

Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

**MO DDD & You:
An Introduction to the Charting the LifeCourse
Integrated Supports Star for Planning**

Information for Individuals & Families

Presented by:

Lisa Nothaus, Supporting Families Lead, Division of DD
Jane St. John, Sr. Research Assistant, LifeCourse Nexus/UMKC-IHD



May 24, 2022





About Lisa:

- Wife, Mom, Nana
- Brooke's Mom
- Supporting Families
Lead at Division of
DD

Webinar Agenda



- Charting the LifeCourse (CtLC)
- CtLC Planning Tool: Integrated Supports Star
- Examples of the Integrated Supports Star in use
- Additional resources

About Jane

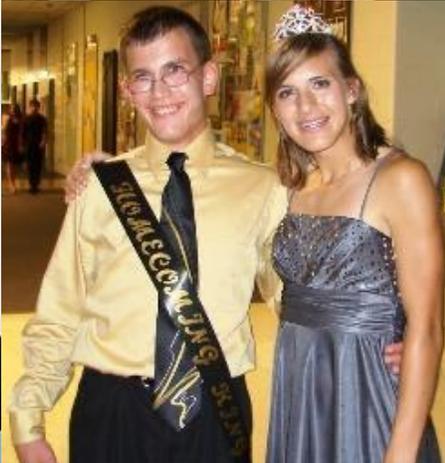
- Mom of 3 sons, “Ben’s mom”
- MO Partners 1999
- CtLC Nexus at UMKC-IHD, UCEDD
 - Product Development and Training
 - Trainer/Coordinator of SDM activities



Outcomes for Today

- Briefly explain the Charting the LifeCourse Framework
- Explore the CtLC Principle of Integrated Supports
- Share examples of how you can use the Integrated Support Star tool





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Charting the LifeCourse Framework and Principles

CORE BELIEF

All people and their families have the right to live, love, work, play, learn, and pursue their life aspirations in their community.



Charting the LifeCourse Framework





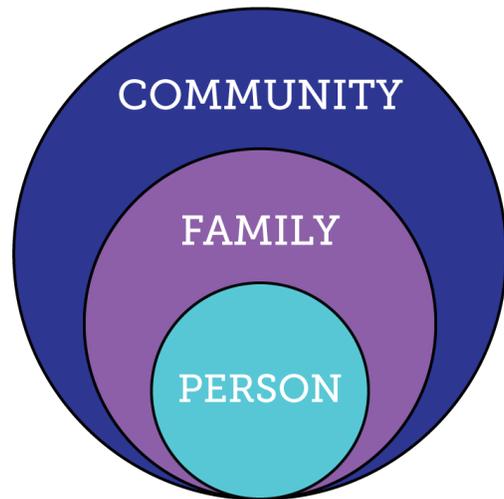
Integrated Supports Star

for Problem Solving and Exploring Options

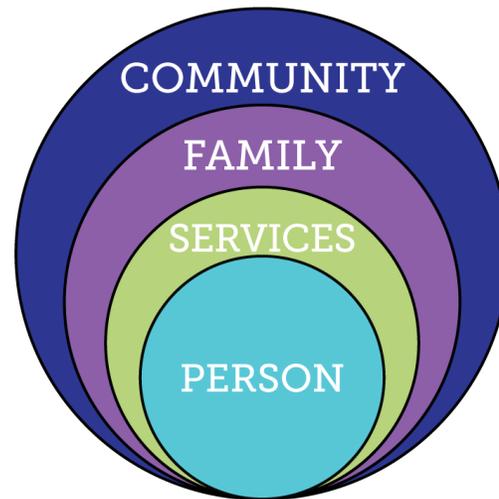


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Understanding Integrated Services and Supports



Person with No
Formal DD Supports



Traditional
Formal Supports



Integrated Services and
Supports for All

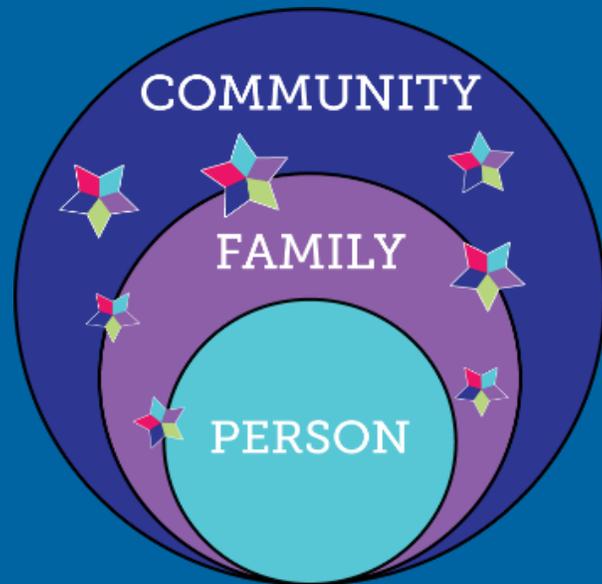
Charting the LifeCourse Integrated Supports Star



100%



Relationship Supports



100%



RELATIONSHIPS

Family:

People that love, care about, and are committed to each other

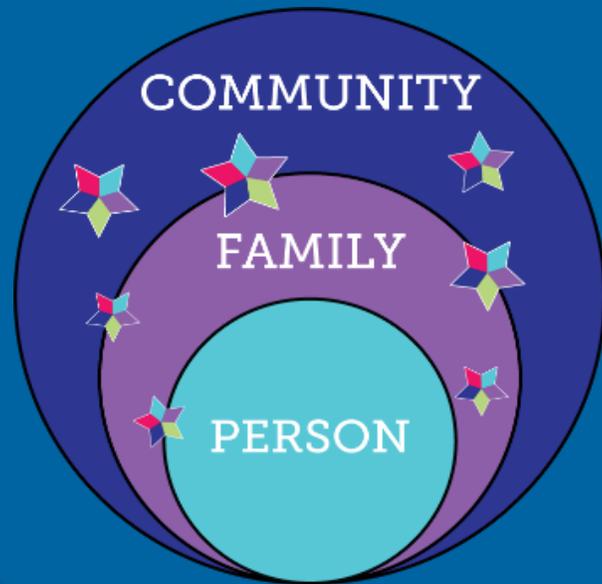
Friends:

People that enjoy spending time together, have things in common, and care about each other

Acquaintances:

People that come into frequent contact with the person but don't know them well.

