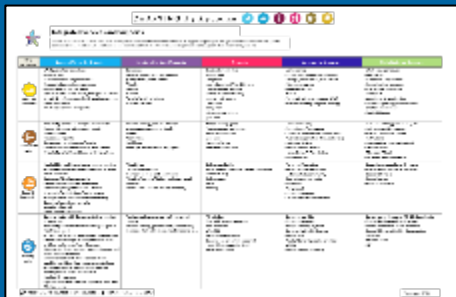
### Disability Specific:

Supports received based on a diagnosis, ie: Special Education, Government Funded Disability Supports

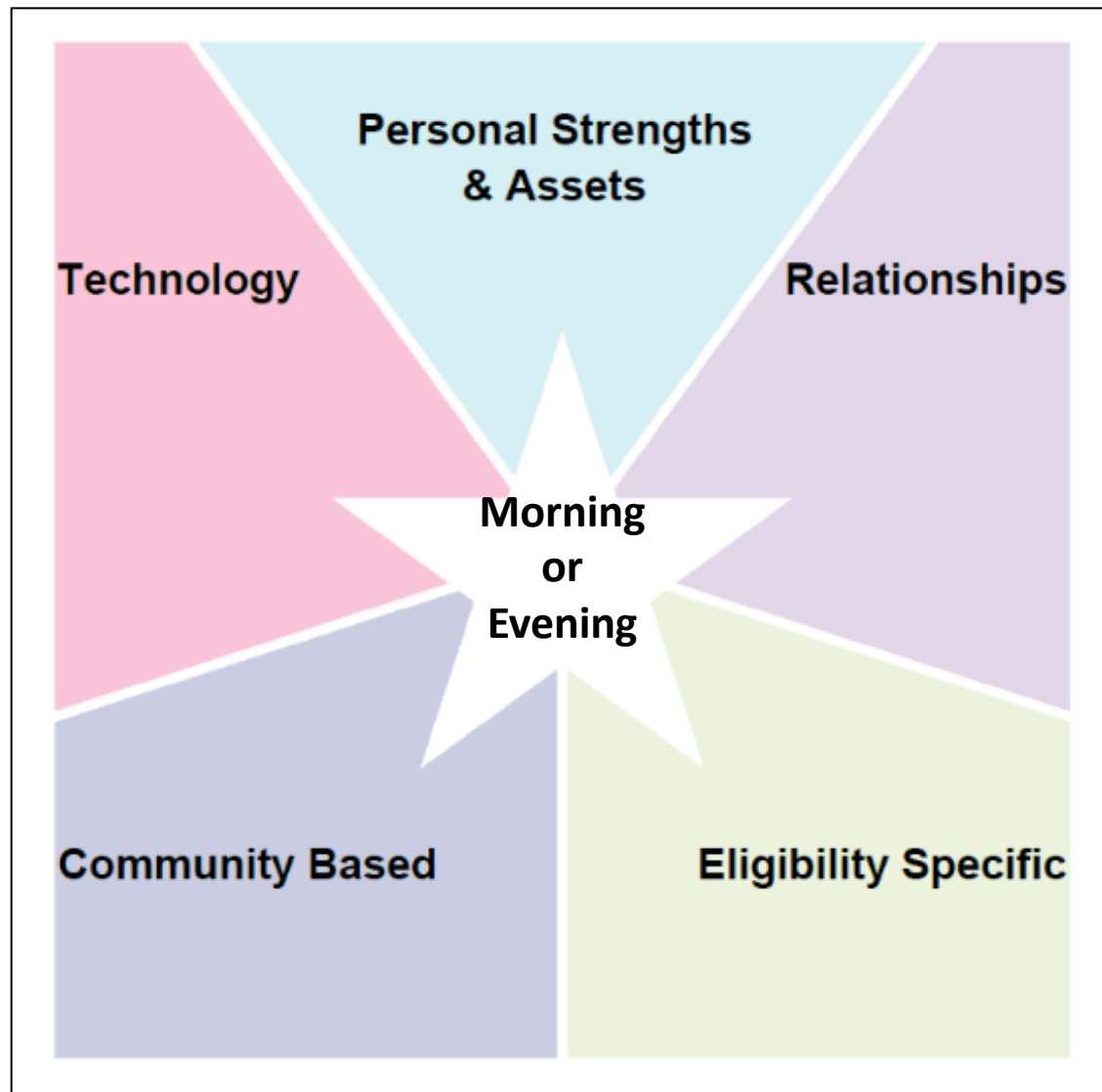
### Needs-based:

