

# Charting the Path Forward

## Charting the LifeCourse in Nebraska



**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Agenda

---

- Getting Here
- Understanding Charting the LifeCourse Tools
- Charting the Path Forward
- Comments & Questions

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*



# Getting Here

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Training with Dr. Mark Friedman

---

- 1,001 families and providers trained
- 800 Service Coordinators and DHHS staff trained
- 18 Webinars with 3,100 participants
- 3,000 views on recorded trainings
- 164 PCP Champions in quarterly meetings

## Recorded Webinars on Person-Centered Planning

The following webinars were provided by national experts as part of Nebraska's Person-Centered Planning Initiative. This series of trainings was lead by Dr. Mark Friedman.

▼ [Read More](#)

**NEBRASKA**

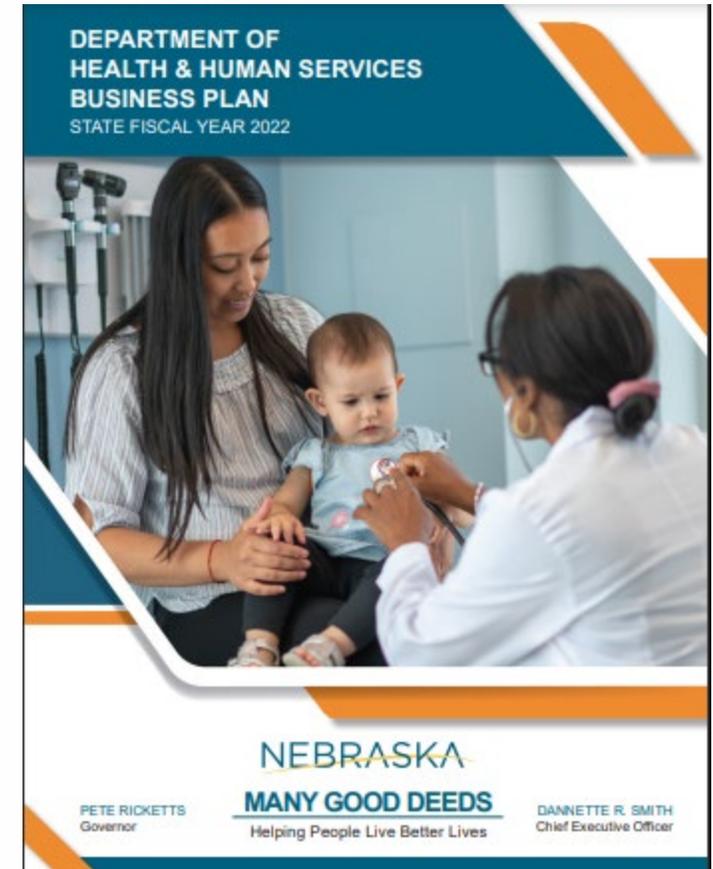
Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Picking a Person-Centered Framework

- Charting the LifeCourse (CtLC) Framework identified as the person-centered framework for Nebraska in conjunction with Liberty Healthcare's quality initiative.
- CtLC included in the 2022 DHHS Business Plan.



Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# 2022 Business Plan

---

## Charting the LifeCourse Training

- Develop training curriculum for internal and external usage.
- Train 100% of state and contracted Service Coordinators by June 2022.

## CtLC incorporation into Person-Centered Planning

- Identify CtLC tools to be incorporated into the service coordination process.

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Preparing for Charting the LifeCourse

---

## Community of Practice

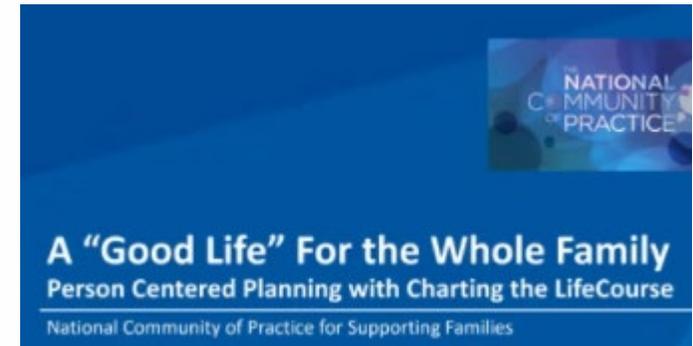
- Network of 18 states committed to CtLC
- Nebraska joined December 2022

