

Charting the LifeCourse Framework

A Familial Perspective

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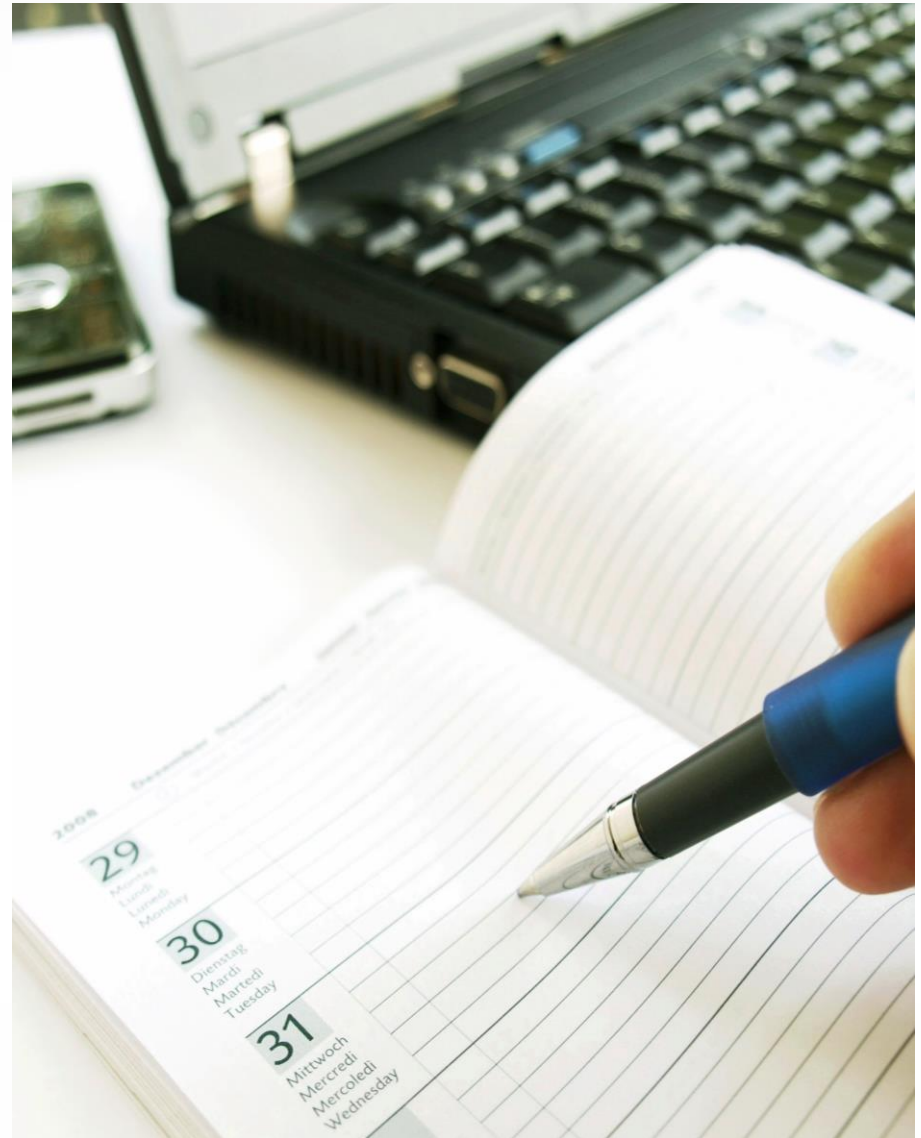
**Division of Disability and
Rehabilitative Services**
Vocational Rehabilitation Services



Solutions that Matter

Agenda

- Overview
- Familial Perspective
- Why are we talking about it?
- Opportunities for application and learning more



What is the LifeCourse Framework?



How do I fit into this?

Using the LifeCourse framework and language helps us use the same terms across a person's life. It helps us think about things the same way we do for others who don't have disabilities.

In Indiana, the Division for Disability and Rehabilitative Services is employing this approach across agencies. They are collaborating with the Department of Education to work to build capacity in these efforts.

LifeCourse is a way of thinking that individuals and families across the country use every day to have high expectations, and work to have the best outcomes for themselves and people who are important to them.



What is the LifeCourse Framework?

The LifeCourse Framework is a way to think about things. It can help us ask and answer questions like:

- What is a good life for you?
- What do you not want in your life?
- What do you need to have a good life?

