

LIFE VISION: ^{THE} RIDE AHEAD



Charting the LifeCourse
Framework and Tools



www.rideaheadfilm.com | www.lifecoursenexus.com

Charting the LifeCourse

Sheli Reynolds, PhD

- Sr. Associate Director, UMKC Institute for Human Development, UCEDD
 - *Director and Founder, LifeCourse Nexus*
 - *Co-Director of National CoP on Supports to Families*
 - *Former Director of Mo Family-to-Family Health Info Center*
 - *Statewide Advisor of the Self-Advocacy Movement for 12 years in Missouri*
- Former Member, Presidents Committee for Persons with Intellectual Disabilities
Appointed by President Obama
- Mother of two Gen Z sons and a sibling of three brothers, one with a developmental disability



Life Vision: THE RIDE AHEAD

Dan Habib

Dan Habib is the Inclusive Communities Project Director at WIHD and the creator of the nationally broadcast documentary films *Intelligent Lives*, *Who Cares About Kelsey?* and *Including Samuel*. Dan co-directed the Emmy Award winning *My Disability Roadmap* film with his son Samuel. From 2014-2017, Dan served on the President's Committee for People with Intellectual Disabilities under President Obama. He lives in Concord, NH, with his wife Betsy McNamara.



Westchester Institute
for Human Development

Samuel Habib

Samuel Habib, 25, works part time as a Multi-Media Production Assistant at WIHD. He's a filmmaker, nationally known speaker, and community college student. Samuel co-directed the Emmy Award winning *My Disability Roadmap* film and the new feature documentary *The Ride Ahead* with his father, Dan. Samuel was also a story consultant on Dan's nationally broadcast film *Mr. Connolly Has ALS*. He lives in Concord, New Hampshire, and is a die-hard Boston sports fan.

Life planning in my living room



We started by appreciating accomplishments



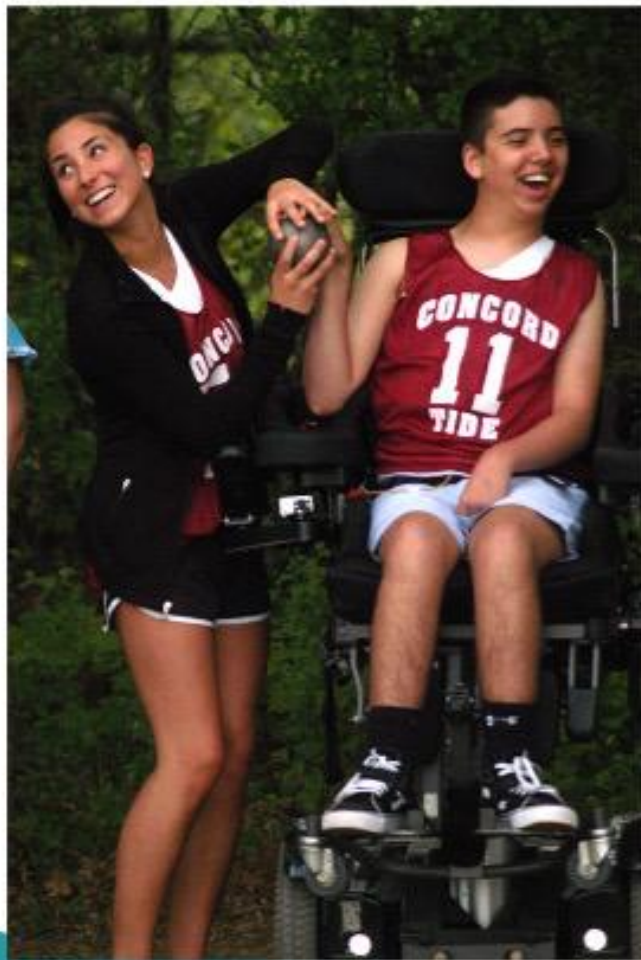
We brainstormed short-term and long-term goals



We expanded on one big goal: more socializing with friends



Navigating challenges and specific actions



How can we avoid, get over around, through Challenges?



Tired?

- Coffee up ☺
- Timing - Most energy = w.k. end, mid-day
→ will rally @ night
- Check IN - Text - maybe closed group chat

Communication

- Refresher on elbow supports

Settings

- Check out ahead of time
- * Design an adaptation for chair
- Advocate! Write letter, call
- Research NE Passages
- Research accessible trails, places in town

PLAN AHEAD!

