



## Overview

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**Charting the LifeCourse (CtLC)** is a framework and set of tools that anyone can use to develop a vision for a good life. CtLC was created to help people and families of all abilities and all ages explore, problem-solve, or plan. It helps people think differently and talk about what they need to know and do, and how to identify supports to live the lives they want to live.

## Using This Guide

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CtLC is an inclusive process that puts the person at the center as the expert of their own life. While the tools are valuable, the focus is on having conversations and building relationships. However you choose to use the framework and tools, it's important to consider who should be involved and how.

This guide provides examples on how to use the tools to explore, plan, and problem solve with any person. To explore, encourage the person to think about all of life's possibilities to create their vision. To problem solve, identify the person's strengths, life experiences, and supports as well as any barriers to their vision. To plan, determine the steps to get needed supports, navigate barriers and move toward an inclusive, productive life in the future. There are endless ways to use CtLC. While this guide may not cover every situation, we encourage you to adapt it as needed. **This guide is not a substitute for training on Charting the LifeCourse from the LifeCourse Nexus. To learn more about training opportunities, please visit [lifecoursenexus.com](https://lifecoursenexus.com).**

## Charting the LifeCourse Applications

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**FOR DAY-TO-DAY LIFE** This is what a person does as part of everyday life. This includes education and training, employment, volunteering, routines, responsibilities, and skills for individual and family life.

- Designing your day
- Planning initial orientation for new team members
- Having and managing new/changing goals and support needs
- Co-producing annual ISP and other meetings
- Experiencing day-to-day life challenges
- Learning and managing a new routine

**FOR LIFE TRANSITIONS** Life is a journey where each stage of life impacts the other and different life experiences bring us closer or further away from our good life. Every life stage is connected, and what happens in each, affects all the stages to come. The life experiences in each stage build upon one another and prepare a person for the future. Throughout our life stages, we experience changes, or life transitions.

- Moving to a new location/deciding what you want in a home or community
- Transitioning from school to employment
- Becoming more independent
- Experiencing grief and loss

**FOR LIFE OUTCOMES** People and families plan for present and future life outcomes that consider all life domains and opportunities for experiences. These experiences build self-determination, social capital, economic sufficiency, and community inclusion.

- Defining what success looks like
- Having opportunities for dignity of risk
- Planning goals and tracking progress
- Achieving your good life



### Charting the LifeCourse Tools

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#### **Life Trajectory for Exploring**

Create a vision for your good life. The trajectory tool provides space to explore the things going well in your life or the things that are stopping you from reaching your good life.

#### **Integrated Supports Star**

Identify the supports you are using now and think about other supports that might be helpful. The right supports can help ensure your quality of life. Some supports are centered around relationships, technology, or personal strengths and assets. Others are based on eligibility criteria or are supports that anyone in the community can access. Using various supports in combination can help you achieve your vision of a good life.

#### **Life Vision**

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool helps people of all ages start to think about a more specific vision for life in the future and narrow down what life domain(s) to focus on at this point in time.

#### **Experiences and Questions Booklet**

Throughout life, you face questions and search for answers that will help you on your journey to a full and meaningful life. This booklet helps people and families see how their life experiences and environment can shape the future.

#### **Mapping Relationships**

Identify the different people in your life and ways that they support you. Some of the people in your life might fulfill a lot of different roles while others might have only one significant role. This tool helps you have conversations about the future and who may fill those roles when others are no longer able.

#### **Reciprocal Roles**

Identify the people in your life and ways they support you. This tool helps you explore ways that you support other people and roles you play in their lives. It can also identify gaps as well as the potential for building even stronger relationships.

#### **Goal Attainment: Planning and Tracking Success**

When planning how to achieve a goal, this tool helps you define what success looks like, plan strategies to move closer to the goal, and track progress over time.