The framework can help you figure out problems and make choices.



Introducing LifeCourse Concepts



Person and Family Level Quality of 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 and issues, guardianship options and alternatives)



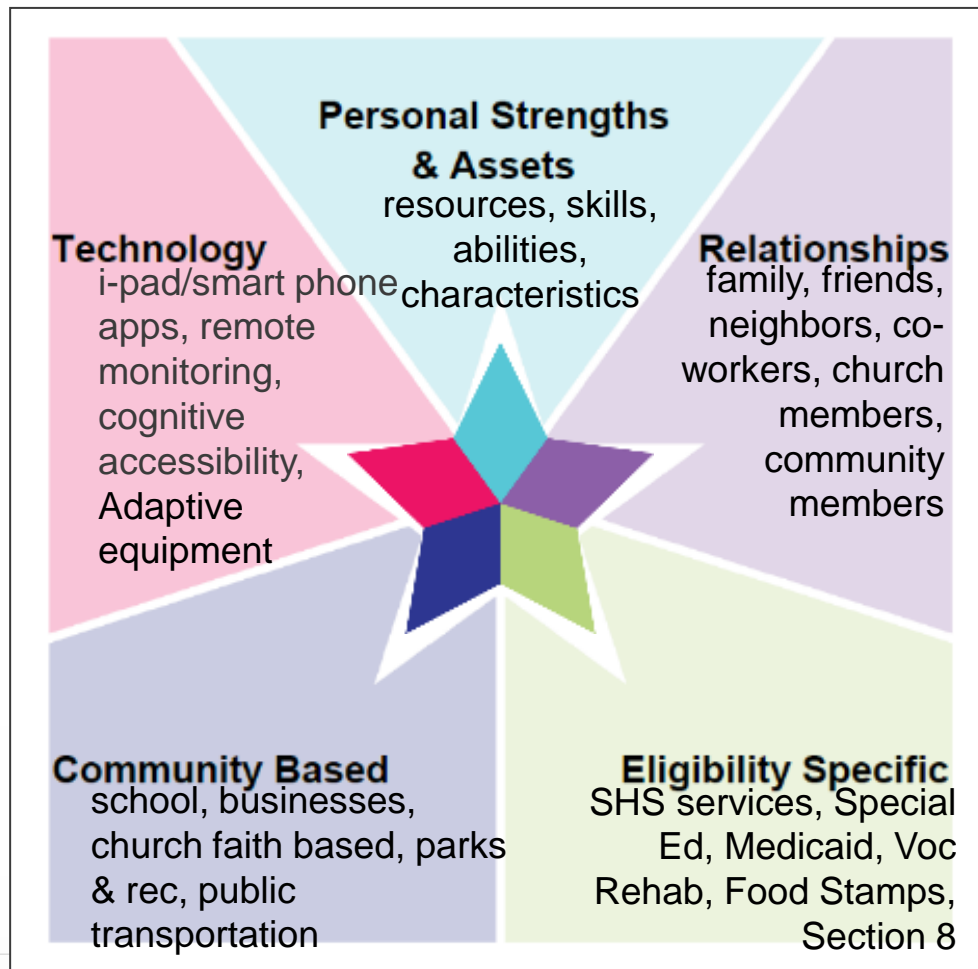
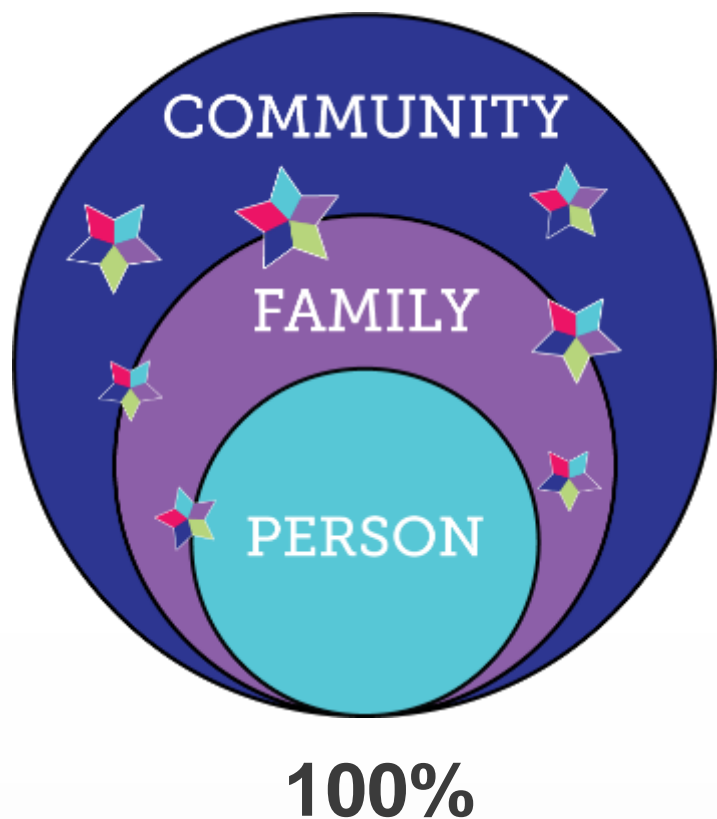
Social and Spirituality
(friends, relationships, leisure activities, personal networks, faith community)



