

My Charting the LifeCourse Book

Name: _____



**COMMUNITY OF PRACTICE
FOR SUPPORTING FAMILIES**
NEBRASKA STATE TEAM



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES



COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES NEBRASKA STATE TEAM

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

Jillion Lieske DHHS DD Admin II - Kristen Larsen NCDD Executive Director
Karen Houseman DHHS AD Program Manager II - Rachel Ward NCDD Program Specialist
Amy Callendar-Taft DHHS DD SCS - Joyful Stoves DHHS DD Program Specialist
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supportstofamilies.org/states/nebraska

The National Community of Practice for supporting Families is a collaboration between NASDDDS and UMKC IHD, UCEDD



Overview

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

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.**

Charting the LifeCourse Applications

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

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.

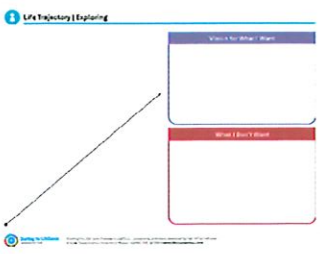

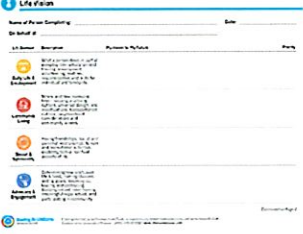

Goal Attainment: Planning and Tracking Success

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.



Implementing Charting the LifeCourse | Job Aid




EXAMPLES OF POSSIBLE USES OF LIFECOURSE TOOLS

Tool	Explore	Problem-Solve	Plan
Life Trajectory for Exploring 	<ul style="list-style-type: none"> • Use to help a person develop a vision for a good life • Use to identify what a person doesn't want 	<ul style="list-style-type: none"> • Use for immediate needs rather than the overall vision for a good life 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Identify current supports and services • Identify gaps in supports 	<ul style="list-style-type: none"> • Identify ways to fill in the gaps needed • Make a problem feel more manageable by having supports written down 	<ul style="list-style-type: none"> • Map services and supports to plan for a specific goal or life transition
Life Vision 	<ul style="list-style-type: none"> • Identify goals for each life domain • Discover opportunities for growth 	<ul style="list-style-type: none"> • Determine specific life domains that need to be prioritized 	<ul style="list-style-type: none"> • Prioritize and organize life domain goals
Experiences and Questions Booklet 	<ul style="list-style-type: none"> • Think about upcoming life stages and transitions to identify ways to be prepared • Consider questions and answers that haven't been explored 	<ul style="list-style-type: none"> • Determine ways to lessen some worry when the person and family can look ahead • Start conversations or restart stalled conversations 	<ul style="list-style-type: none"> • Plan ahead for life events or transitions



Implementing Charting the LifeCourse | Job Aid

EXAMPLES OF POSSIBLE USES OF LIFECOURSE TOOLS

Tool	Explore	Problem-Solve	Plan
Mapping Relationships 	<ul style="list-style-type: none"> Identify who is in a person's life Think about potential evolving relationships 	<ul style="list-style-type: none"> Identify where gaps can be filled 	<ul style="list-style-type: none"> Plan for how these relationships can provide support
Reciprocal Roles 	<ul style="list-style-type: none"> Identify who provides support to the person and vice versa 	<ul style="list-style-type: none"> Identify where gaps can be filled Discover how to evolve relationships 	<ul style="list-style-type: none"> Determine how these relationships can provide support
Goal Attainment and Tracking 	<ul style="list-style-type: none"> Define what success looks like for a goal and how to track it Identify formal and informal supports to help accomplish a goal 	<ul style="list-style-type: none"> Discover what is keeping the person from being successful in goal attainment 	<ul style="list-style-type: none"> 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.



Exploring Decision-Making Supports

My Name: _____ Date: _____

Supporter's name (if needed): _____

Relationship to person (check one): Self Family Friend Guardian Other: _____

How long have you known the person? _____

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.