Transportation

- "Train" friend to drive van, use ramp

Health Stuff

- We (friends) can get training that Matt has



LifeCourse Nexus

Training and Technical Assistance Center
UMKC Institute for Human Development • UCEDD



Charting the LifeCourse

A person-centered framework for exploring, planning and problem-solving for life and transitions

My "Why" | Supporting Eric's Good Life

Life Trajectory | Exploring



Vision for What I Want

Family and Friends
Police Sirens and Fire Trucks,
NASCAR, Own Home, 3 Dogs,
Golf Cart, His Nephews,
Weekends at Mom and Dad's,
Hanging at River House,
Exercise class, Scouts,
Root Beer, Cigars, Ipad/cell phone,

What I Don't Want

- Poor Health
- Poverty/No Money
- Isolated/Segregated
- Institution/group home
- Treated Differently

Why CtLC | Transforming Services and Supports



Anyone



People receiving
“specialized” services
and supports



People receiving
integrated services
and supports

Charting the LifeCourse

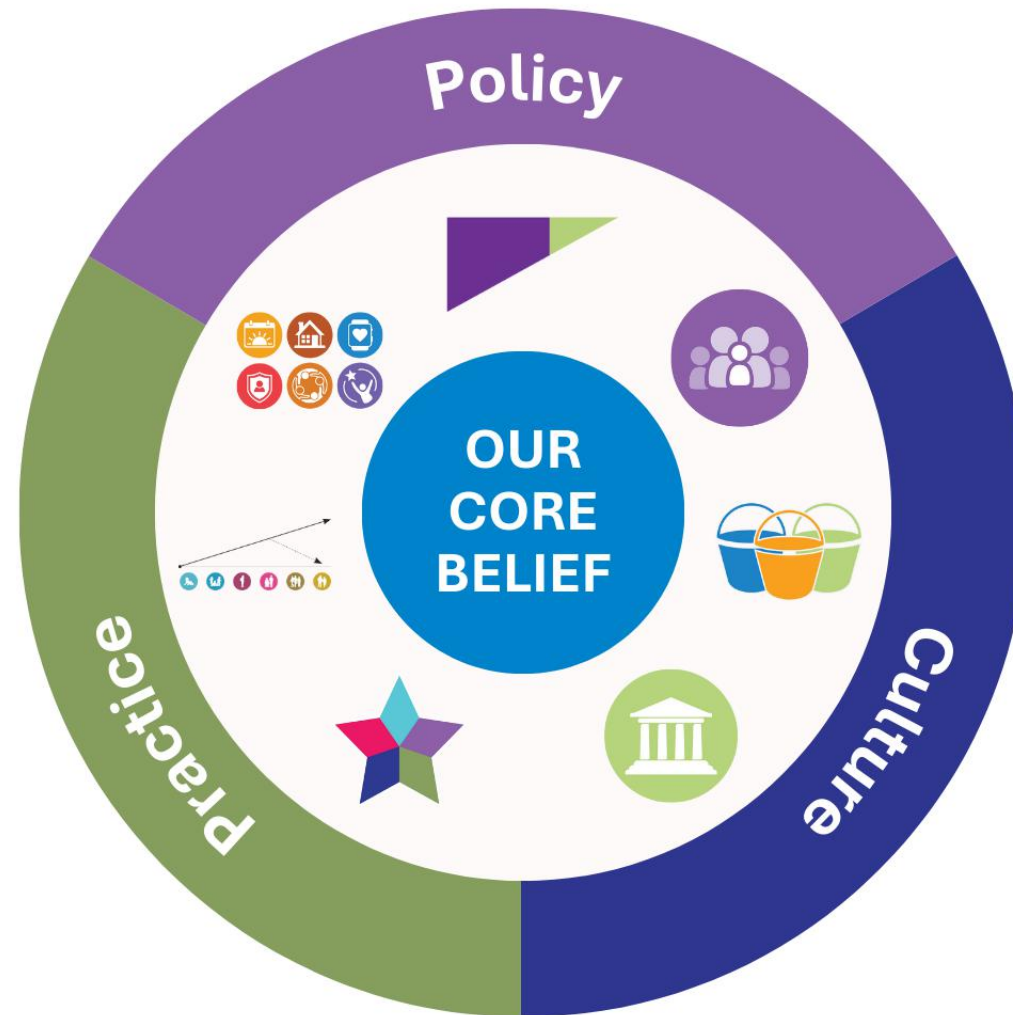
Created for people and families of all abilities and ages to:



Charting the LifeCourse: A Person-Centered Approach




CtLC Framework Leads to Transformational Change



CtLC Supports All Team Members

- **Person:** achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life
- **Families:** supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support all individual members to achieve their goals
- **Professionals Team Members:** have the capacity to provide person-centered services to support the individual and their family to achieve their good lives



A woman and a young boy are sitting at a table, laughing joyfully. The woman is on the left, wearing a white top, and the boy is on the right, wearing a blue striped t-shirt. They are both looking at each other. On the table in front of them is a drawing of a colorful, abstract shape. The background is a blurred indoor setting with a bookshelf. The entire image has a blue overlay.