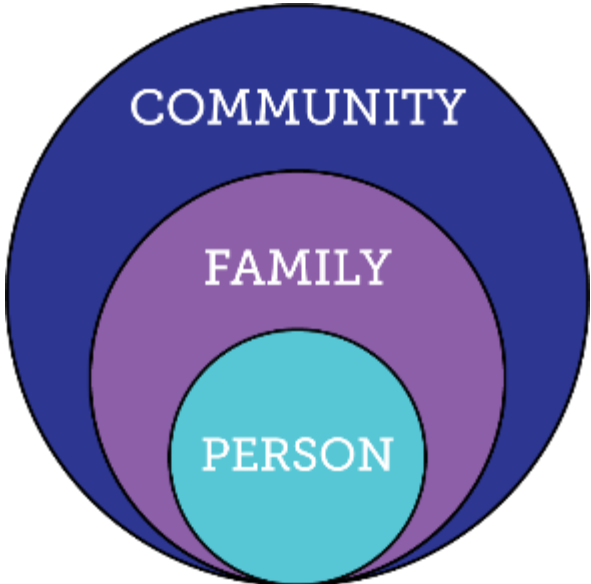
Citizenship and Advocacy
(valued roles, making choices, setting goals, responsibility, leadership, peer support)



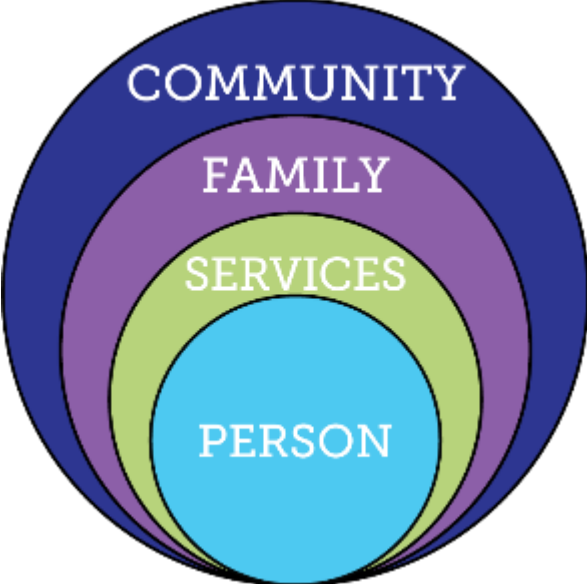
LifeCourse Integrated Supports STAR



Thinking Differently About Services and Supports



Everyone exists within the context of family and community