I can decide with no extra support



I need support with my decision



I need someone to decide for me



Daily Life & Employment

Can I decide if or where I want to work?			
Can I look for and find a job? (read ads, apply, use personal contacts)			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time? (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			



Healthy Living

Do I choose when to go to the doctor or dentist?			
Do I decide/direct what doctors, medical/health clinics, hospitals, specialists or other health care providers I use?			
Can I make health/medical choices for my day-to-day well-being? (check-ups, routine screening, working out, vitamins)			
Can I make medical choices in serious situations? (surgery, big injury)			
Can I make medical choices in an emergency?			
Can I take medications as directed or follow a prescribed diet?			
Do I know the reasons why I take my medication?			
Do I understand the consequences if I refuse medical treatment?			
Can I alert others and seek medical help for serious health problems?			
Do I make choices about birth control or pregnancy?			
Do I make choices about drugs or alcohol?			
Do I understand health consequences associated with choosing high risk behaviors? (substance abuse, overeating, high-risk sexual activities, etc.)			
Do I decide where, when, and what to eat?			
Do I understand the need for personal hygiene and dental care?			

Continue on back





Exploring Decision-Making Supports

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.



I can decide with no extra support



I need support with my decision



I need someone to decide for me



Social & Spirituality

Do I choose where and when (and if) I want to practice my faith?			
Do I make choices about what to do and who to spend time with?			
Do I decide if I want to date, and choose who I want to date?			
Can I make decisions about marriage? (If I want to marry, and who)			
Can I make choices about sex, and do I understand consent and permission in regard to sexual relationships?			



Safety & Security

Do I make choices that help me avoid common environmental dangers? (traffic, sharp objects, hot stove, poisonous products, etc.)			
Do I make plans in case of emergencies?			
Do I know and understand my rights?			
Do I recognize and get help if I am being treated badly? (physically, emotionally or sexually abused, or neglected)			
Do I know who to contact if I feel like I'm in danger, being exploited, or being treated unfairly? (police, attorney, trusted friend)			



Community Living

Do I decide where I live and who I live with?			
Do I make safe choices around my home? (turning off stove, having fire alarms, locking doors)			
Do I decide about how I keep my home or room clean and livable?			
Do I make choices about going places I travel to often? (work, bank, stores, church, friends' home)			
Do I make choices about going places I don't travel to often? (doctor appointments, special events)			
Do I decide how to get to the places I want or need to go? (walk, ask a friend for a ride, bus, cab, car service)			
Do I decide and direct what kinds of support I need or want and choose who provides those supports?			



Advocacy & Engagement

Do I decide who I want to represent my interests and support me?			
Do I choose whether to vote and who I vote for?			
Do I understand consequences of making decisions that will result in me committing a crime?			
Do I tell people what I want and don't want? (verbally, by sign, device), and tell people how I make choices?			
Do I agree to and sign contracts and other formal agreements, such as powers of attorney?			
Do I decide who I want information shared with? (family, friends etc.)			









Life Vision

My Name: _____ Date: _____

Supporter's Name (If Needed): _____

Life Domain	Description	My Vision for My Future	Priority
 Daily Life & Employment	What a person does as part of everyday life – education and training, employment, volunteering; routines, responsibilities and skills for individual and family life.		
 Community Living	Where and how someone lives - housing and living options, universal design, and modifications; transportation options, neighborhood considerations and community access.		
 Social & Spirituality	Having friendships, social and personal relationships, leisure and recreational activities; exploring faith or spiritual aspects of life.		
 Advocacy & Engagement	Determining how one's own life is lived, making choices, setting goals, speaking up, leading and partnering; Building valued roles, having meaningful experiences, and participating in community.		

Continued on Page 2





Life Vision

Life Domain	Description	My Vision for My Future	Priority
 Healthy Living	Managing and accessing health care – medical, mental, and behavioral health, sexual and reproductive health; long-term health needs; wellness, fitness, nutrition and self care.		
 Safety & Security	Staying safe from abuse, exploitation and injury; Preparing for emergency or disaster situations; legal rights with regard to decision making, end of life, and other legal issues.		
 Supports for Family	Families often have valuable information, perspective, and opinions. How do I want my family to still be involved and engaged in my adult life?		
 Supports and Services	What support will I need to live as independently as possible in my adult life, and where will my supports come from?		

