Personal Assets and Strengths



100%

PERSONAL STRENGTHS & ASSETS

Strengths:

Things a person is good at or others admire or like

Assets:

Resources that are owned or can be accessed by the person

Skills:

Personal abilities, knowledge or experience



TECHNOLOGY

Personal Technology:
Common technologies
used by anyone *

Environmental Technology:
Innovative technologies
designed to help a person
navigate or adapt their
environment*

Assistive Technology:
Low-tech or specialized devices
that assist a person with
day-to-day tasks*



Technology Supports



100%



COMMUNITY RESOURCES

Places:

Businesses, faith communities,
parks and recreation, health care facilities

Groups:

Civic and membership organizations

Government Resources:

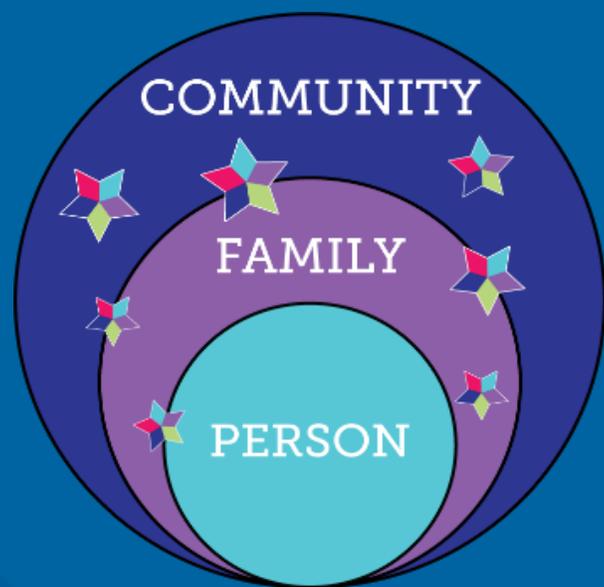
Local services, i.e.: public safety,
legal, social programs

Community Supports



100%

Eligibility Supports



100%



ELIGIBILITY-SPECIFIC SUPPORTS

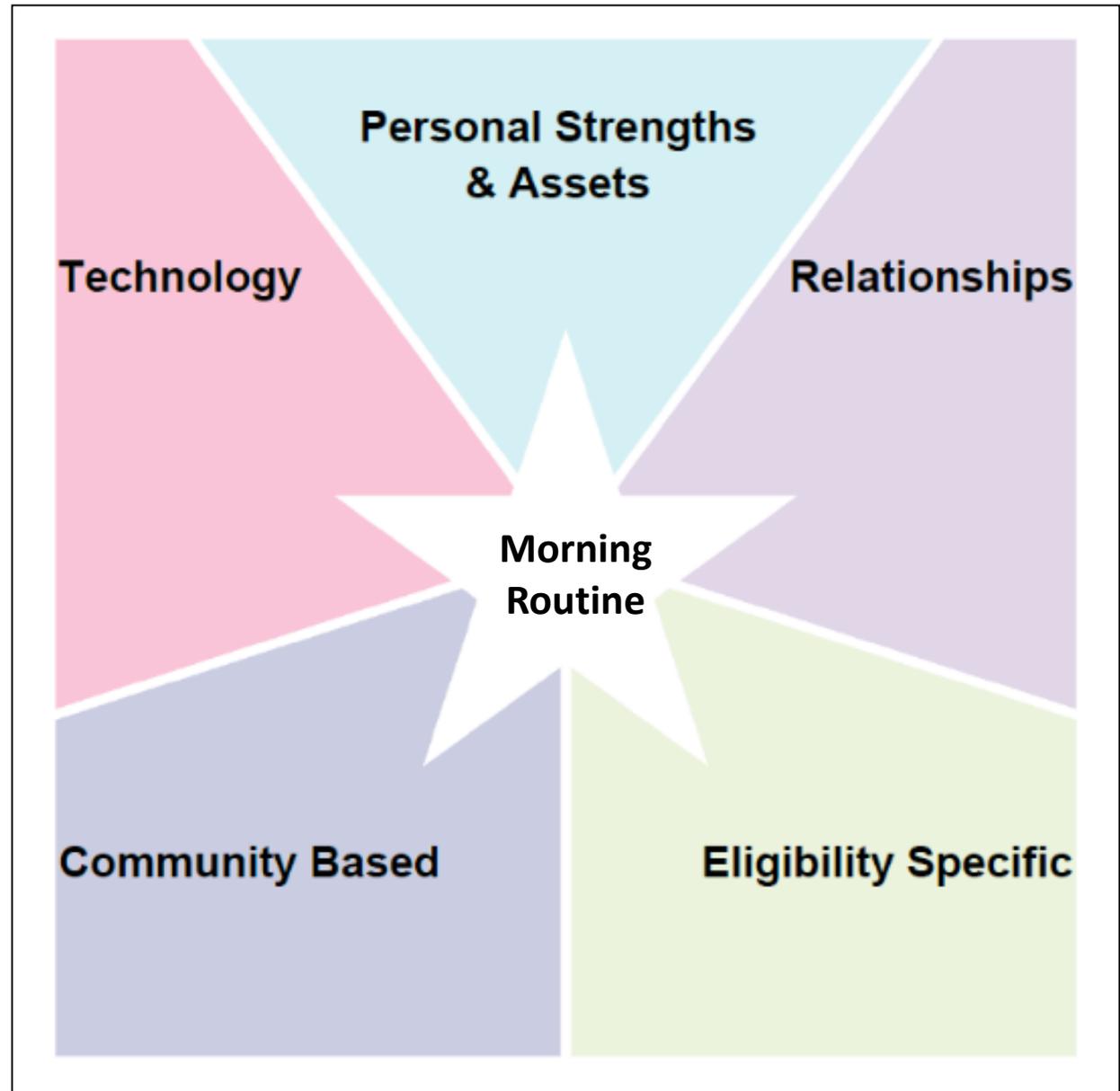
Disability Specific:

Supports received based on a diagnosis,
ie: Special Education, Government Funded Disability
Supports

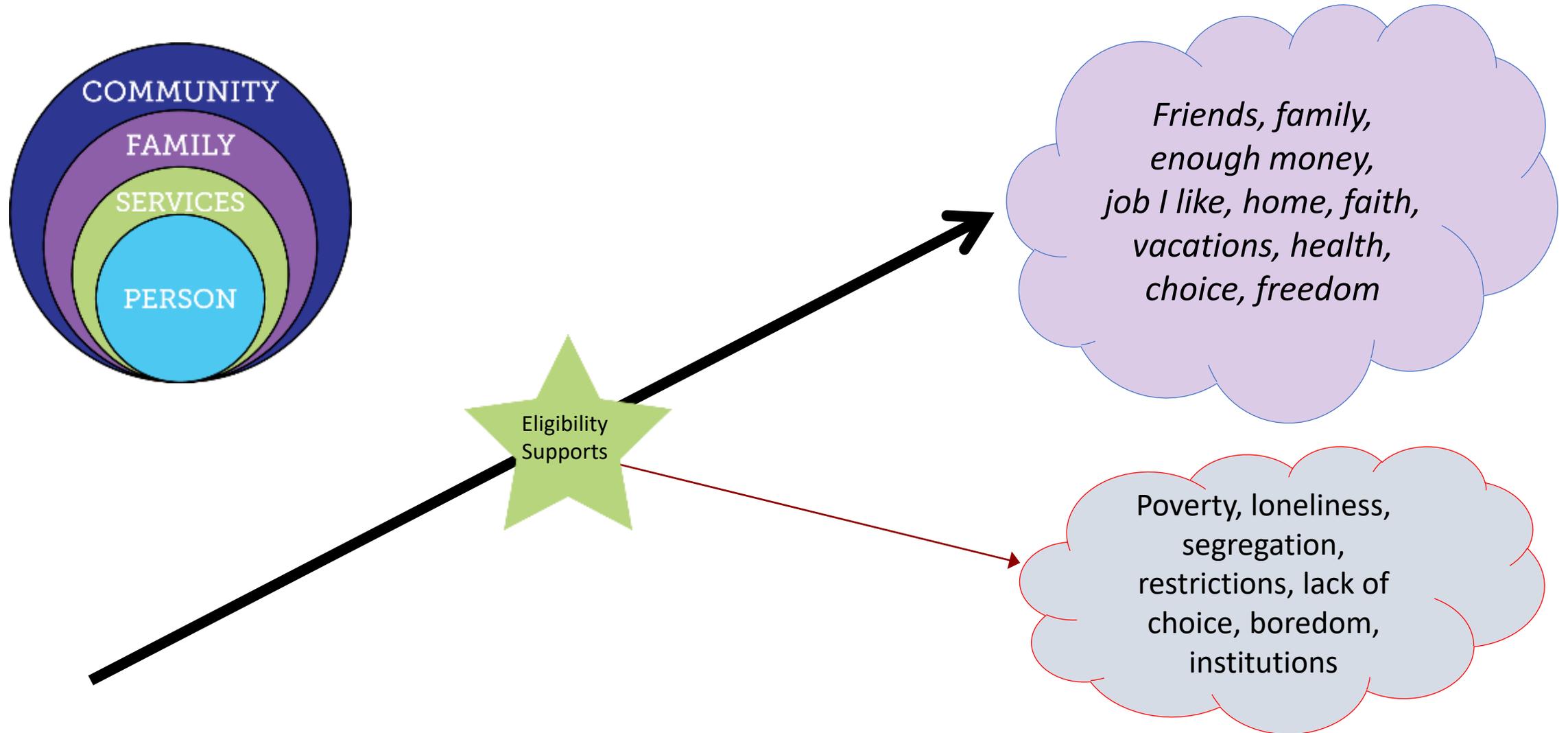
Needs-based:

Supports based on age, gender, geographics,
income level or employment status

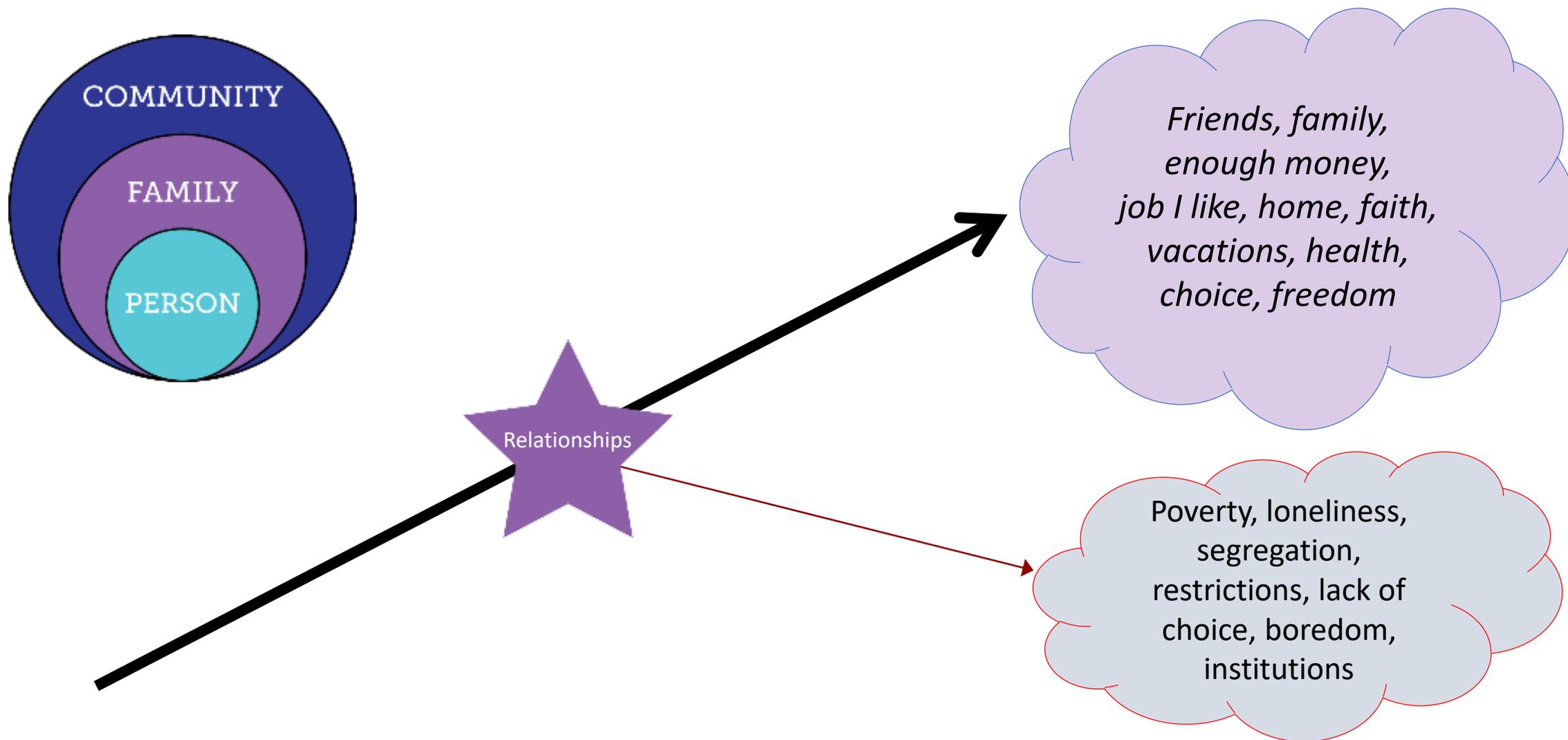
Daily Routine



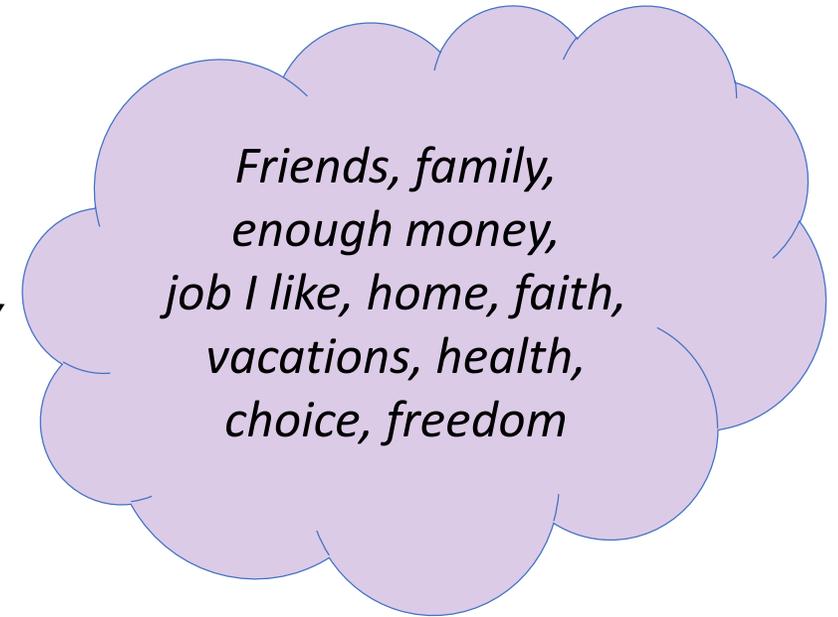
Relying ONLY on Eligibility Supports



Relying ONLY on Family



Integrated Services and Supports



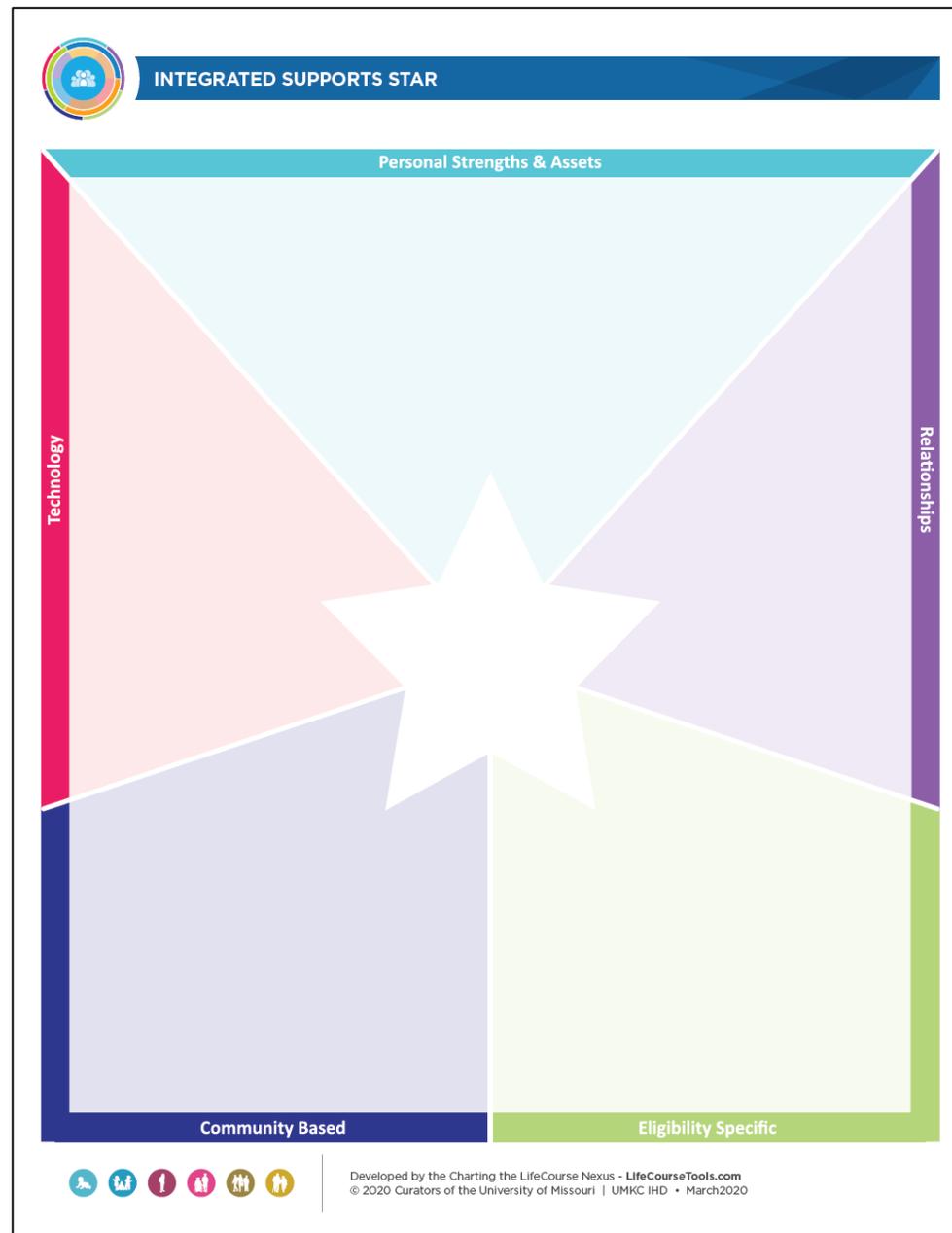


Applying the Principle of Integrated Supports



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Integrated Support Star Tool