## Statewide Launch

- Statewide ZOOM session March 9
- <https://vimeo.com/showcase/9387932>

## Planning Sessions

- Focus sessions with stakeholders and State staff  
March 9 and 10



**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Service Coordination

---

## Service Coordinator Meetings

- Meetings held throughout February and March to identify opportunities to include CtLC in service coordination process

## CtLC Service Coordination Training

- Training for all Service Coordinators launched April 2022

## Updates to DHHS Website

- <https://dhhs.ne.gov/Pages/DD-Person-Centered-Planning.aspx>

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*



**...and now you're here!**

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*



# Understanding Charting the LifeCourse Tools

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Understanding Charting the LifeCourse

---

“Charting the LifeCourse is a **framework** that was developed to **help individuals and families of all abilities and 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. Individuals and families may focus on their **current situation** and stage of life but may also find it helpful to **look ahead** to start thinking about life experiences now that will help move them toward an **inclusive, productive life** in the future. The framework is designed to help any citizen think about their life, not just individuals known by the service system.”

– [Charting the LifeCourse Nexus](#)

# But What is Charting the LifeCourse?

What it IS	What it is NOT
A framework of tools and questions to support Person-Centered Planning	A replacement to Person-Centered planning document or process
Universally designed so that it has benefits to all people at all stages of life	A form or set of check boxes
About having different conversations	Only for professionals to use
A different way of thinking	Just about the “tools”
Encouraging high expectations	A “program”
Having life experiences to move the life trajectory in the desired direction	Designed just for one specific age group
Integrating multiple types of support	Solely for people with disabilities and their families

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Charting the LifeCourse Tools

- Life Trajectory
  - Exploring
  - Planning
- Integrated Support Star
- Life Domains Vision Tool
- Reciprocal Roles
- Mapping Relationships
- Goal Attainments: Planning and Tracking Success

All tools are in the **LifeCourse Library**:

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



**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Charting the LifeCourse Tools in Therap

---

- Life Domains Vision Tool
- Integrated Support Star
- Life Trajectory
  - Exploring
  - Planning
  - Supported Decision Making



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Life Domains Vision Tool – Individual and Family



**LIFE DOMAIN VISION TOOL | INDIVIDUAL**

Brandon Jackson, 03254 (Approved)



**Name of Person Completing:** Megan Gibson, Supervisor

**Date:** 09/01/2021

**On Behalf of:** Brandon Jackson, 03254

LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY FUTURE	PRIORITY
	<b>Daily Life &amp; Employment</b> What do I think my family member will do during the day in their life? What kind of job or career might they want?	I will continue the job I currently have in a part time capacity and also explore other opportunities.	High
	<b>Community and Relationships in their life?</b> Where a family member lives and relationships in their life?	<i>It may be solo or with a partner of my choice. I have</i>	
	<b>Social &amp; Leisure</b> How will my family member manage their leisure and relationships?	<b>Healthy Living</b> How will they live a healthy lifestyle and manage health care supports in their life? I think I have a good amount of insight as to what is a healthy lifestyle. I will eat healthy, exercise regularly and go for regular check ups.	High
	<b>Healthy &amp; Safety</b> How will my family member manage their health and safety? How will my family member be safe from financial, emotional, physical or sexual harm in their life?	I need to be more concerned while making new relationships in life and understand the importance of living a secured life.	High
	<b>Safety &amp; Advocacy</b> How will my family member manage their safety and advocacy? How do I think they will have valued roles, responsibilities, and control of how their own life is lived?	I believe that I will have the ability and responsibility for the roles and outcomes of my life.	Medium
	<b>Supports for Family</b> What supports does our family unit need now or will need in the future?	Support me financially if needed.	Low
	<b>Supports &amp; Services</b> What supports and services might my family member need in the future to lead the kind of life they want as independently as possible?	I expect to have a stable job so that I can support myself in all aspects.	High