Charting the LifeCourse Domain Taxonomy

	LIFE DOMAINS	SUB-DOMAINS	TOPICS
	Daily Life & Employment What a person does as part of everyday life – education and training, employment, volunteering; routines, responsibilities, and skills for individual and family life.	 Education	<ul style="list-style-type: none"> • Childcare, Camps and Afterschool Programs • School (general ed, special ed/504, honors) • Higher Education/Vocational Training • Lifelong Learning (senior center, continuing ed) • Language and Literacy
		 Employment/ Meaningful Day	<ul style="list-style-type: none"> • Career Exploration and Pre-vocational • Job and Career Path • Meaningful Day (volunteer, stay-at-home, caregiver, day program) • Personal Finance (budgeting, income, expenses, debt) • Retirement
		 Individual & Family Life	<ul style="list-style-type: none"> • Accommodations and Everyday Technology • Home Life and Routines • Financial Literacy, Income, Budgeting and Paying Bills • Parenting and Intergenerational Supports • Family Traditions and Culture
	Community Living Where and how someone lives - housing and living options, universal design, and modifications; transportation options, neighborhood considerations, and community access.	 Living Options	<ul style="list-style-type: none"> • Housing Options and Quality of Housing • Universal Design • Living Expenses • Home Modifications and Environmental Technology • Housing Stability and Aging in Place
		 Transportation	<ul style="list-style-type: none"> • Accessible and Affordable Transportation • Walkability • Mass Transit Lines/Stations • Vehicle Modification • Driving and Driver's License
		 Neighborhood & Community	<ul style="list-style-type: none"> • Parks, Walking Trails and Nature • Internet and Other Utility Access • Environmental Conditions • Neighborhood and Build Environment • Businesses, Banks and Retail Outlets
	Social & Spirituality Having friendships, social and personal relationships, leisure and recreational activities; exploring faith, or spiritual aspects of life.	 Personal Relationships	<ul style="list-style-type: none"> • Close Family and Friends • Peers, Co-workers and Casual Relationships • Virtual Connections (social media, groups, chat) • Dating/Intimate Relationships • Pets and Other Animals
		 Leisure & Recreation	<ul style="list-style-type: none"> • Extra-curriculars, Clubs, and Groups • Service, Civic or Social Clubs • Hobbies, Sports and Entertainment • Vacation and Travel • Rest and Relaxation
		 Spiritual Enrichment	<ul style="list-style-type: none"> • Meditation, Self-reflection and Prayer • Personal Growth for Meaning of Life • Rituals and Practices Focusing on Higher Powers • Places of Worship (temple, synagogue, church, mosque) • Faith-based Community or Organizations