Supports based on age, gender, geographics, income level or employment status

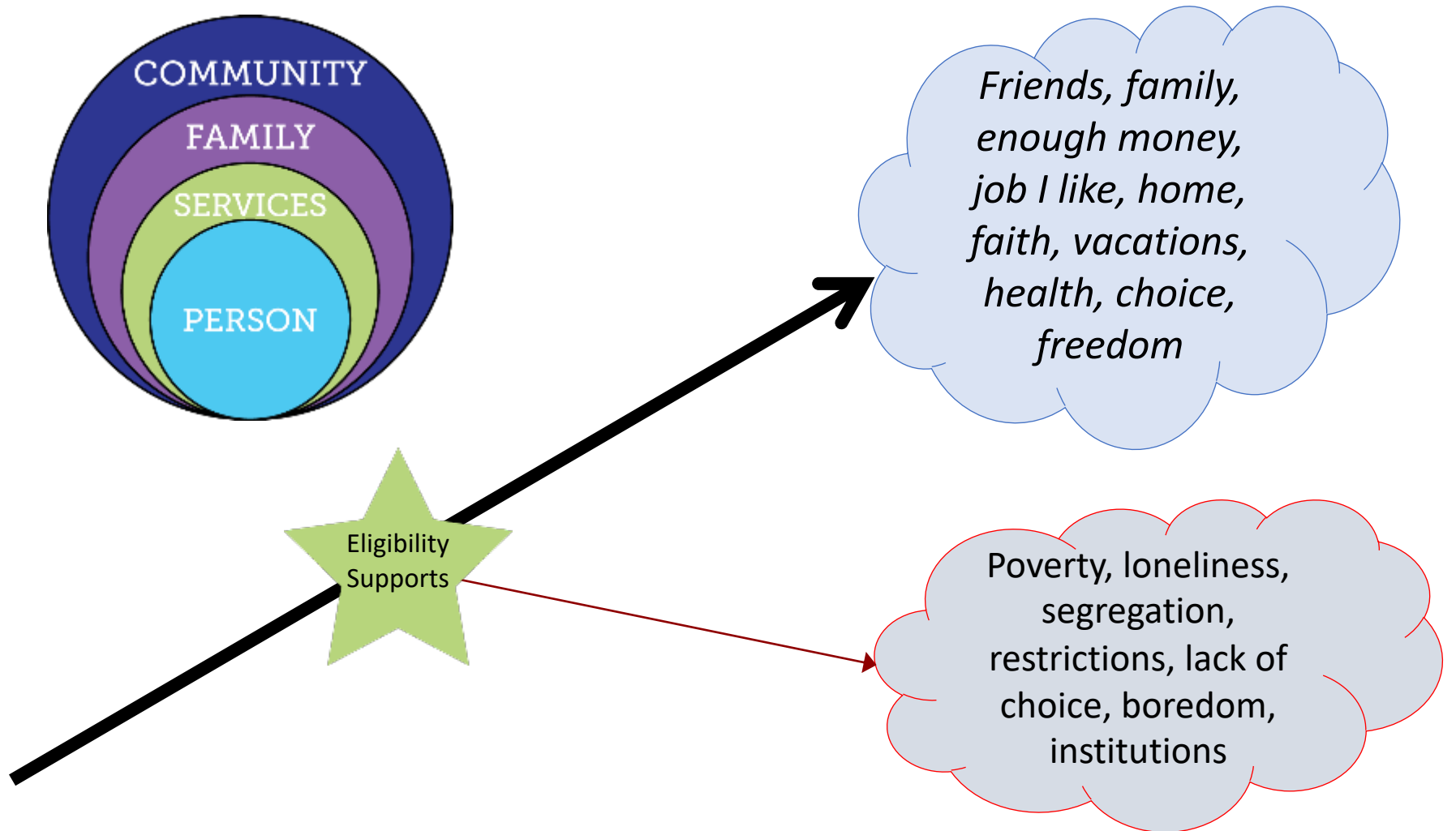
# Daily Routine



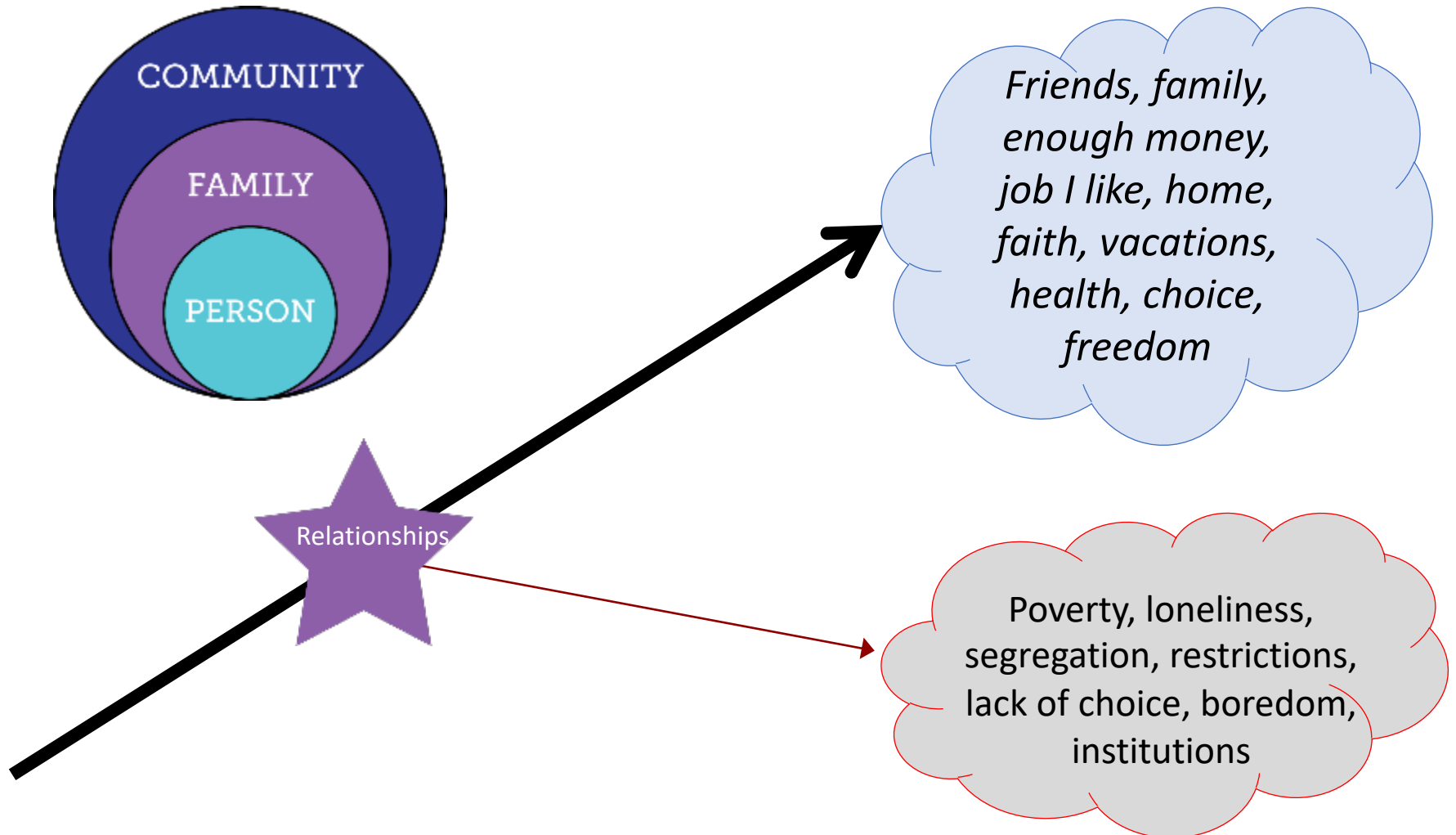
Category	Activity	Time	Duration	Notes
Personal	Wake up	6:00 AM	15 min	
Personal	Brush teeth	6:15 AM	5 min	
Personal	Get dressed	6:30 AM	10 min	
Personal	Breakfast	6:45 AM	15 min	
Personal	Check phone	7:00 AM	5 min	
Personal	Commute	7:15 AM	30 min	
Work	Start work	8:00 AM	8 hours	
Work	Break	12:00 PM	15 min	
Work	End work	4:00 PM	15 min	
Personal	Commute home	5:00 PM	30 min	
Personal	Change clothes	5:15 PM	10 min	
Personal	Meal prep	5:30 PM	15 min	
Personal	Exercise	6:00 PM	30 min	
Personal	Relax	6:30 PM	15 min	
Personal	Bedtime	9:00 PM	15 min	