www.TherapServices.net

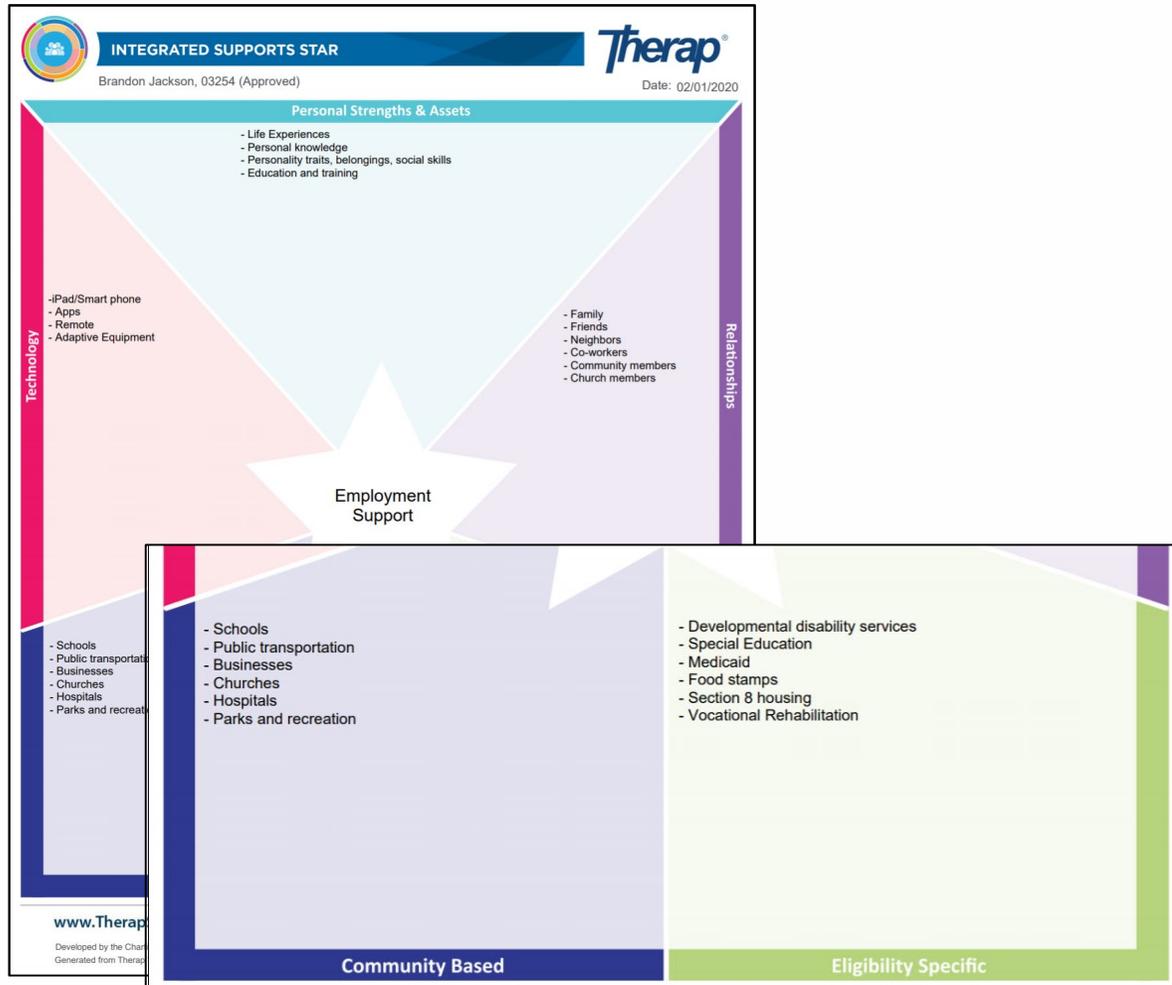
Developed by the Center for the LifeCourse Nexus - LifeCourseTools.com • © 2020 Curators of the University of Missouri | UMKC IHD • March 2020

Generated from Therap Form ID: CTT-CVT-DEMO-JRANKNDJYSYV6KZ by Megan Gibson, Supervisor on 09/01/2021 10:17 PM

- 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 is to help 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.
- Online resources:
  - [Guide](#)
  - [Tool](#)



# Integrated Supports Star



- Individuals and families access an array of integrated supports to achieve the envisioned good life, including those that are publicly or privately funded and based on eligibility; community supports that are available to anyone; relationship-based supports; technology; and that take into account the assets and strengths of the individual and family.