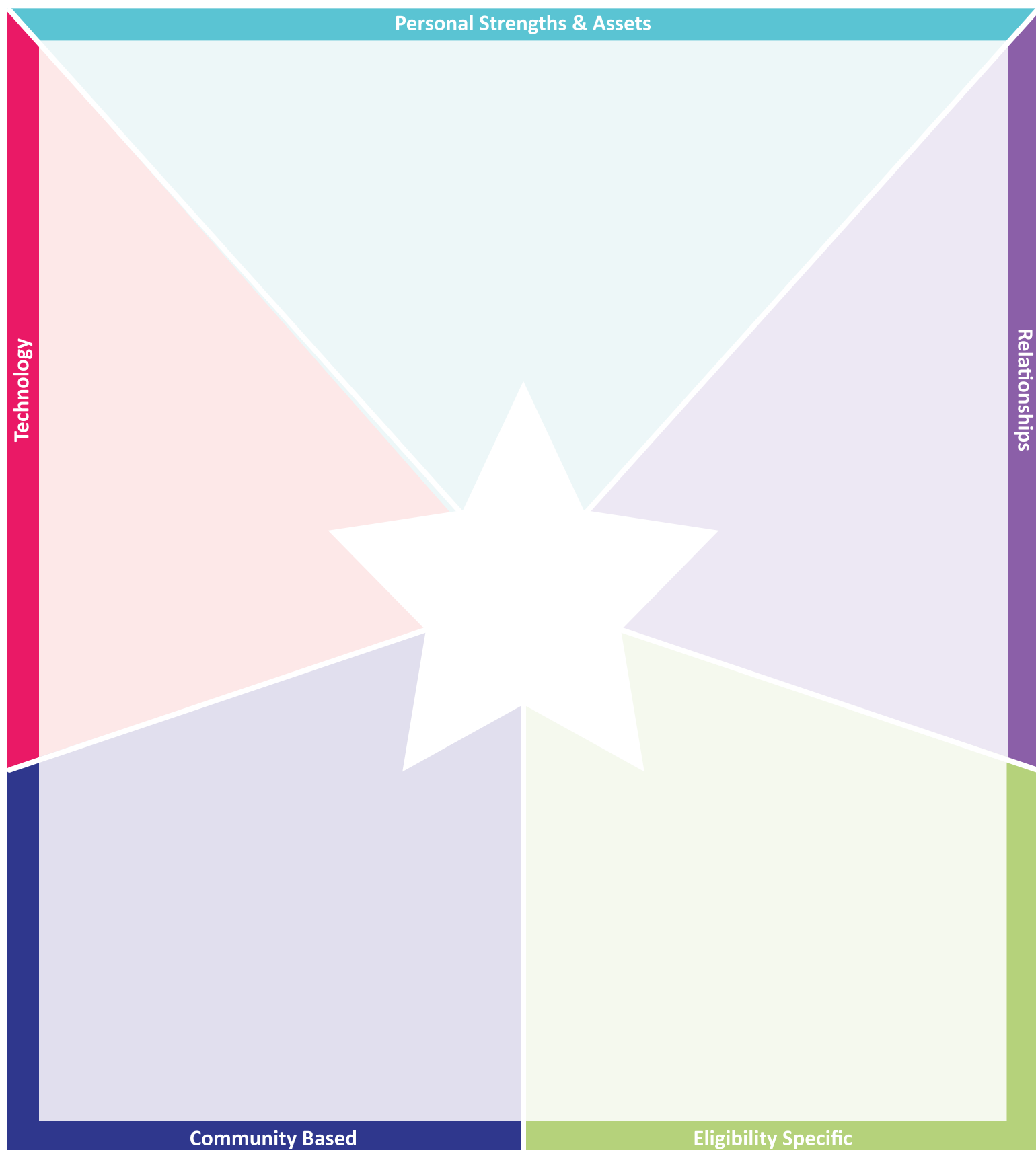


Charting the LifeCourse Domain Taxonomy

LIFE DOMAINS	SUB-DOMAINS	TOPICS
 Healthy Living Managing and accessing health care – medical, mental, and behavioral health, sexual and reproductive health; long-term health needs; wellness, fitness, nutrition, and self-care.	 Wellness & Self-Care	<ul style="list-style-type: none"> • Preventive Care and Lifestyle Choices • Fitness, Physical Activity and Inactivity • Healthy Food (access, options, nutrition) • Sexuality, Reproductive and Gender Health • Managing Stress and Mental Health
	 Comprehensive Health	<ul style="list-style-type: none"> • Primary Care, Specialty Care and Rehabilitation • Hearing, Vision, Oral, Home Health and Behavioral Services • Management of Chronic Conditions, Disability and Transitions • Health Costs, Benefits and Insurance • Coordinating Health Care Needs and Services
	 Long-Term Supports	<ul style="list-style-type: none"> • Navigating Resources and Options (choice, care/supports planning) • Supports for Instrumental and Other Activities of Daily Living • Home and Community-based Services (personal assistance, technology) • Long-term Care (supported or assisted living, skilled nursing) • Palliative or End of Life/Hospice Care
 Advocacy & Engagement Determining how one's own life is lived, making choices, setting goals, speaking up, leading and partnering; Building valued roles, having meaningful experiences, and participating in community.	 Self-Determination	<ul style="list-style-type: none"> • Marking Informed Decisions (problem-solving, goal setting) • Understanding and Communicating One's Needs • Directing Life and Speaking Up for Self • Taking Control and Responsibility of One's Life • Building Relationships and Connections
	 Advocacy & Leadership	<ul style="list-style-type: none"> • Supporting Others to Voice Views, Wishes and Protect Rights • Leading a Group, Organization or Other Change • Volunteering, Community Service or Philanthropy for Causes or Others • Standing Up Against Discrimination or Disadvantage • Partnering with Professionals to Enhance Services and Organizations
	 Community Action	<ul style="list-style-type: none"> • Participating and Having Meaningful Roles in the Community • Fostering Inclusion and Belonging of Other Community Members • Service Learning or Community-wide Change • Voting and Civic Engagement in Politics • Advocating for Policy or Legislative Changes
 Safety & Security Staying safe from abuse, exploitation and injury; Preparing for emergency or disaster situations; legal rights with regard to decision making, end of life, and other legal issues.	 Personal Safety	<ul style="list-style-type: none"> • Free from Threat, Harm or Crime • Internet, Social Media and Technology Safety • Preventing Personal Injury (falls risks, hazards, self-harm) • Awareness and Prevention of Bullying, Abuse, Neglect and Exploitation • Accessing Child and Adult Protective Services and Elder Justice
	 Public Safety	<ul style="list-style-type: none"> • Safe Housing, Roads, Communities and Environments • Law Enforcement and First Responders (911, fire fighters, EMTs) • Crime, Violence and Social Disorder Prevention • Emergency and Disaster Preparedness (planning, registries) • Weather, Flooding and Fires
	 Legal & Financial	<ul style="list-style-type: none"> • Criminal and Legal Justice (rights, discrimination) • Legal Services and Protections • Advance Planning and Decision-making Support • Financial Literacy (budgeting, investing, savings) • Personal Finance (income, benefits, wills/trusts, ABLE accounts)