Ways You Can Use the Star Principle/Tool

- Exploring
- Mapping/Identify gaps
- Problem-solving
- Planning
- Broad life or short-term goals
- Day-to-day activities



Planning a Ride to Work



What am I going to eat for dinner?

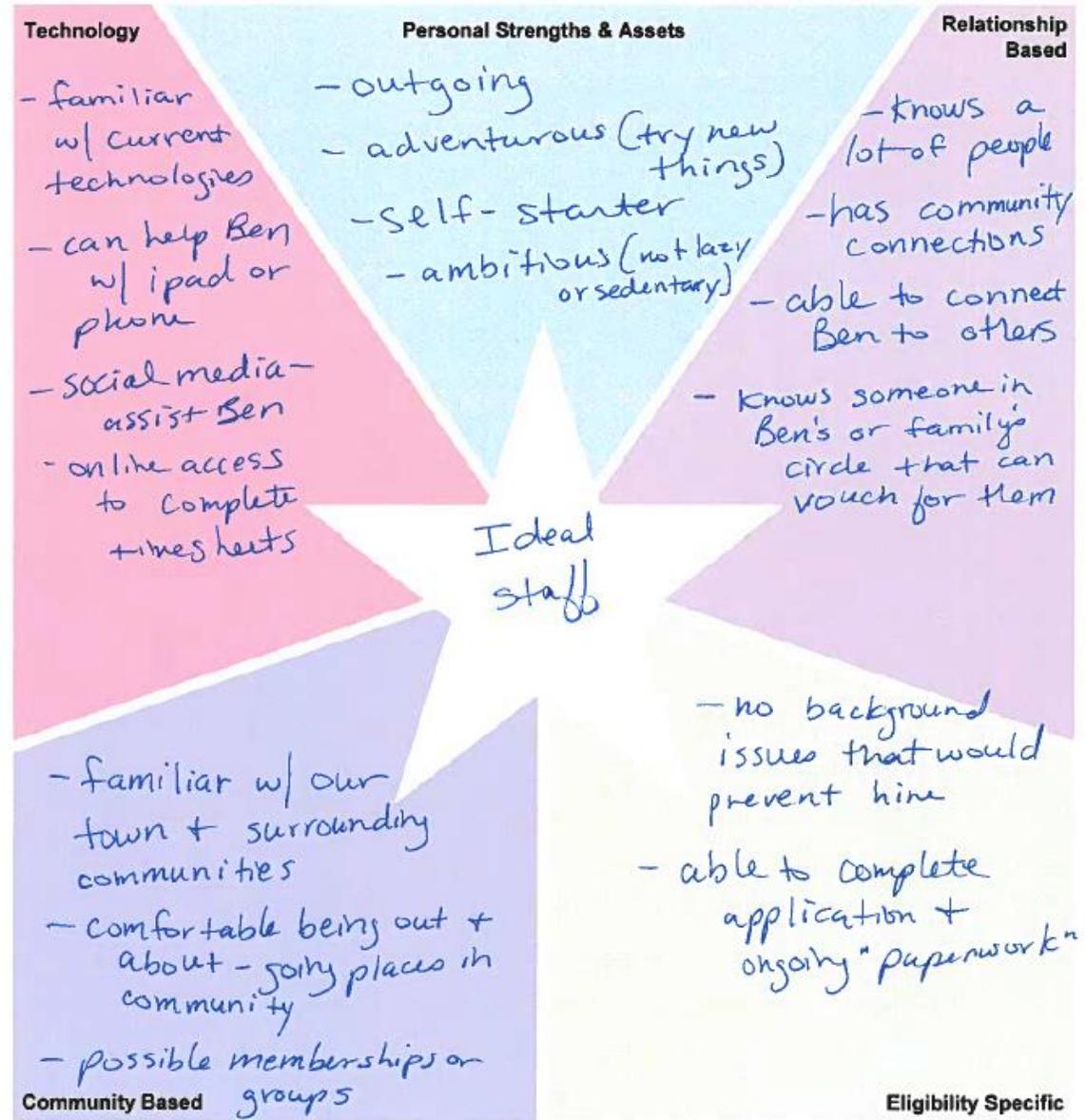


Planning for Supporting Ben's Caregiver(s) if Parents Aren't Available

Inspired by thinking about possible COVID19 scenarios for our family, but can apply post-COVID as well.