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

LifeCourse Nexus | Core Belief

Focusing on Human Rights for All

Charting the LifeCourse focuses on the **human rights for all**, emphasizing:



Dignity

respecting one's
worth and value



Autonomy

making one's own
choices



Empowerment

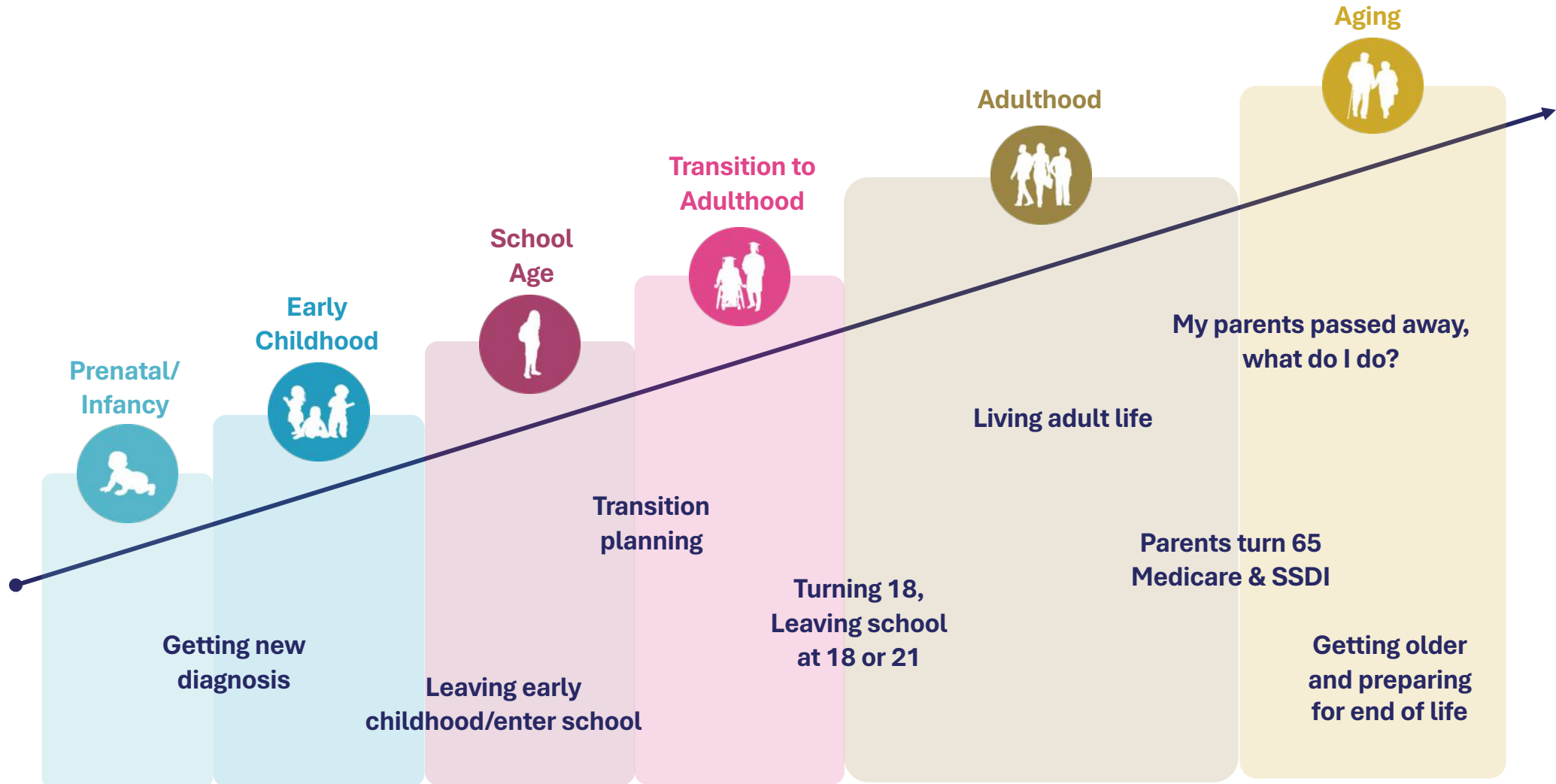
having control
over one's own life