INTEGRATED SUPPORTS STAR












AMBASSADOR SERIES | EXPLORING LIFE POSSIBILITIES

Explore the types of activities, services or supports that are available by each life domain. Start with traditional options or supports that have been around a long time. Then list as many of the current options available in your community right now. Then expand your thinking by exploring innovative or new ideas that may not be available to you, yet. Get started on your own and then begin asking others who can help you explore more possibilities.

	 Daily Life & Employment	 Community Living	 Healthy Living	 Safety & Security	 Social & Spirituality	 Advocacy & Engagement	 Supports to Families	 Integrated Supports
Innovative or New Ideas								
Inclusive, Community-Based Options								
Traditional Options								



Charting the
LIFECOURSE
AMBASSADOR

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Life Trajectory | Planning

Past Experiences	Moving Forward	Vision for What I Want
<p>List past life experiences and events that have supported your vision for a good life</p>	<p>List current or future life experiences or goals that will continue to support your good life vision</p>	<p>List what you want your "Good Life" to look like:</p>
<p>List past life experiences that pushed your trajectory toward things you don't want</p>	<p>List things to avoid that could keep you from your good life vision or lead to what you don't want</p>	<p>What I Don't Want</p> <p>List the things you don't want or what is NOT a "Good Life"</p>

CHARTING the LifeCourse



Mapping Reciprocal Roles:

This tool is meant to help individuals and families think through the reciprocal roles that family members play for each other and to help them plan for who could help them fulfill those roles in the future.

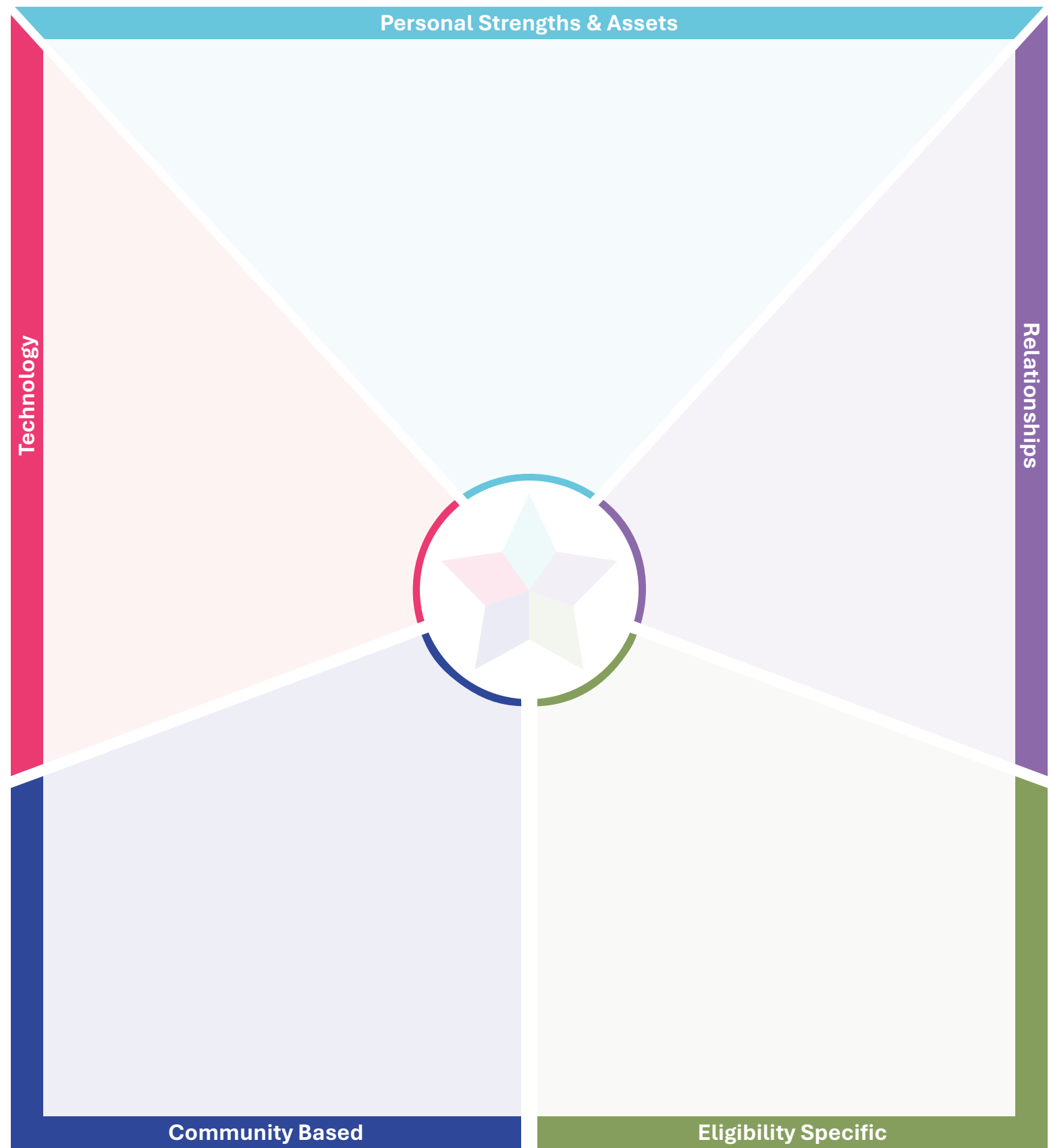
Reciprocal Roles		Who serves in this role in the person's life?	In whose life does the person serve in this role?	Who else could do it now or in the future?
Caring ABOUT	Affection and Self-Esteem			
	Repository of Knowledge			
	Lifetime Commitment			
	Provider of day-to-day care			
Caring FOR	Material and Financial Needs			
	Facilitator of Inclusion and Membership			
	Advocate for Support			