Integrated Star for Hiring Staff





INTEGRATED SUPPORTS STAR



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Respite Resources and Ideas during COVID19

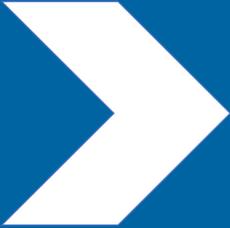
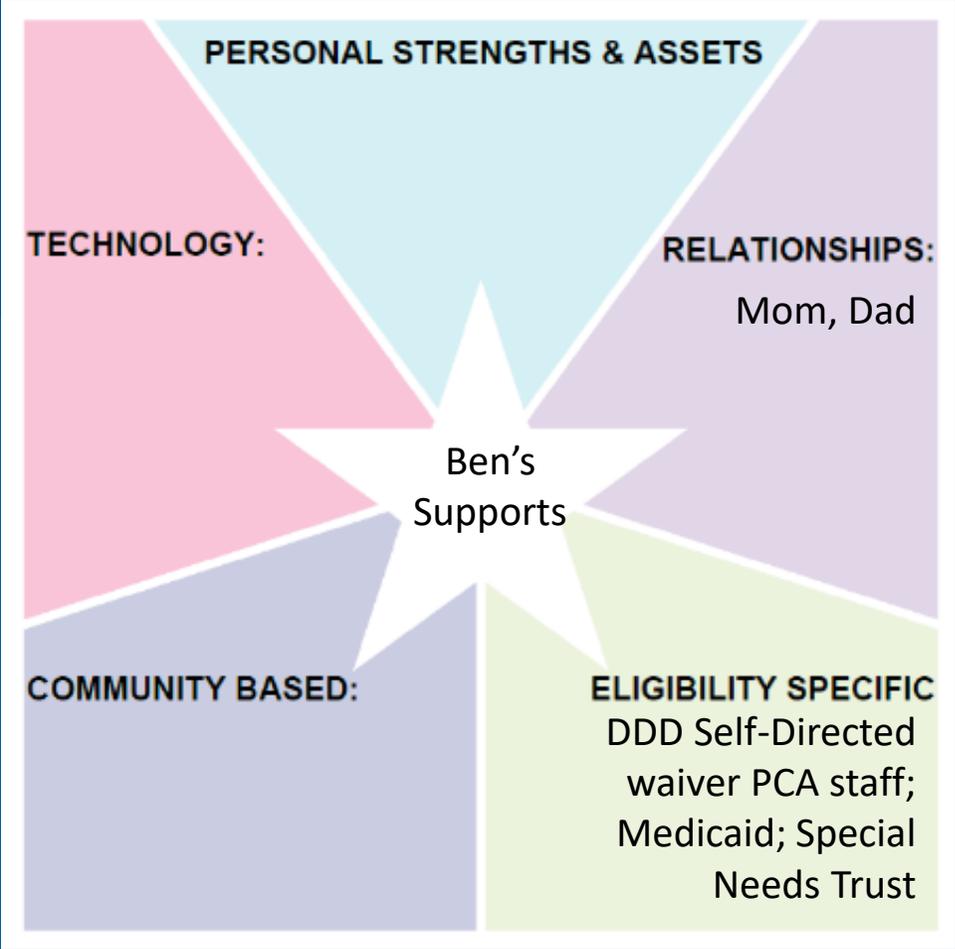


LifeCourse Star to Calendar



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Ben - BEFORE Integrated Supports



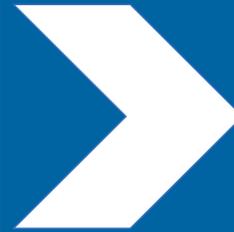
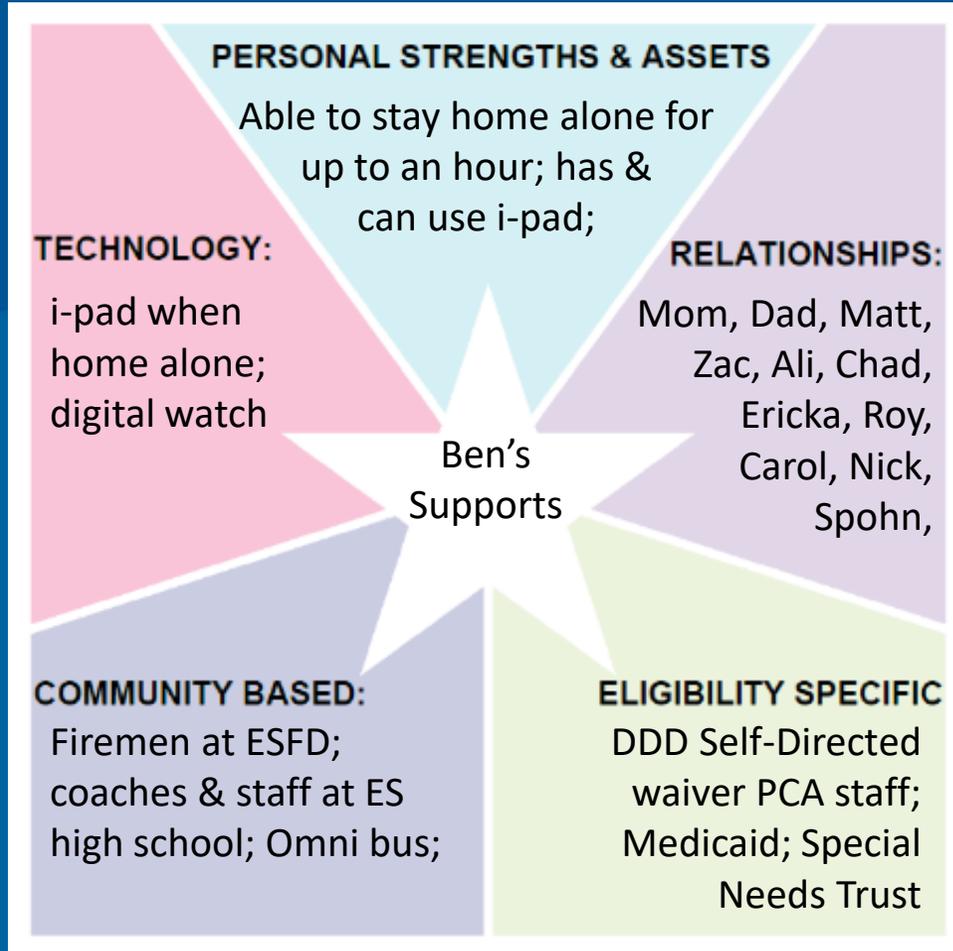
Long Term Service and Support Needs

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM	Waiver Self-Directed PCA					Parents are weekend support	
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.						
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM	Mom and Dad are overnight staff						



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Ben - AFTER Integrating Supports

