Welcome friend!

Nebraska DHHS-DD and NCDD have put together an assortment of tools that can support you in decision making, healthy living, safety, employment, independence, and so much more. These tools are all part of Charting the LifeCourse (CtLC) and are being used by service coordination throughout Nebraska to ensure that everyone is living the life they want to live and reaching the goals they want to achieve. These tools are not for service coordination alone, and we want you to have these in your toolbox too.

Charting the LifeCourse is built on a simple yet powerful belief:

All people have the right to live a good life, and that begins by identifying what truly matters to you. This portfolio is your personal space to explore, express, and shape your vision for a meaningful life—starting with your hopes and dreams.

Whether you're planning for yourself, a loved one, or supporting someone else, this collection of tools is designed to help you:

- Reflect on what's important to you or your family
- Explore possibilities and set meaningful goals
- Make choices and decisions that align with your vision
- Connect to supports and resources that move you forward

As you move through these tools, remember there are no right or wrong answers—only your answers. This is your journey, and your voice is central every step of the way.

- You can find all the tools and more at the LifeCourse Nexus site.
- You can also scan the QR Code in this folder.

If you have questions or need support as you get started, please don't hesitate to reach out to any of the listed CtLC ambassadors across Nebraska who are trained to help guide you in using the tools to develop your dreams.

The Nebraska Community of Practice

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