Mapping Family Roles

This tool is to help families think through the roles they play in their loved one's life, and to help them plan for who else could help fulfill those roles now and in the future.

Reciprocal Roles	People's Roles in 's life		Looking Ahead	What's important to know, make sure continues, or make happen?
Caring ABOUT	Affection and Self-Esteem	Who loves and cares about him/her?	Who else makes him/her feel loved?	
	Repository of Knowledge	Who else knows things that others don't know well? (celebrations, traditions, habits, history)	With whom does he/she have special memories or experiences?	
	Lifetime Commitment	Who has a lifetime bond with him/her?	Who else would step up when/if needed?	
	Provider of day-to-day care	Who makes sure activities of daily living and healthcare needs are met?	Who else could provide oversight for these needs?	
Caring FOR	Material and Financial Needs	Who makes sure his/her day-to-day basic and quality of life needs are met?	Who else could help make sure this happens?	
	Facilitator of Inclusion and Membership	Who helps connect him/her to inclusive opportunities and maintain relationships?	Who would be good at helping him/her connect with and maintain inclusive activities?	
	Advocate for Support	Who helps him/her advocate in planning meetings?	Who else could help advocate for/with him/her?	



My Name: _____ Date: _____

Supporter's Name (If Needed): _____

What people like and admire about my family member:

What I believe is most important to my family member:

What are the best strategies to support for family member:



Past Experiences

List past life experiences and events that have prepared or supported my family member to move towards a vision for a good life

Moving Forward

List current or future life experiences or goals that will continue to support my family member to move towards a vision for a good life