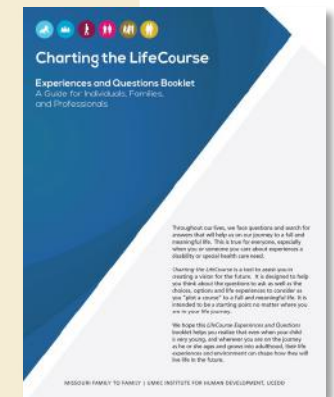
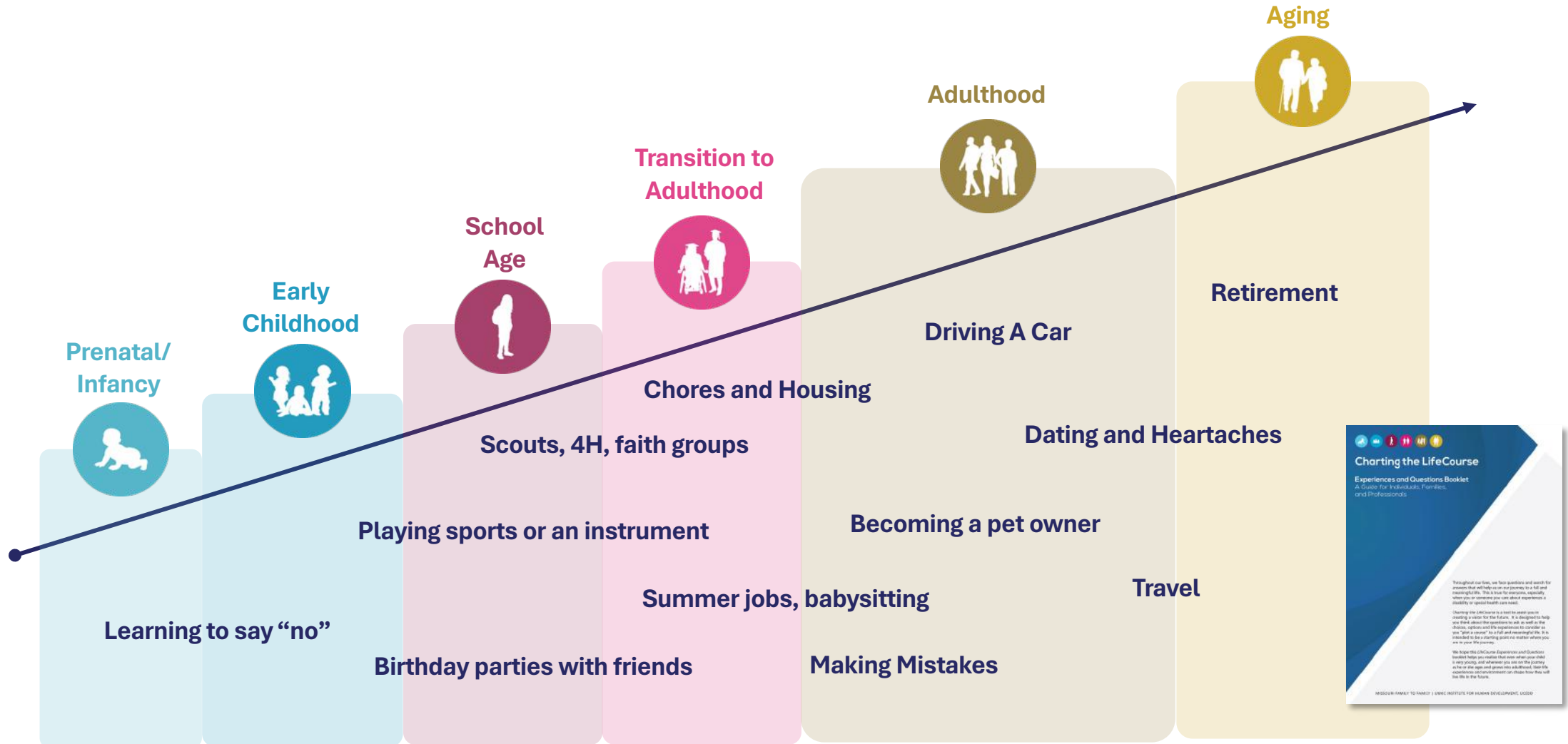
Inclusion

promoting equity
and access

Beyond the Focus on Services Transitions and Policies



Focusing on Life Experiences Across the Lifespan



Life Domains | Achieving Outcomes



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 & 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