# Focusing ONLY on Eligibility Supports



# Relying ONLY on Family & Friends



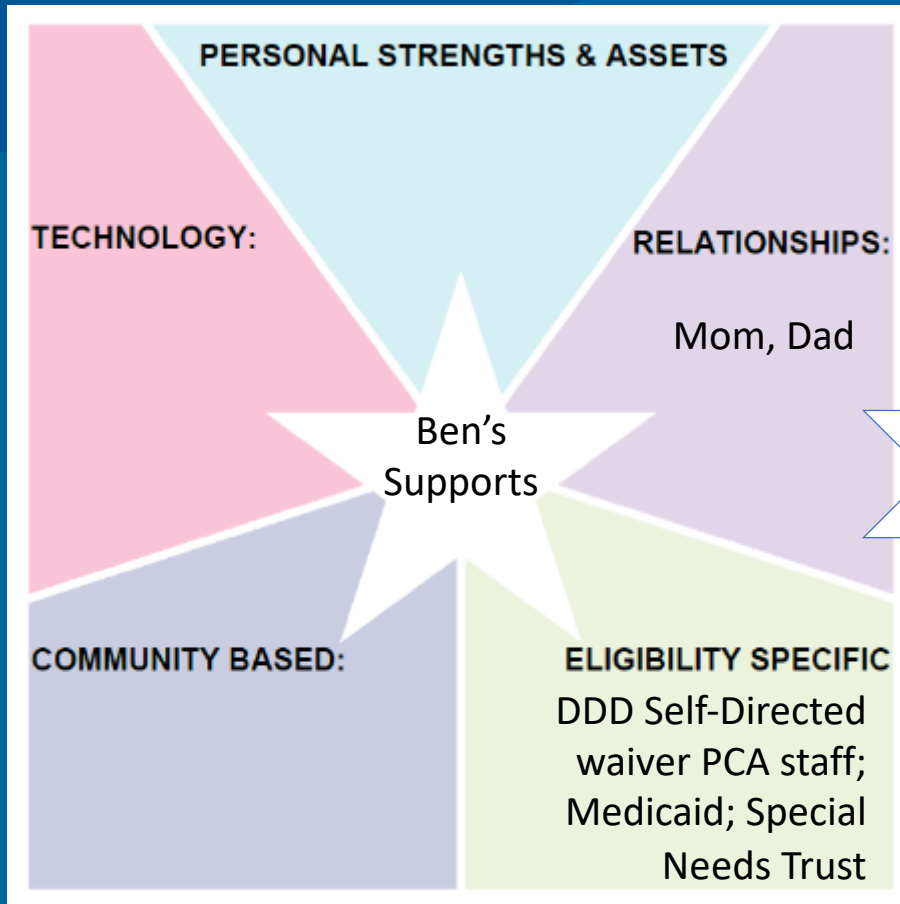


# LifeCourse Star to Calendar



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# Ben - BEFORE Integrated Supports



**Long Term Service and Support Needs**

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-8:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
8:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM	Waiver Self-Directed PCA					Parents are weekend support	
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.						
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM	Mom and Dad are overnight staff						

Template by Missouri Family to Family @ UMHC-HD, UCEDD  
December 2014



# Ben - AFTER Integrating Supports

## PERSONAL STRENGTHS & ASSETS

Able to stay home alone for up to an hour; has & can use i-pad;

## TECHNOLOGY:

i-pad when home alone; digital watch

## RELATIONSHIPS:

Mom, Dad, Matt, Zac, Ali, Chad, Ericka, Roy, Carol, Nick, Spohn,

## Ben's Supports

## COMMUNITY BASED:

Firemen at ESFD; coaches & staff at ES high school; Omni bus;