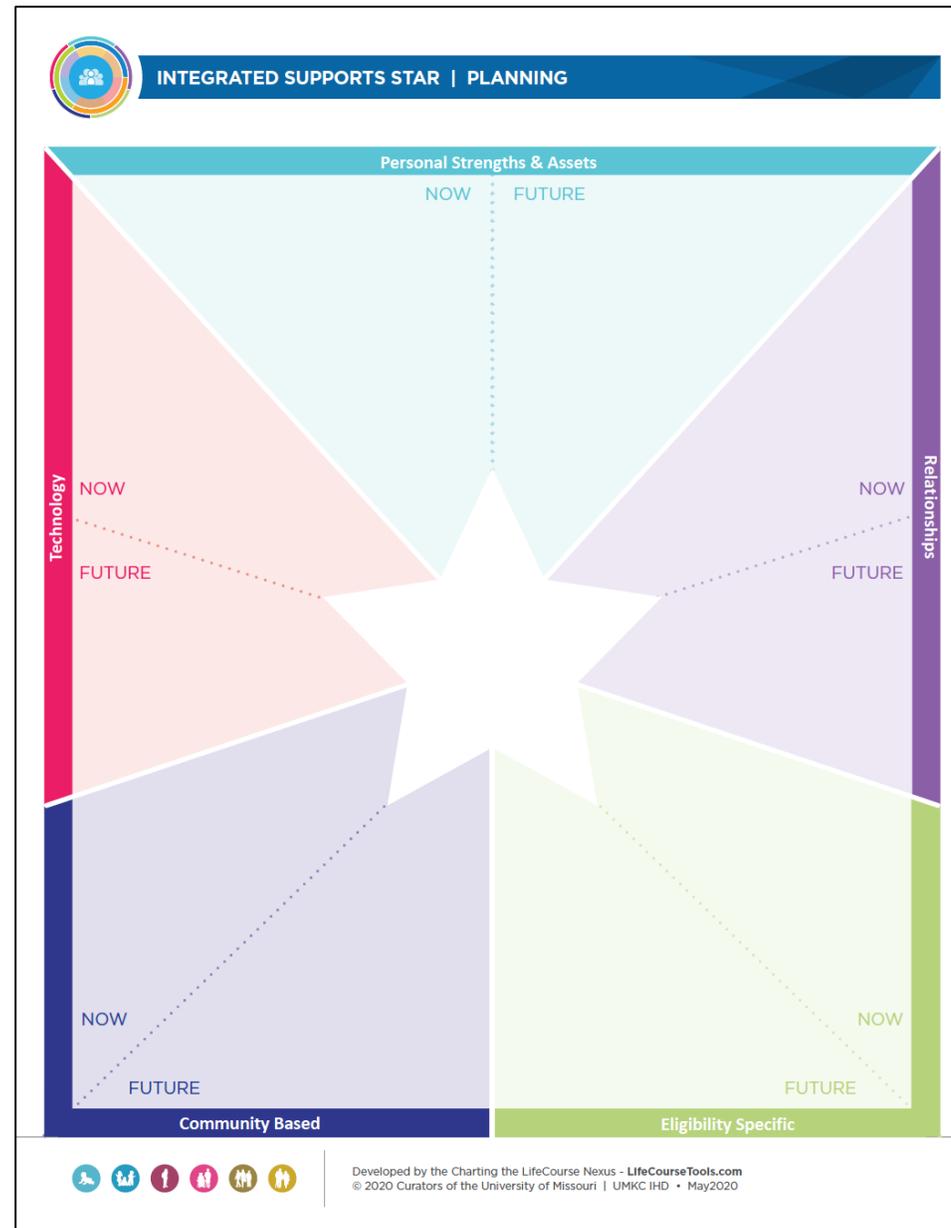


Long Term Service and Support Needs

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day							
6:30-7 AM	Parents support Ben							
7-7:30 AM	Parents support Ben							
7:30-8 AM	Parents support Ben							
8-8:30 AM	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA			
8:30-9 AM								
9-9:30 AM								
9:30-10 AM								
10-10:30 AM							St. Ann's w/ mom	
10:30-11 AM								
11-11:30 AM								
11:30-12 PM						Home alone while Mom walks		
12-12:30 PM						Home alone while Mom walks		
12:30-1 PM		Waiver Self-Directed PCA		Waiver Self-Directed PCA		Home alone while Mom walks		
1-1:30 PM						Home alone while Mom walks		
1:30-2 PM						Home alone while Mom walks		
2-2:30 PM						Home alone while Mom walks		
2:30-3 PM	Volunteer at high school, supported by coaches and friends							
3-3:30 PM	Volunteer at high school, supported by coaches and friends							
3:30-4 PM	Volunteer at high school, supported by coaches and friends							
4-4:30 PM						Home alone while Mom walks		
4:30-5 PM						Home alone while Mom walks		
5-5:30 PM						Home alone while Mom walks		
5:30-6 PM		Mom and/or Dad prepare meal and assist as needed					Home alone while Mom walks	
6-6:30 PM		Mom and/or Dad prepare meal and assist as needed					Home alone while Mom walks	
6:30-7 PM		Home alone while Mom walks					Dinner w/ Roy & Carol & family	
7-7:30 PM						Dinner w/ Roy & Carol & family		
7:30-8 PM	WWE With Matt		Horseback Therapy w/ Dad			Dinner w/ Roy & Carol & family		
8-8:30 PM						Dinner w/ Roy & Carol & family		
8:30-9 PM						Dinner w/ Roy & Carol & family		
9-9:30 PM						Dinner w/ Roy & Carol & family		
9:30-10 PM						Dinner w/ Roy & Carol & family		
10 PM-6 AM	Mom and Dad are overnight staff							



Split Star – Planning for NOW and FUTURE





Starter Stars (cheat sheets)



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INTEGRATED SUPPORTS STAR | HEALTHY LIVING

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.



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INTEGRATED SUPPORTS STAR | EMPLOYMENT

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for employment.