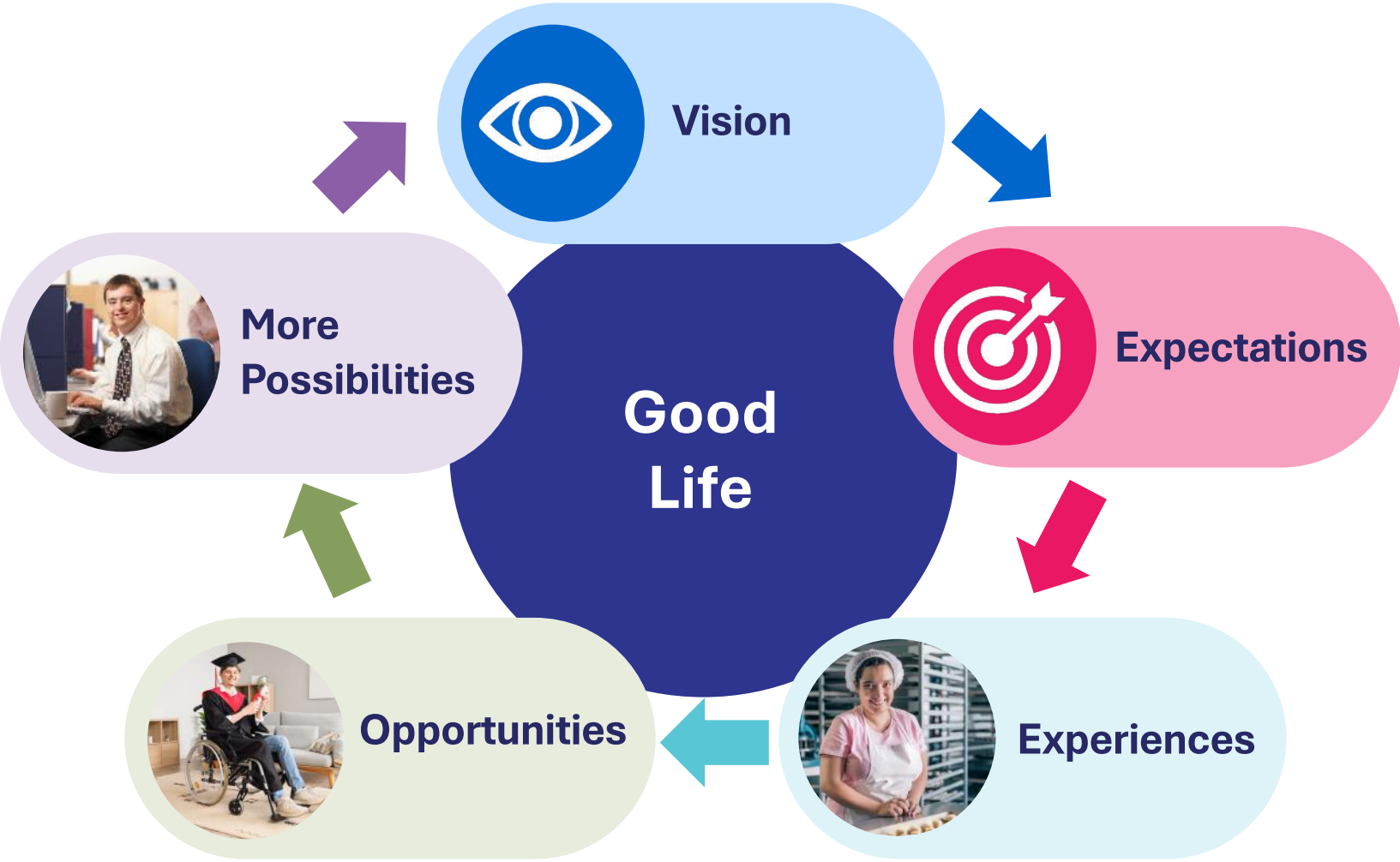
(valued roles, making choices, setting goals, responsibility, leadership, peer support)



The future is not something we enter.
The future is something that we create.
And creating that future requires us to
make choices and decisions that begin
with a dream.

- Leonard L. Sweet

Life Experiences | Life Outcomes





www.rideaheadfilm.com

LIFE VISION: THE RIDE AHEAD



Charting the LifeCourse
Framework and Tools



Creating a vision for your future is a roadmap to a good life.

Life Vision: The Ride Ahead is a tool developed collaboratively by the teams at *The Ride Ahead* documentary film and the LifeCourse Nexus. It uses the LifeCourse framework along with examples from the film to help transition-aged youth and young adults think about a more specific vision for their future across six Life Domains: Daily Life & Employment; Community Living; Social & Spirituality; Healthy Living; Advocacy & Engagement; and Safety & Security.

Using This Tool

Read through the guiding questions. Begin thinking about your vision. Learn how Samuel Habib and his mentors from *The Ride Ahead* film take steps toward living their good life. There are clips to watch with many of the examples. Explore your own vision for a good life by writing down your thoughts on the tool. Reflect on what is most important to you and decide on what domain(s) you want to focus on. Use this tool to continue exploring, problem solving, and planning your good life as an adult. ▶▶

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Using Life Domains to Define Vision and Priorities