Traditional Disability Services

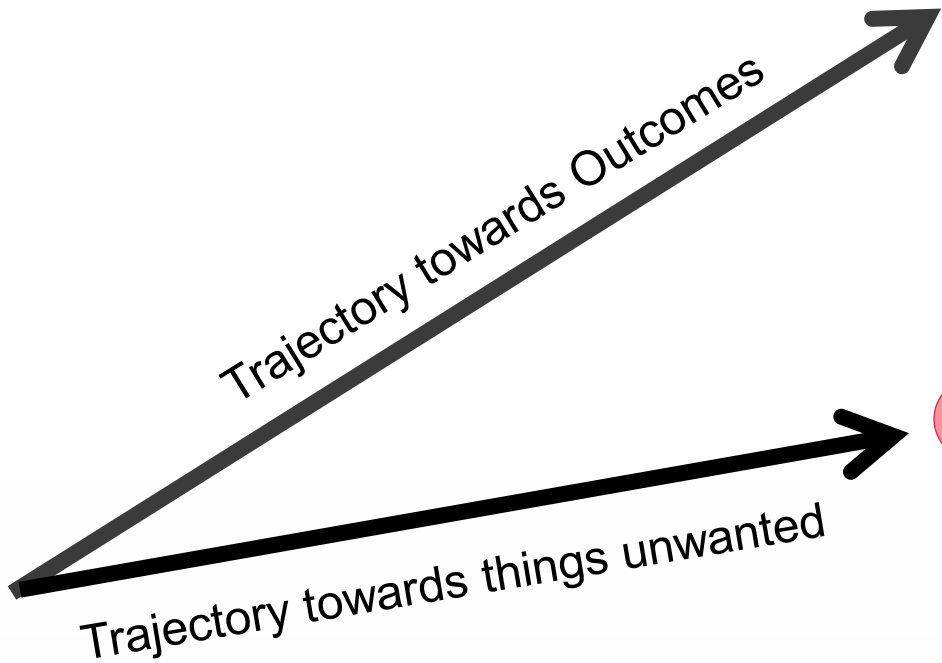


Integrated Services and Supports within context of person, family and community



Trajectory Toward Positive Life Outcomes

Across the Lifespan

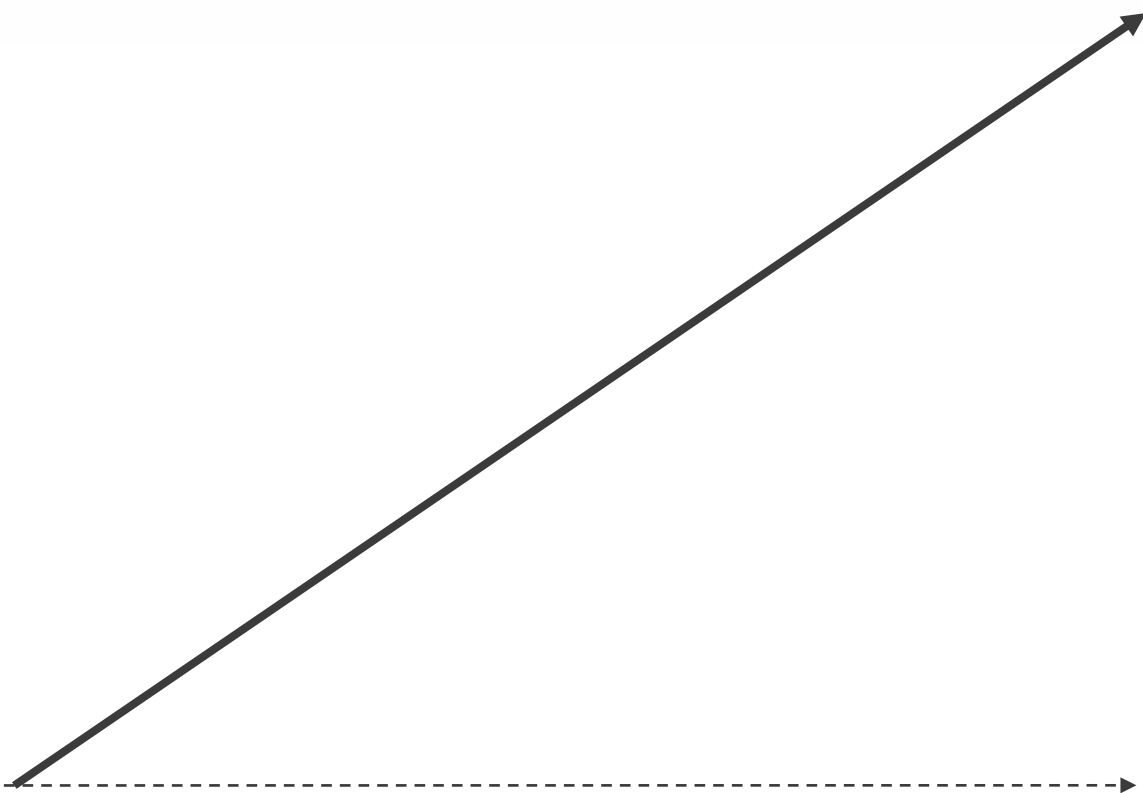


Friends, family,
self-determination,
community living,
social capital and
economic sufficiency

