

DEEPER DIVE

Training on the LifeCourse Framework

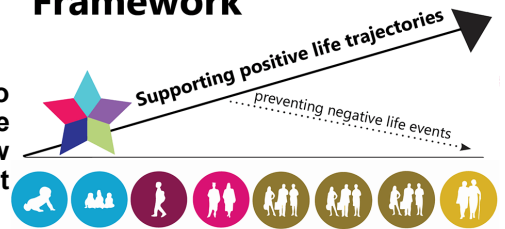
VOL. 2, ISSUE 1

JANUARY 2021

THE BUZZ ON THE LIFECOURSE FRAMEWORK

LifeCourse Framework

The Charting the LifeCourse framework was developed by families to help individuals with disabilities and families at any age or stage of life 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.



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.
- Employment specialists are enhancing discovery and exploration that support career planning.
- Options counselors are providing anticipatory guidance and educating about life possibilities.
- Leaders are transforming organizations.

TOOLS TO FIT A STUDENT'S UNIQUE NEEDS & ASPIRATIONS

Watch the video to learn how a LifeCourse guided conversation to help a transition age student express their vision for a good life. Life is a journey for everyone.

<https://youtu.be/jAUqCnJ3zmc>

Use of the tools is a strengths-based concept to help think about life, both short and long term. It can also be used to promote discussion, self-awareness, shared knowledge and facilitate planning for an everyday life that is successful now and after high school.

All of us lead whole lives made up of specific, connected and integrated life domains that are important to a good quality of life. Life domains are the different aspects and experiences of life as we age and grow; and include daily life & employment, community living, safety & security, health living, social & spirituality and advocacy & engagement.

OPPORTUNITIES FOR LEARNING & PREPARATION FOR THE DEEPER DIVE TRAINING

<https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/>

<http://jvbds.org/training/charting-lifecourse-everyday-lives>

<https://youtu.be/hWrGklhKqA>



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