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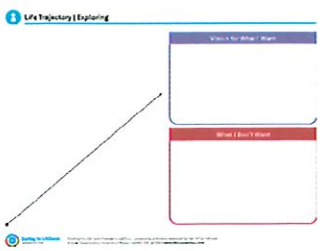
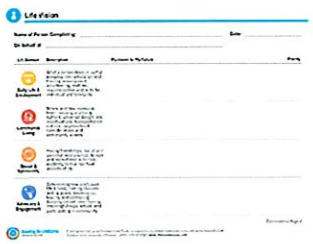
EXAMPLES OF POSSIBLE USES OF LIFECOURSE TOOLS

Tool	Explore	Problem-Solve	Plan
Life Trajectory for Exploring 	• Use to help a person develop a visions for a good life • Use to identify what a person doesn't want	• Use for immediate needs rather than the overall vision for a good life	• Plan for next steps that will lead a person towards their vision for a good life • Determine what to avoid and steer clear of what a person doesn't want • Use as a check-in for plans to see what is and isn't working
Integrated Supports Star 	• Identify current supports and services • Identify gaps in supports	• Identify ways to fill in the gaps needed • Make a problem feel more manageable by having supports written down	• Map services and supports to plan for a specific goal or life transition
Life Vision 	• Identify goals for each life domain • Discover opportunities for growth	• Determine specific life domains that need to be prioritized	• Prioritize and organize life domain goals
Experiences and Questions Booklet 	• Think about upcoming life stages and transitions to identify ways to be prepared • Consider questions and answers that haven't been explored	• Determine ways to lessen some worry when the person and family can look ahead • Start conversations or restart stalled conversations	• Plan ahead for life events or transitions

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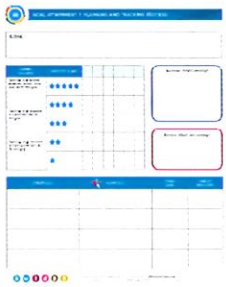
EXAMPLES OF POSSIBLE USES OF LIFECOURSE TOOLS

Tool	Explore	Problem-Solve	Plan
Mapping Relationships	• Identify who is in a person's life • Think about potential evolving relationships	• Identify where gaps can be filled	• Plan for how these relationships can provide support
Reciprocal Roles	• Identify who provides support to the person and vice versa	• Identify where gaps can be filled • Discover how to evolve relationships	• Determine how these relationships can provide support
Goal Attainment and Tracking 	• Define what success looks like for a goal and how to track it • Identify formal and informal supports to help accomplish a goal	• Discover what is keeping the person from being successful in goal attainment	• Use to better plan for goals that aren't as easy to define • Plan manageable and attainable strategies based on existing supports

Important Reminder

When supporting people and families, it is critical to consider all types of support needs. This helps ensure we are providing resources that help a person achieve their good life.

Discovery and Navigation	Connecting and Networking	Goods and Services
Having the information and tools needed to navigate life. Sometimes, what is really needed is information about a topic to make an informed decision.	Making connections with peers to help with information, navigation, and emotional support. Who else has been there and done that?	The day-to-day tangible items from systems, or public and private organizations in the community.

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