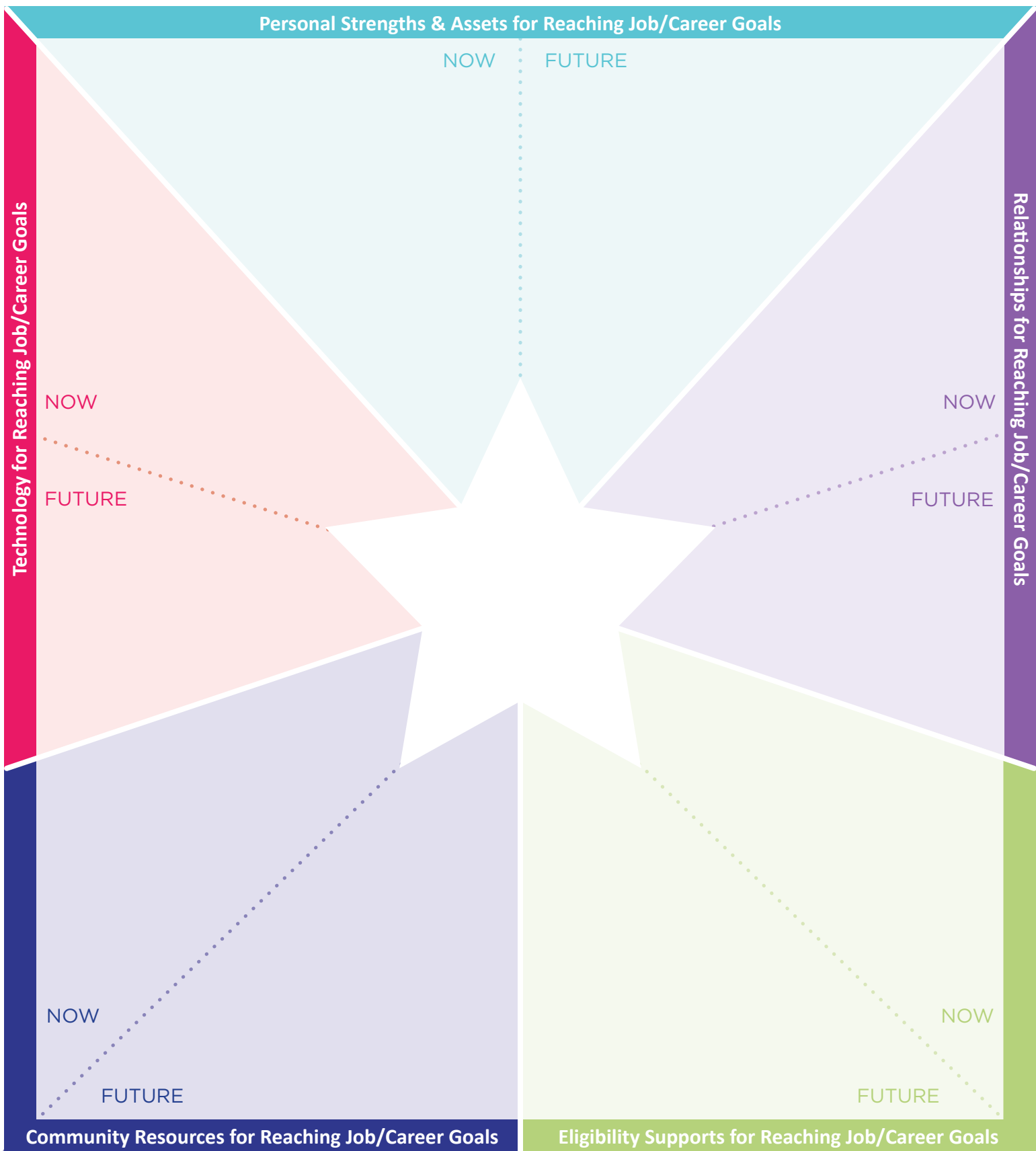
My Vision for my Family Member's Good Life

What I Don't Want

List past life experiences that pushed my family member's trajectory toward things they did not want or I did not want for them

List barriers or things to avoid that might get in the way of my family member taking steps to reach their goal





NAME: _____ DATE: _____

WHAT QUALITIES DO I HAVE THAT WOULD MAKE SOMEONE WANT TO HIRE ME:

WHAT KIND OF JOBS OR WORK EXPERIENCE HAVE I HAD OR DO I HAVE NOW:

WHAT HELP DO I NEED TO SET A JOB/CAREER GOAL AND TAKE THE STEPS TO GET IT:

What are supports that work well and what does not?

How do I learn best?

What helps me stay motivated?

What is the best way to encourage me?





Steps To Help Me Move Closer To My Job/Career Goal

(you will think about WHO or WHAT can help you with the steps in the STAR)

Things That Might Make It Hard To Get The Job/Career I Want

My Vision for My Job/Career

What is my short term goal for employment? What job or career would I most want to end up doing in the long run?

My vision for a good life

What are the things I must have to apply for or accept a job? Are there things about a job I would prefer (outside/inside; fast/slow pace; salary, schedule, tasks, dress code, work around people or not)?

What I Don't Want for My Job/Career

What kind of jobs do I know I don't want to do? What kinds of things in a job would make me not want to do it?

Not a good life