## ELIGIBILITY SPECIFIC

DDD Self-Directed waiver PCA staff; Medicaid; Special Needs Trust



## Long Term Service and Support Needs

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
6:30-7 AM	Parents support Ben						
7-7:30 AM	Parents support Ben						
7:30-8 AM	Parents support Ben						
8-8:30 AM	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA		
8:30-9 AM							
9-9:30 AM							
9:30-10 AM	Waiver Self-Directed PCA						St. Ann's w/ mom
10-10:30 AM							
10:30-11 AM							
11-11:30 AM	Waiver Self-Directed PCA					Home alone while Mom walks	
11:30-12 PM							
12-12:30 PM							
12:30-1 PM	Waiver Self-Directed PCA						
1-1:30 PM							
1:30-2 PM							
2-2:30 PM	Volunteer at high school, supported by coaches and friends						
2:30-3 PM	Volunteer at high school, supported by coaches and friends						
3-3:30 PM	Volunteer at high school, supported by coaches and friends						
3:30-4 PM	Volunteer at high school, supported by coaches and friends						
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM	Mom and/or Dad prepare meal and assist as needed						
6-6:30 PM	WWE With Matt	Home alone while Mom walks				Dinner w/ Roy & Carol & family	
6:30-7 PM							
7-7:30 PM							
7:30-8 PM	WWE With Matt	Horseback Therapy w/ Dad				Nick's Birthday Party with Matt and friends	
8-8:30 PM							
8:30-9 PM							
9-9:30 PM	WWE With Matt						
9:30-10 PM							
10 PM-6 AM	Mom and Dad are overnight staff						