- Online resources:

- [Guide](#)
- [Tool](#)

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Life Trajectory

Exploring	Planning	Supported Decision Making
<p><b>Create a vision</b> for your good life.</p> <p>The trajectory tool provides space to explore the things going well in your life or the things stopping you from reaching your good life.</p>	<p>Envision your “good life” and <b>identify the steps or experiences needed to get there.</b></p> <p>The Trajectory Planning Tool highlights past life experiences leading or moving you away from your vision and provides space for current goals and things to avoid moving forward.</p>	<p>Individuals and families access an array of integrated supports to achieve the envisioned good life, including those that are publicly or privately-funded and based on eligibility, community supports available to anyone, relationship-based supports, technology, and take into account the assets and strengths of the individual and family.</p>

# Life Trajectory – Exploring

 LIFE TRAJECTORY | EXPLORING 

Brandon Jackson, 03254 (Approved) Date: 09/20/2021

- Having a positive mindset  
- Participating in different extracurricular activities

**Vision for What I Want**

- Job
- Wife
- Go places
- To discover more about skills
- Continue participating in recreational activities

- Being scared to express opinion  
- Listening to negative comments of others

**What I Don't Want**

- Be alone
- To not continue to learn new skills
- To not have consistent support
- To not discover skills

[www.TherapServices.net](http://www.TherapServices.net)

Developed by the Charting the LifeCourse Nexus - LifeCourseTools.com • © 2020 Curators of the University of Missouri | UMKC IHD • March 2020  
Generated from Therap Form ID: CTLCLT-DEMO-J6M4LWRT3YWHV by Megan Gibson, Supervisor on 04/19/2020 11:37 AM.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

# Life Trajectory – Planning

List of past life experiences and events that have supported your vision for a good life.

List of past life experiences that pushed your trajectory toward things you do not want.

**LIFE TRAJECTORY | PLANNING** *Therap* Date: 09/20/2021

Brandon Jackson, 03254 (Approved)

**Past Life Experiences**  
*List past life experiences and events that have supported your vision for a good life*

- Having a positive mindset
- Participating in different extracurricular activities

**Moving Forward**  
*List current or future life experiences or goals that will continue to support your good life vision*

- Having a positive perspective towards life
- Being responsible enough to take care of all aspects of life

**Vision for What I Want**

- Job
- Wife
- Go places
- To discover more about skills
- Continue participating in recreational activities

**What I Don't Want**

- Be alone
- To not continue to learn new skills
- To not have consistent support
- To not discover skills

**Age 29**

*List past life experiences that pushed your trajectory toward things you don't want*

- Not being able to communicate effectively
- Lack of self confidence

*List things to avoid that could keep you from your good life vision or lead to what you don't want*

- Being scared to express opinion
- Listening to negative comments of others

[www.TherapServices.net](http://www.TherapServices.net)  
Developed by the Charting the LifeCourse Nexus - LifeCourseTools.com • © 2020 Curators of the University of Missouri | UMKC IHD • March 2020  
Generated from Therap Form ID: CTCLT-DEMO-J6M2GX64CYVJ3 by Megan Gibson, Supervisor on 09/20/2021 11:39 AM.

List of current or future life experiences or goals that will continue to support your good life vision.

List of things to avoid that could keep you from your good life vision or lead to what you do not want.

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

# Life Trajectory – Supported Decision Making



**LIFE TRAJECTORY | SUPPORTED DECISION-MAKING**

Brandon Jackson, 03254 (Approved)

**Therap** | Person-Centered.  
Data-Driven.

Date: 09/20/2021

**Past Life Experiences**

*What helps me UNDERSTAND the issues and my options?*

Discussing the pros and cons of the different choices with my parents to get an idea of which one is best for me.