Life Vision: Person-Centered

Life Vision

Name of Person Completing: Mom Date: _____
 On Behalf of: Ben

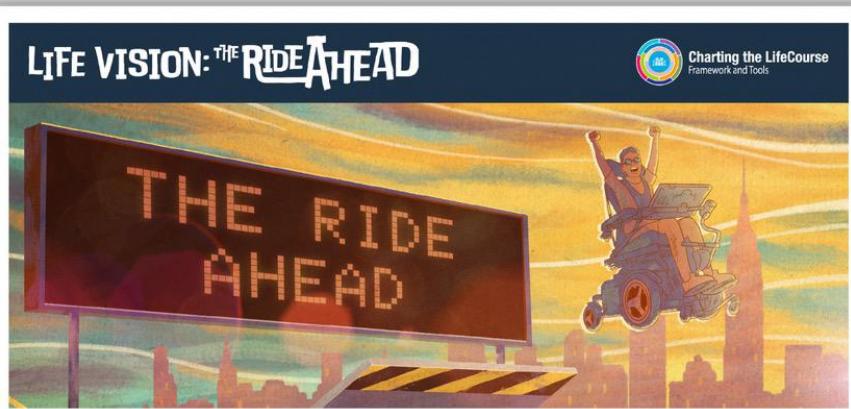
Life Domain	Description	My Vision for My Future	Priority
Daily Life & Employment	What a person does as part of everyday life – education and training, employment, volunteering; routines, responsibilities and skills for individual and family life.	Continue to volunteer at Fire Station, because he loves it and he belongs. We want to help Ben start his own business, based on his interests, using Micro-Enterprise model. We want him to be active/not sit at home all day.	1
Community Living	Where and how someone lives - housing and living options, universal design, and modifications; transportation options, neighborhood considerations and community access.	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 independent within our family house.	4
Social & Spirituality	Having friendships, social and personal relationships, leisure and recreational activities; exploring faith or spiritual aspects of 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 them over or out with him. We would like him to have girlfriend and maybe get married.	2
Advocacy & Engagement	Determining how one's own life is lived, making choices, setting goals, speaking up, leading and partnering; Building valued roles, having meaningful experiences, and participating in community.	We would like to see Ben have more active role at church – maybe ushering or joining the men's group. Find some other volunteer opportunities. Ben should be supported by family and trusted friends to make his own decisions and choices.	

Continued on Page 2



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Life Vision: The Ride Ahead



Creating a vision for your future is a roadmap to a good life.

Life Vision: The Ride Ahead is a tool developed collaboratively. It uses the LifeCourse framework along with examples of specific vision for their future across six Life Domains: Daily Life & Employment; Community Living; Transportation; Neighborhood & Community; Advocacy & Engagement; and Safety & Security.

Using This Tool

Read through the guiding questions. Begin thinking about taking steps toward living your good life. There are clips to watch down your thoughts on the tool. Reflect on what is most important to you. Continue exploring, problem solving, and planning your future.

LOVE, TATTOOS, AND DISABLED THINGS

To learn more and see the film visit www.rideaheadfilm.com

Community Living

Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Living Options	<p>Samuel wants to continue living in Concord, NH. He loves the accessibility and community. He wanted to live in his own place, but near his parents in case of emergencies. The family built an addition on their property that he rents from them.</p>	Where do I want to live in the family home?	□
Transportation	<p>Samuel travels in cars, subways, and planes in the film. We see major issues with airplane travel and damage to his wheelchair on a flight.</p> <p>Click here to watch a clip.</p>	What is the best way for me to reliably get around and travel?	□
Neighborhood & Community	<p>Actor Ali Stoker wanted to move to NYC for college and felt a part of that culture and community.</p> <p>Click here to watch a clip.</p>	Do I want to stay in the community where I live now or move somewhere else?	□

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LOVE, TATTOOS, AND DISABLED THINGS

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Daily Life & Employment

Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Education	<p>Samuel enrolled in his local community college, and takes 1 class per semester. Some of his accommodations include a note taker, extra time for exams, and can take tests verbally in college.</p> <p>Click here to watch a clip.</p>	How can I make post-secondary education accessible to me?	□
Employment/Meaningful Day	<p>Using his public speaking skills and interest in advocacy/policy, Samuel got a job interviewing political candidates.</p>	How can I use my strengths toward a job or career?	□
Individual & Family Life	<p>Samuel wants to spend as much time as possible with friends and his brother.</p>	What do I want...	□

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LOVE, TATTOOS, AND DISABLED THINGS

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Healthy Living

Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Wellness & Recreation	<p>Samuel says he does not want to be "cured" of his disability, but that there are some health issues that get in the way of him living his life.</p>	What is my own version of healthy and what works for my body?	□
Comprehensive Health	<p>Samuel does research and talks with his parents and medical team to decide whether to do deep brain stimulation surgery to help control his movements.</p>	How can I make big decisions about health care and health procedures?	□
Long-Term Supports	<p>Samuel works with a team of Direct Support Professionals (DSPs) to support his activities of daily living.</p>	What support do I need for activities of daily living, and how do I balance the need for staff support with my need for privacy?	□




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Transition to Adulthood



Daily Life and Employment



Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Education	 <p>Samuel enrolled in his local community college, and takes 1 class per semester. Some of his accommodations include a note taker, extra time for exams, and can take tests verbally in college.</p> <p>Click here to watch a clip. bit.ly/4aw8O7W</p>	How can I make post-secondary education accessible to me?	
Employment/ Meaningful Day	 <p>Using his public speaking skills and interest in advocacy/policy, Samuel got a job interviewing political candidates.</p>	How can I use my strengths toward a job or career?	
Individual & Family Life	 <p>Samuel wants to spend as much time as possible with friends and his brother.</p>	What do I want my daily routine or flow of my day to look like?	