Template by Missouri Family to Family @ UMKC-HD, UCEDD

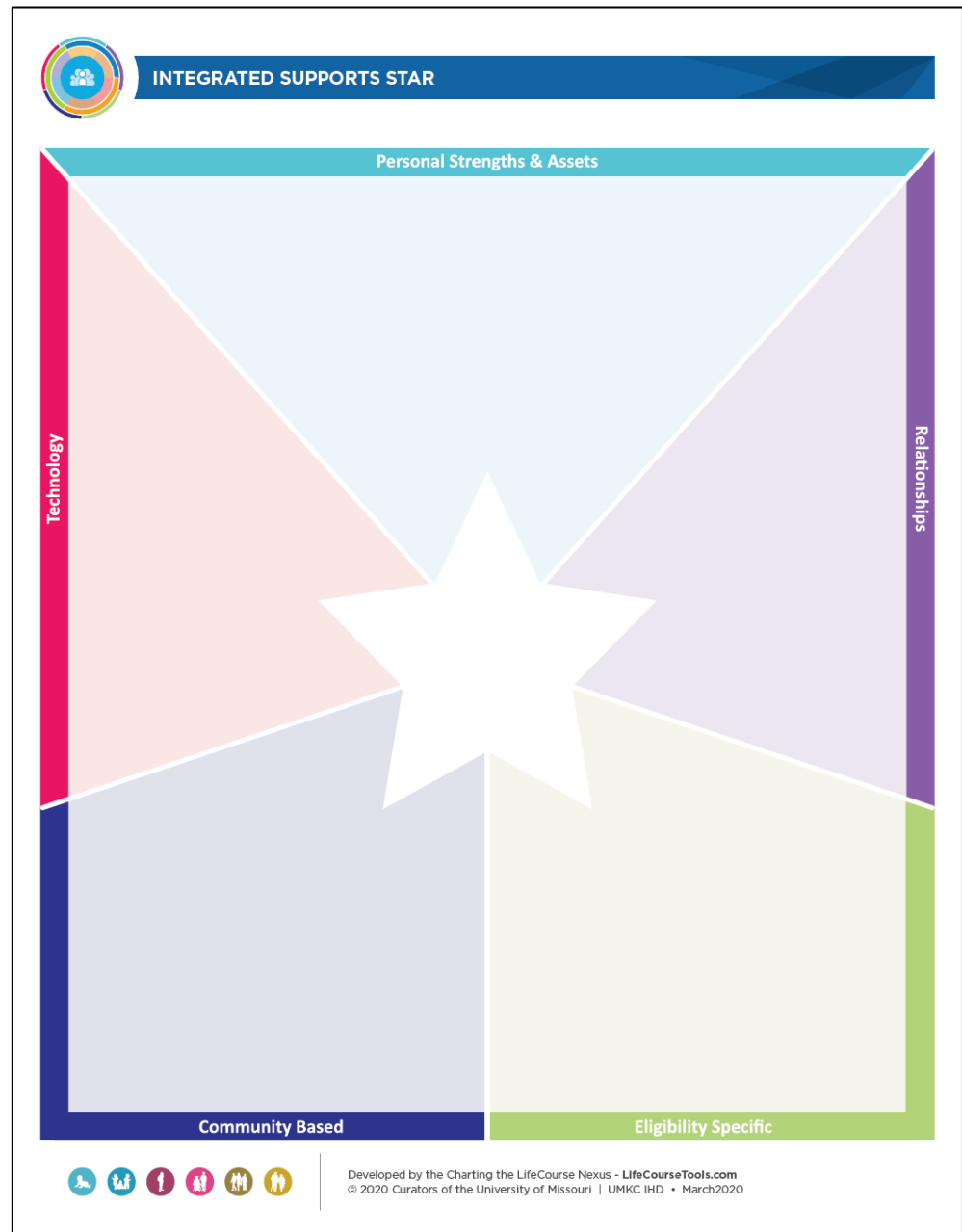
January 2015



www.LIFECOURSETOOLS.com

# Integrated Supports Star

<http://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/>



# What is the purpose of your Star?

- Problem solving?
- Supports for working toward broad life goals or specific short-term goals?
- Planning supports for day-to-day activities?
- Strategic planning or implementation in organizations?

# Planning for Supporting Ben's Caregiver(s) if Parents Aren't Available

Inspired by thinking about possible COVID19 scenarios for our family, but can apply post-COVID as well.





Personal Strengths & Assets

-I am proud that I am able to do a lot of things for myself, and even though I need help with some things, like preparing meals and showering/dressing, I still want to feel as independent as possible. Please respect my privacy and give me space as much as possible, and ask before touching me when I need help with showering or toileting.

-I understand that things could be different because of the virus, but you might need to explain things to me from time to time as I have short term memory issues, and I might forget why my usual caregiver isn't here.

Technology

-I have a smart phone and have important numbers on speed dial. I need help with making sure it gets charged daily and if the wifi gets messed up.

- I like to watch Netflix and WWE on my i-pad. If I get signed out, the sign in info for these and other apps is on a list on the bulletin board in my room. I need help signing in to apps.

Relationships

-I have anxiety when my routine is messed up. It helps me to talk to people I know and trust:  
 My mom-Angela XXX-XXXX  
 Sister-Jean XXX-XXX-XXXX  
 -Steve (used to provide support but no longer able, but he can give you advice on supporting me if you need it) XXX-XXX-XXXX

Tips and Advice for a New Care Provider

-COVID19 is keeping me from doing my usual volunteering and other community activities. I get frustrated by this. Sometimes it helps me if we can go for drives around town to see places I would normally go. I know a lot of people in town and I like to see them and wave at them even if I can't be with them.

-I love my church community and since I can't go in person, I like to watch services on Facebook Live, and I can (sometimes I might need help) make comments and talk to people I know during services.

Community Based

-My full LifeCourse portfolio and person centered plan is in the notebook on my bookshelf. Please read it and if you have questions we can call my support coordinator at XYZ agency and she can help answer any questions or give you more information.

-I get SSI and it is direct deposited in my checking account monthly. I use a debit card to do my shopping. If I forget my PIN it is listed in my notebook. If we shop online, I have PAYPAL, and the password is listed in the notebook.

-If Medicaid paperwork comes in the mail, notify my SC

Eligibility Specific



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# Organizing Information for a New Care Provider





## INTEGRATED SUPPORTS STAR | HEALTHY LIVING

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.



## INTEGRATED SUPPORTS STAR | EMPLOYMENT

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 employment.



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# Starter Stars

## My life goals are...

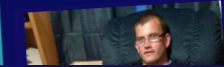


Hang out with my buddies from the Fire Station more.



Stay fit and healthy like Stone Cold.

Continue to go on Family Vacations



## What is important to me?



Graduating with my High School class and getting my diploma!

Hanging out with my friends and having things in common with others.



## What bothers me

Not having money or forgetting my wallet



Izzi on my bed!



Being sick or having a family member in the Hospital.



Being treated differently than others.



Being lost or confused



## Ways to support me...

Provide transportation to my activities

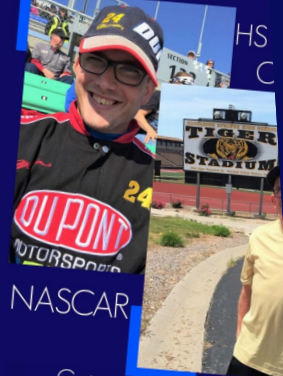


Encourage me to go to the gym at least 3x a week

Encourage me to make healthy food choices.