Vision of What I Don't Want



Charting a Trajectory for Supporting Families



Vision for a Good Life

What We Don't Want – What Moves Me Away from a Good Life



Familial Perspective

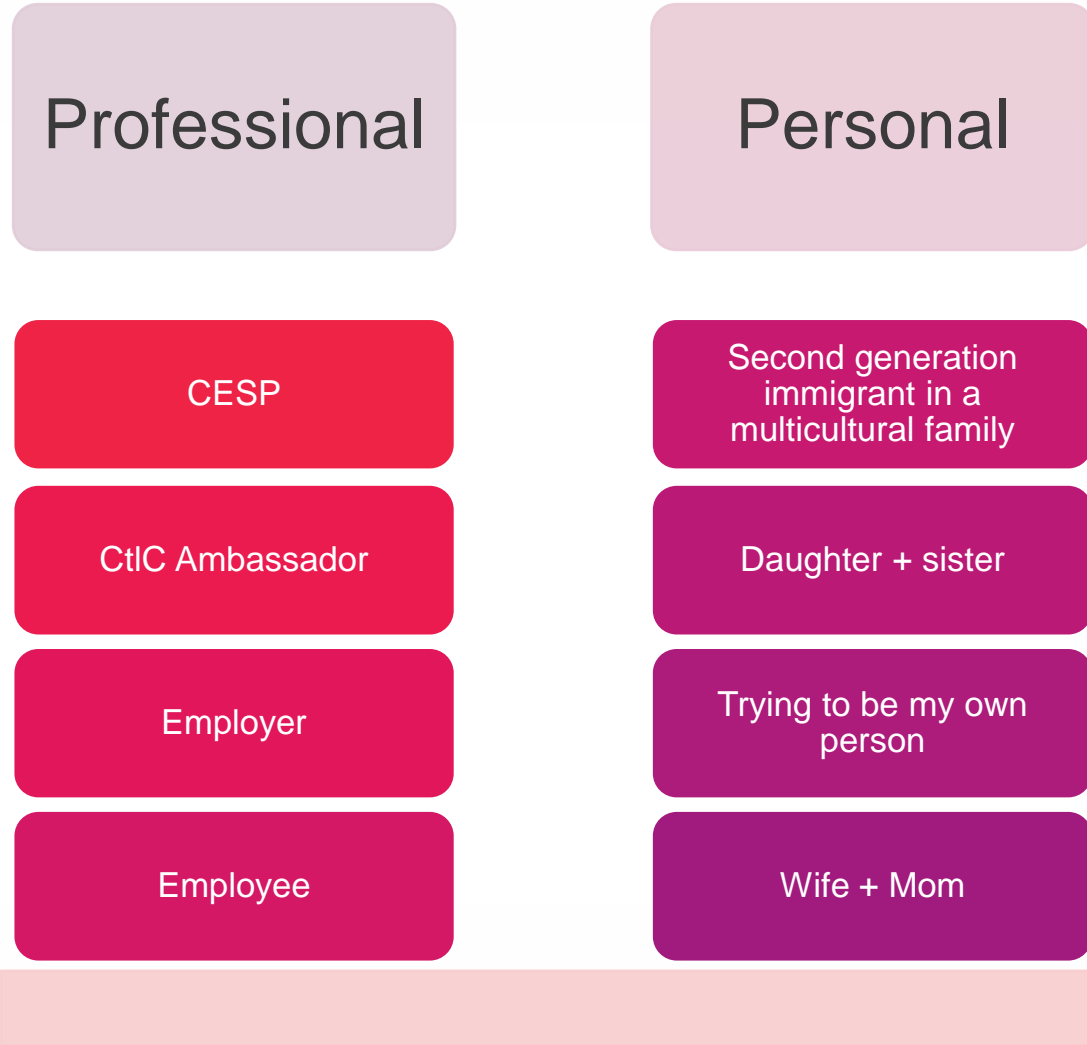
My Sister Angeline



We're all trying to balance*

Today I'm sharing from the personal side.

*I ran out of boxes, and I'm not balanced....