*What has helped me COMMUNICATE my preferences, choices, and decisions?*

Understanding the implications of the different choices available for me

*What has helped me FOLLOW THROUGH on my choices and decisions?*

Gaining in depth information about the range of choices available for me

**Moving Forward**

*What do I need now to help me UNDERSTAND the issues and my options?*

Continue discussing the pros and cons of the different choices with my parents to get an idea of which one is best

*What do I need to help me COMMUNICATE my preferences, choices, and decisions?*

Continue understanding the implications of the different choices available for me

*What do I need to help me FOLLOW THROUGH on my choices and decisions?*

Get proper idea of the foreseeable risks concerning my decisions

**Vision for What I Want**

My vision for a good life

- Living Independently
- Getting a job
- Getting married
- Going places
- Discovering more about skills
- Continue participating in recreational activities
- Fostering Animals

What decisions and choices do I want to make myself or with help from my supporters?

- Choosing the type of job I want to do
- Choosing places for travelling

Age

29

*What were past barriers that made it hard for me to understand, communicate, or follow through with my choices and decisions?*

- Lacking of self confidence
- Being affected by negative comments

*What needs to happen to avoid barriers that make it hard for me to understand, communicate, or follow through with my choices and decisions?*

- Have confidence on myself
- Stop paying attention to negative comments

**What I Don't Want**

Not a good life

- Being dependent on parents
- Not being able to communicate
- Not being able to continue to learn new skills

What decisions and choices do I NOT want someone else making for me or without my input or approval?

- Choosing my degree for under graduation
- Financial decisions

www.TherapServices.net

Developed by the Charting the LifeCourse Nexus - LifeCourseTools.com | © 2020 Curators of the University of Missouri | UMKC IHD • July 2021

Generated from Therap Form ID: CTLCLT-DEMO-KBN38XMZ5YWH4 by Megan Gibson, Supervisor on 09/20/2021 02:44 PM.

What decisions and choices do I want to make myself or with help from my supporters?

What decisions and choices do I NOT want someone else making for me without my input or approval?

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES



# Charting the Path Forward

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# Timelines

Developmental Disabilities Waivers	Aged & Disabled Waiver
<b>Currently:</b> Service Coordinators being trained on framework and tools in Therap.	<b>Currently:</b> Service Coordinators being trained on framework and tools in Therap.
<b>Beginning July 2022:</b> <i>One tool</i> , agreed to by participant and SC, required to be completed before the participant's next annual meeting.	<b>Beginning January 2023:</b> <i>One tool</i> , agreed to by participant and SC, required to be completed before the participant's next annual meeting.
<b>By June 2023:</b> All participants will have at least one tool completed.	<b>By December 2023:</b> All participants will have at least one tool completed.

# What we Ask from You

---

- If you are a **participant**, check out the tools and ask your Service Coordinator about using a tool at your next meeting. Before you meet, think about how you might complete the tool individually or with your loved ones.
- If you are a **family member or advocate**, check out the tools and begin to help your loved one think about how they might complete a tool, or ways you might be able to support your loved one live their good life. Talk to your loved one's Service Coordinator to understand how these conversations can help ensure services and supports encourage your loved one's goals.
- If you are a **provider**, check out the tools and begin to help participants think about how they might complete a tool, or ways you might be able to support your participants live their good life.
- If you are a **Service Coordinator**, begin talking to your participants about how they can use the tools and how the tools can support them to live a good life.

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*



## Colin Large

Project Manager

Colin.Large@Nebraska.gov

## Jillion Lieske

Field Operations  
Administrator

Jillion.Lieske@Nebraska.gov

## Shauna Adams

Stakeholder  
Engagement Manager

Shauna.Adams@Nebraska.gov

(877) 667-6266



@NEDHHS



NebraskaDHHS



@NEDHHS

[dhhs.ne.gov](http://dhhs.ne.gov)

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*