Assist me in making the best decisions and ensure my safety.



Going to country music concerts



## What is important to me?

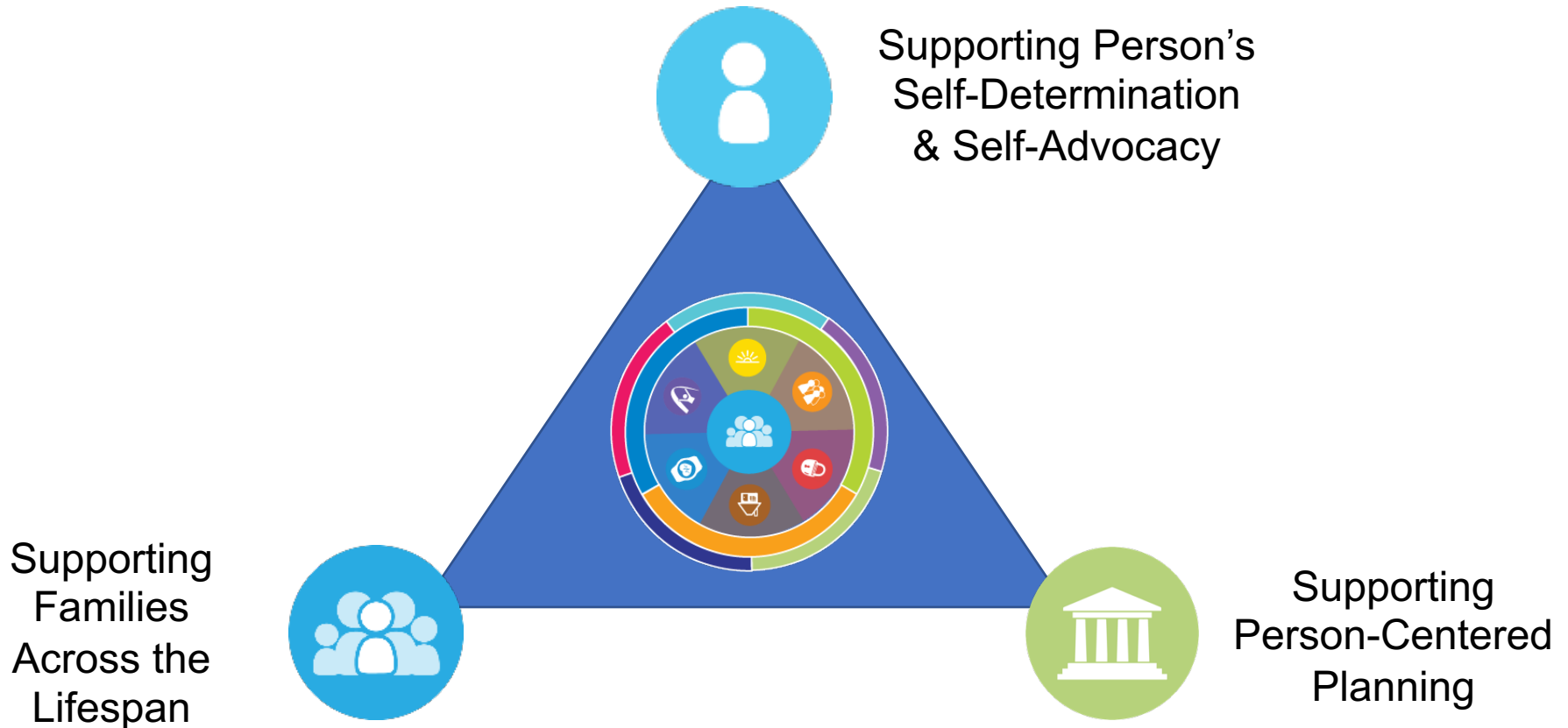


Go to more concerts with Matt.

Going to the Library and other places around town.