Daily Life and Employment

Education



Samuel enrolled in his local community college, and takes 1 class per semester. Some of his accommodations include a note taker, extra time for exams, and can take tests verbally in college.




▶ [Click here to watch a clip.](https://bit.ly/4aw8O7W)
bit.ly/4aw8O7W

How can I make post-secondary education accessible to me?

I ask the professors to send me class discussion questions ahead of time, so I have the time to dictate a response and program it into my communication device for class.

Community Living



Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Living Options	 <p>Samuel wants to continue living in Concord, NH. He loves the accessibility and community. He wanted to live in his own place, but near his parents in case of emergencies. The family built an addition on their property that he rents from them.</p>	<p><i>Where do I want to live in the future, and do I want to move out of my family home?</i></p>	
Transportation	 <p>Samuel travels in cars, subways, and planes in the film. We see major issues with airplane travel and damage to his wheelchair on a flight.</p> <p>Click here to watch a clip. bit.ly/3QQ3ANC</p>	<p><i>What is the best way for me to reliably get around and travel?</i></p>	
Neighborhood & Community	 <p>Actor Ali Stoker wanted to move to NYC for college and felt a part of that culture and community.</p> <p>Click here to watch a clip. bit.ly/3USPBaM</p>	<p><i>Do I want to stay in the community where I live now or move somewhere else?</i></p>	



Community Living

Neighborhood & Community



Actor Ali Stoker wanted to move to NYC for college and felt a part of that culture and community.




▶ [Click here to watch a clip.](https://bit.ly/3USPBaM)
bit.ly/3USPBaM

Do I want to stay in the community where I live now or move somewhere else?

I want to stay in my home in Concord, New Hampshire because it's close to my college and I grew up here. Downtown Concord has done a good job about becoming more accessible.

Social and Spirituality



Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Personal Relationships	 <p>Lydia X.Z. Brown, a disability and LGBTQ+ scholar and activist, says that all relationships do not have to follow a single model in order to be valid.</p> <p>▶ Click here to watch a clip. bit.ly/4azZCQ2</p>	<p><i>Am I interested in having a relationship? Who can I talk to about dating, sex and intimacy?</i></p>	
Leisure & Recreation	 <p>Samuel loves sports and travel. He wants to go to more national parks and baseball games all over the country.</p>	<p><i>How do I want to spend my free time?</i></p>	
Spiritual Enrichment	 <p>Disability rights pioneer Judy Heumann speaks about how being Jewish impacts her view on disability justice, that she has a moral obligation to not cause harm and try to repair the world.</p> <p>▶ Click here to watch a clip. bit.ly/4bp3DYY</p>	<p><i>What rituals and practices that focus on higher powers are of interest to me?</i></p>	



Social and Spirituality

Personal Relationships



Lydia X.Z. Brown, a disability and LGBTQ+ scholar and activist, says that all relationships do not have to follow a single model in order to be valid.

▶ [Click here to watch a clip.](https://bit.ly/4azZCQ2)
bit.ly/4azZCQ2

Am I interested in having a relationship? Who can I talk to about dating, sex and intimacy?

I am interested in having a girlfriend. I can talk to my dad and my brother about sex and intimacy. I can also talk to my direct support professionals and friends about dating.

Healthy Living



Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Wellness & Recreation	 <p>Samuel says he does not want to be “cured” of his disability, but that there are some health issues that get in the way of him living his life.</p>	<p><i>What is my own version of healthy and what works for my body?</i></p>	
Comprehensive Health	 <p>Samuel does research and talks with his parents and medical team to decide whether to do deep brain stimulation surgery to help control his movements.</p>	<p><i>How can I make big decisions about health care and health procedures?</i></p>	
Long-Term Supports	 <p>Samuel works with a team of Direct Support Professionals (DSPs) to support his activities of daily living.</p>	<p><i>What support do I need for activities of daily living, and how do I balance the need for staff support with my need for privacy?</i></p>	



Healthy Living

Sub-Domain

Film Example

Guiding Question(s) and Personal Vision

Wellness & Recreation






Samuel says he does not want to be “cured” of his disability, but that there are some health issues that get in the way of him living his life.

What is my own version of healthy and what works for my body?