Angel Also Plays Different Roles



Current Focus: Interdependent Living

What we've figured out

- ✓ Where she lives
- ✓ Waiver services

Still working on

- Growing the options of how she spends her day
- Growing the understanding of living outside of mom and dad's house- Getting EVERYONE comfortable
- Supportive Roommate

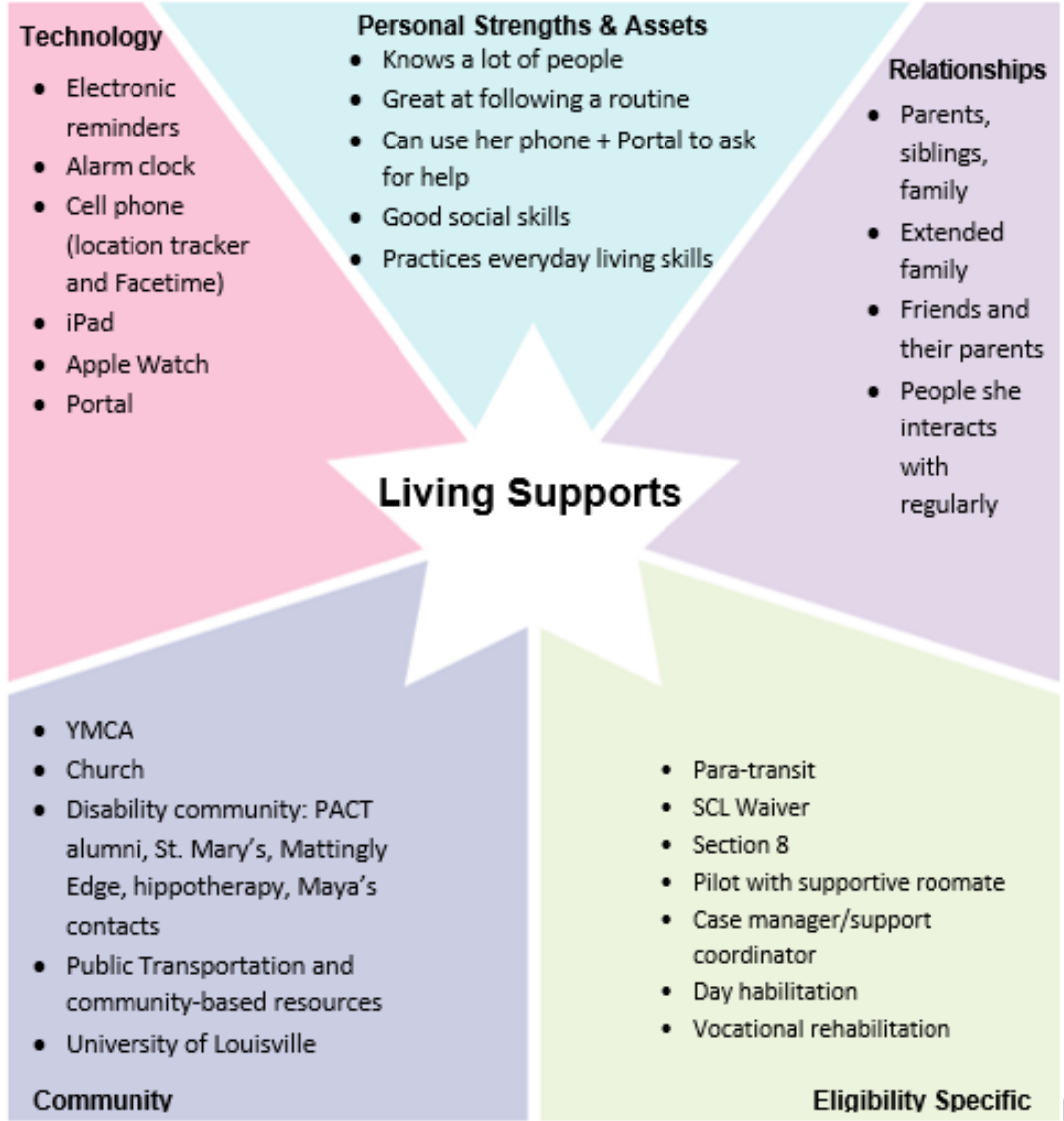




Integrated Supports: Angel

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.

How are we going to manage living supports?