# Supporting All Team Members




# Lifecoursetools.com (all tools are in the LifeCourse Library)

f t i @

1-800-773-8652 | umkcctc@umkc.edu

Select Language

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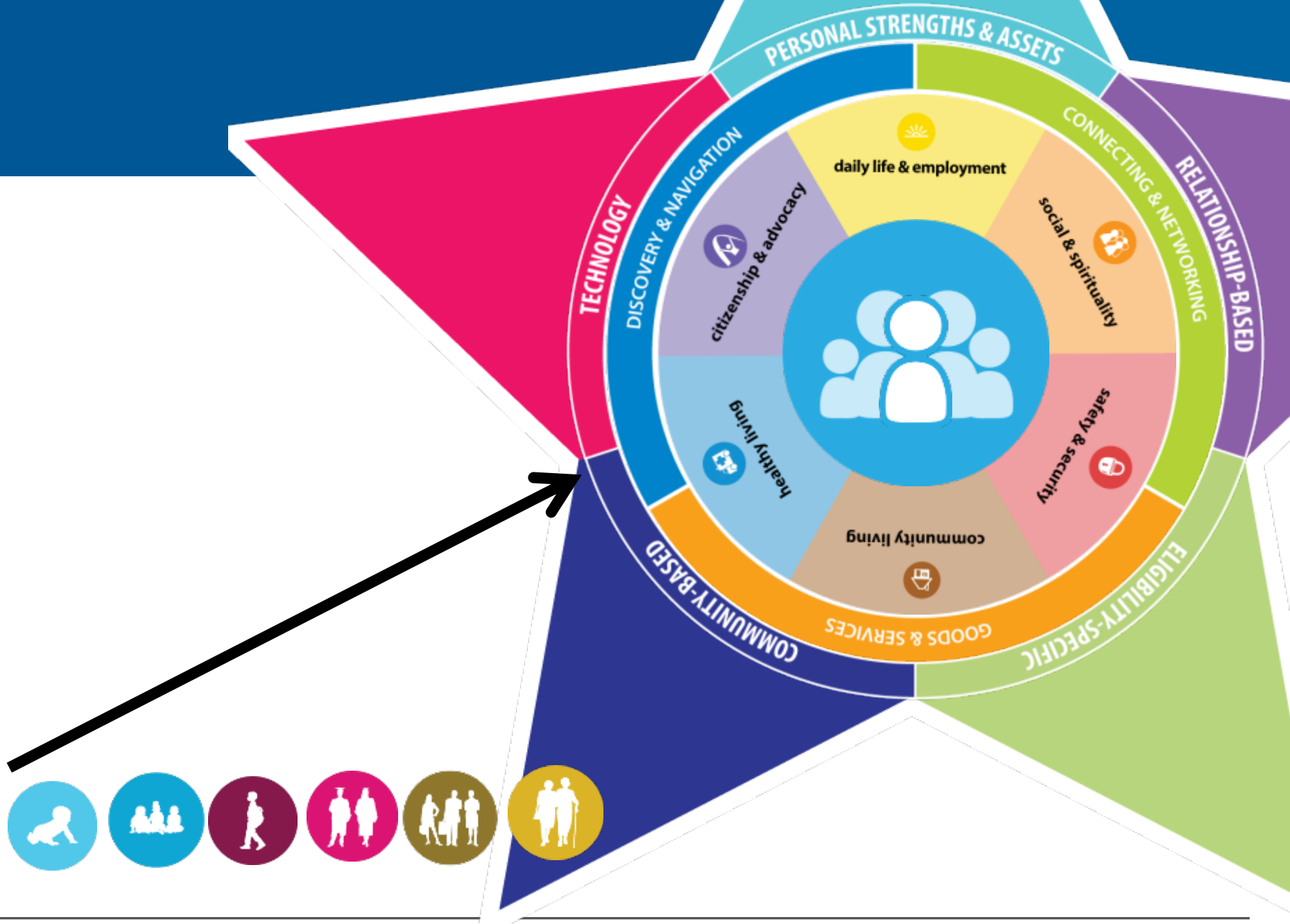
## Welcome to our Community of Learning

Charting the LifeCourse is designed to be used for your own life, for your family members, or in the work you do. The framework and tools will help you organize your ideas, vision, and goals, as well as problem-solve, navigate, and advocate for supports.

### What can Charting the LifeCourse do for You?

- People are using it to communicate their needs.
- People are advocating for the supports they need to accomplish their goals.
- Parents are setting higher expectations for their children.
- Students are learning how life experiences impact their career goals.
- Families are exploring the services and supports they need.
- Parents, siblings, and family members are able to share their ideas, hopes, and fears for the future.
- Case-managers are using in planning meetings.
- Teachers are improving social skills at school, at home, and in the community.
- Information and Referral staff are exploring the future with aging parents.







THANK  
YOU!!!

Jane St John  
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lifecoursetools.com