To me, being healthy means not going into the hospital. Since moving out of my parents house, I am more aware of my body and how to communicate about how I am feeling to my doctors, parents, nurses, and my direct support professionals.

Advocacy and Engagement



Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
<p>Self-Determination</p>	 <p>Fetal alcohol spectrum disorders advocate Andrew Peterson loves running, it makes him feel accepted and helps him feel confident.</p> <p>▶ Click here to watch a clip. bit.ly/3yu9Lk2</p>	<p><i>What makes me feel good about myself and how can I have control of my own life?</i></p>	
<p>Advocacy & Leadership</p>	 <p>Samuel and human rights activist Keith Jones discuss their wish for the world to be wheelchair accessible and for people to understand that disability is just part of diversity.</p> <p>▶ Click here to watch a clip. bit.ly/4dMOq2</p>	<p><i>What legislative, policy, or political causes do I want to advocate for, and what can I do to get started?</i></p>	
<p>Community Action</p>	 <p>Samuel and Dan Habib speak to the children and their families who also experience GNAO1 neurodevelopmental disorder. Samuel shares his vision for a full life and pride in his disability.</p>	<p><i>What role do I want to play in my community (locally or nationally, online or in-person, etc.)?</i></p>	



Advocacy and Engagement

Community Action






Samuel and Dan Habib speak to the children and their families who also experience GNAO1 neurodevelopmental disorder. Samuel shares his vision for a full life and pride in his disability.

What role do I want to play in my community (locally or nationally, online or in-person, etc.)?

I want to help younger disabled kids in my community by being a mentor, like for my friend Bodhi,

Safety and Security



Sub-Domain	Film Example	Guiding Question(s) and Personal Vision	Priority
Personal Safety	 <p>Actor and comedian Maysoon Zayid speaks about being afraid to get a disabled placard for her car because it would make her a target for assault, as a disabled woman.</p> <p>Click here to watch a clip. bit.ly/4bLPpRt</p>	<p><i>What will I do if I feel unsafe or need help to resolve a conflict?</i></p>	
Public Safety	 <p>Disability rights policy leader Bob Williams shares his fears of being hit by distracted drivers, walkers, or “kamikaze scooters.”</p> <p>Click Here to watch a clip. bit.ly/3WSVwPM</p>	<p><i>How can I feel safe while navigating streets, roads and other community environments?</i></p>	
Legal & Financial	 <p>Samuel works with his mother, Betsy McNamara to learn how to budget.</p>	<p><i>How will I manage my finances, such as developing and managing my budget?</i></p> <p>I work with my mom using an app on my phone called You Need a Budget or YNAB. I saved money for a vacation with my dad and uncle Josh in March. We are going to Arizona to watch baseball spring training. I’m excited to watch the Dodgers, Rangers, Cubs, Padres, Giants and Diamondbacks and see the players up close and maybe get some autographs. Travel and baseball are some of my favorite things so I’m really</p>	



Safety and Security

Legal & Financial



Samuel works with his mother, Betsy McNamara to learn how to budget.

How will I manage my finances, such as developing and managing my budget?

I work with my mom using an app on my phone called You Need a Budget or YNAB. I saved money for a vacation with my dad and uncle Josh in March. We are going to Arizona to watch baseball spring training. I'm excited to watch the Dodgers, Rangers, Cubs, Padres, Giants and Diamondbacks and see the players up close and maybe get some autographs. Travel and baseball are some of my favorite things so I'm really

Question?
Thoughts?
Ideas?





Stay in touch and host a screening!

Website: www.rideaheadfilm.com

dhabib@wihd.org

X @_danhabib and @TheRideAhead

 /therideahead

 Danhabibfilms, samuelhabibfilms and
therideaheadfilm



9TH ANNUAL
Charting the LifeCourse
SHOWCASE
2025
APRIL 29-MAY 1
KANSAS CITY, MO

bit.ly/CtLCShowcase2025

SHOWCASE 2024
BY THE NUMBERS

 **78**
attendees at the
**PreShowcase
Intensives**

4 generous sponsors
and **5 exhibitors**
 who helped
make Showcase
possible

 **65+**
wonderful speakers
from **35+** amazing
organizations

29 
engaging breakouts
like **CtLC in Action** and
Spotlight Sessions!

12 
Awards
presented
at the **CtLC
Innovation
Awards
Ceremony**

Nearly
400 
attendees
from **33** states

SHOWCASE2025

SPECIAL SCREENING AND KEYNOTE

“THE RIDE AHEAD”
from father-son
co-directors Samuel
and Dan Habib

**REGISTER FOR
SHOWCASE
2025 NOW!**

APRIL 29 - MAY 1





Charting the LifeCourse Framework and Tools

The intersect of ideas, collaboration and transformation.
www.lifecoursenexus.com