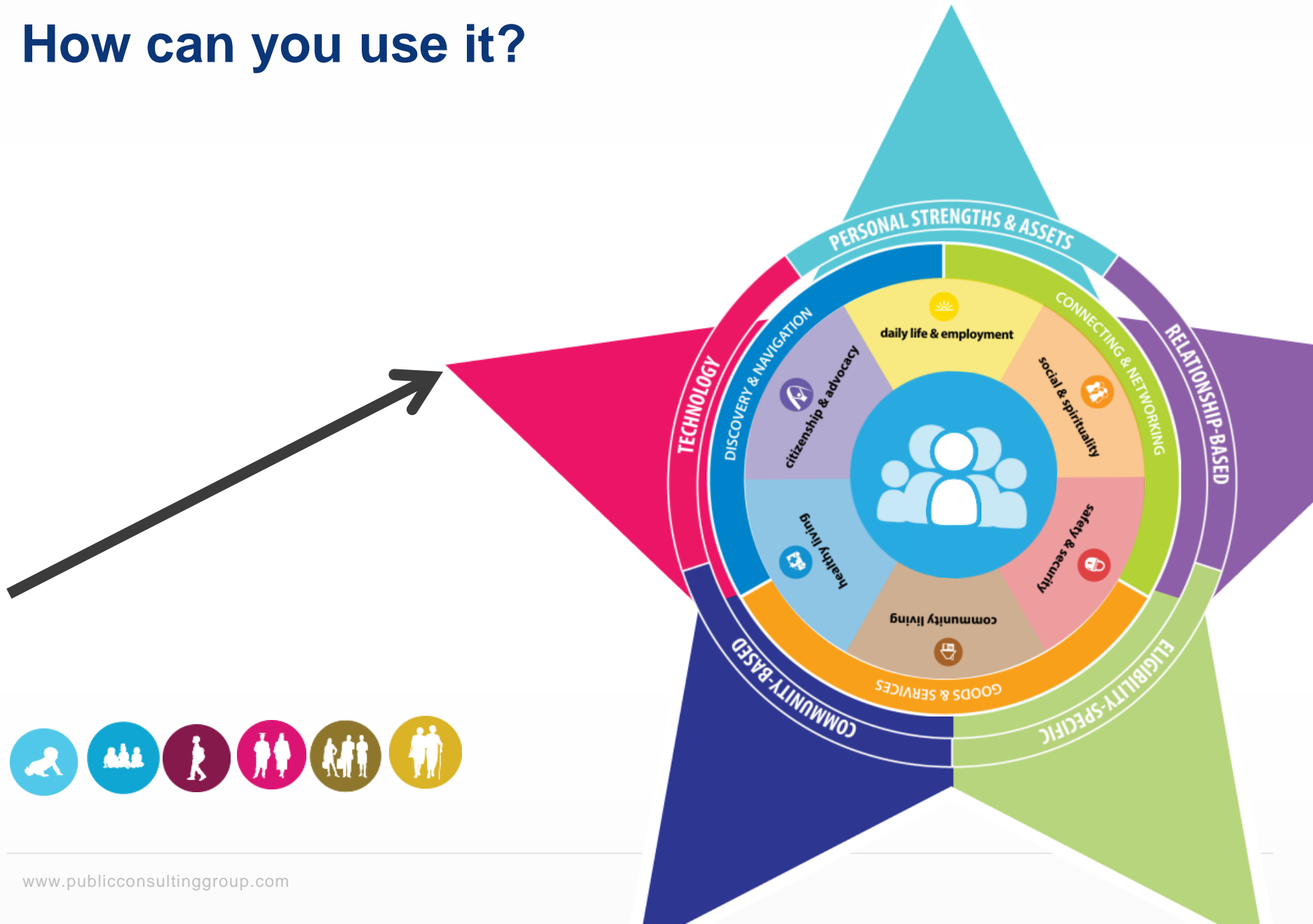


Why are we talking about this?

- All of us have layers that impact priorities and perspective
- For all of us, being person-centered matters
- People try their best, and still struggle. Having empathy and giving people the benefit of the doubt is important
- You can use CtIC to help families (and yourself) figure out different kinds of problems



How can you use it?



Why is Work Important?

“

EMPLOYMENT IS ABOUT MORE THAN MAKING MONEY. IT'S A GREAT WAY TO MAKE FRIENDS, BE USEFUL, AND HELP MY COMMUNITY.



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Resources

<https://www.lifecoursetools.com/>

- Trajectory
- Integrated Star
- Lots of planning tools
- Case studies and examples
- Peer reviewed article: <http://www.socialinnovationsjournal.org/social-issues/100-human-services/2385-charting-the-life-course-for-persons-with-idd-and-their-families-moving-from-principles-to-practice-3>





Solutions that Matter