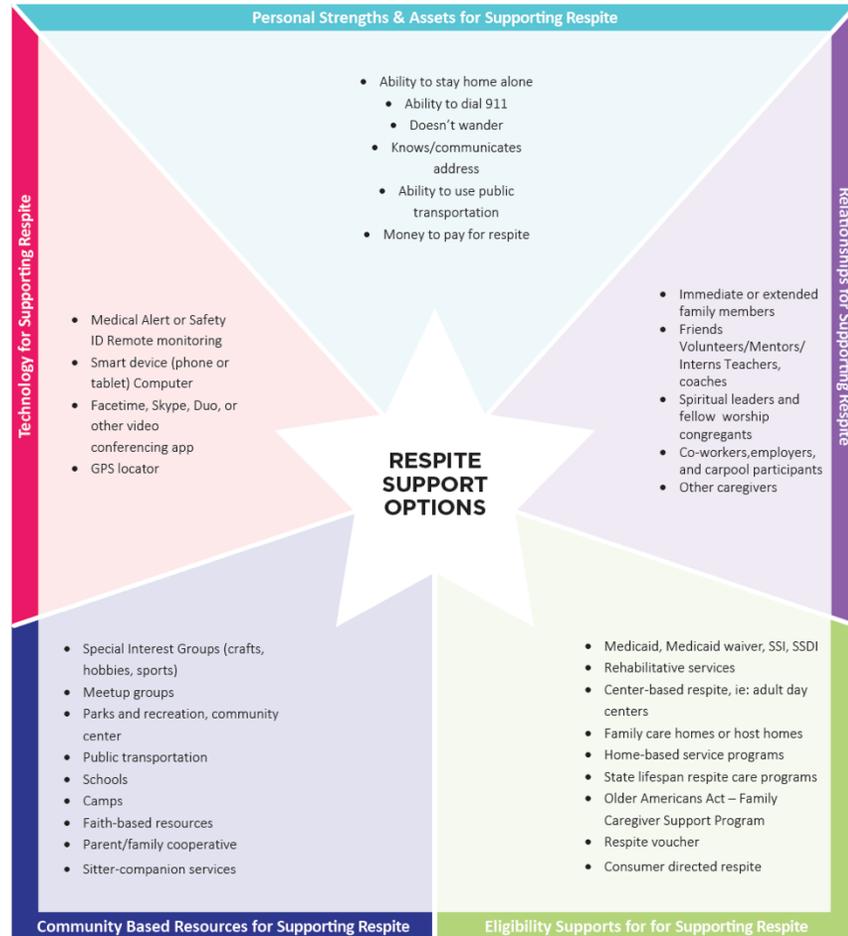
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INTEGRATED SUPPORTS STAR | RESPITE

This star will help families and individuals think about supports and resources available in each of the star categories that could help make respite possible or a better experience.

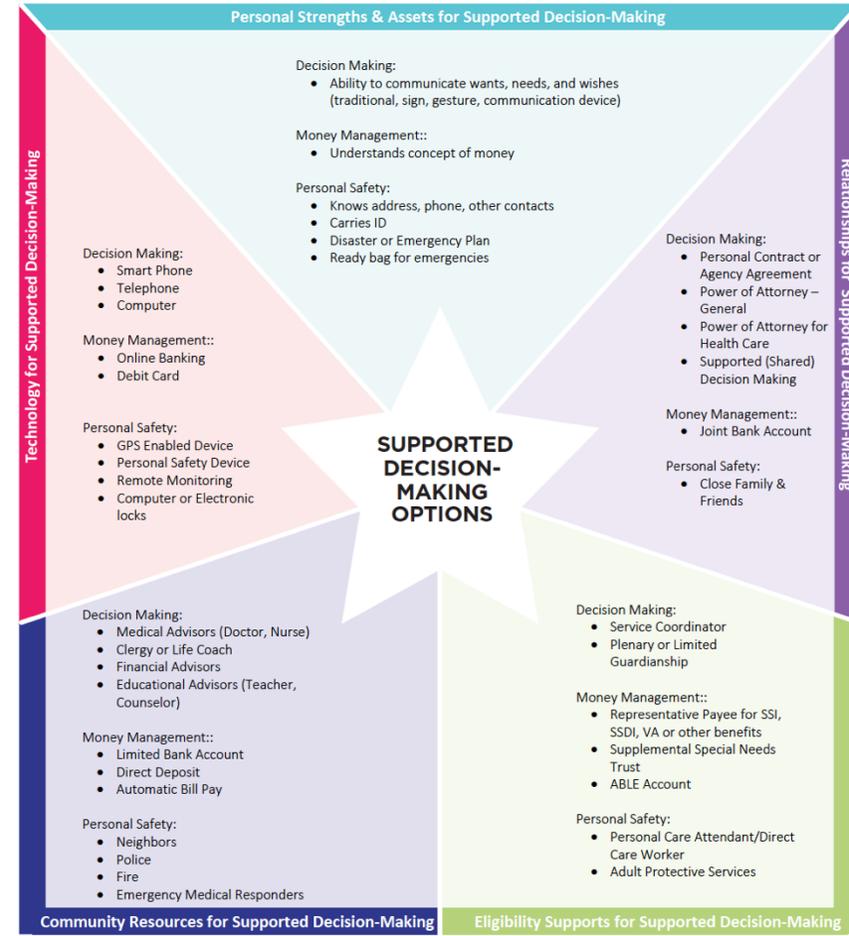


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INTEGRATED SUPPORTS STAR | SUPPORTED DECISION-MAKING

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.



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Keep These Things in Mind when Using and Sharing the Star

- The Integrated Supports Star helps organize and generate ideas. Use the actual tool or just remember the five points of the star during your planning and problem-solving (you can always use your fingers)
- Use the Star for making day-to-day decisions or for planning for the future. It can also help when having conversations about new ideas or hard to talk about topics.
- There is no wrong way to get started or right/wrong place to put your ideas.
- It is designed to expand your ideas and help you see how to leverage and connect different types of support.

Other Things to Consider...

- Completing the star for the sake of completing the form should never be the goal. It is designed to help you have interactive conversations and visually organize your thoughts.
- Be mindful that any conversation about someone's life or future is very personal. It is important to recognize and be responsive to the diversity of experiences, situations and reactions when planning.

Final Thoughts

- Try using the Integrated Support Star either in your own life or in your professional role
- Don't worry about "doing it wrong" – throw the dart!
- Think of different ways the star could be used
- Explore the website - - lifecoursetools.com
 - Navigate to the LifeCourse Library and the drop down will lead you to all the tools, videos, and educational materials

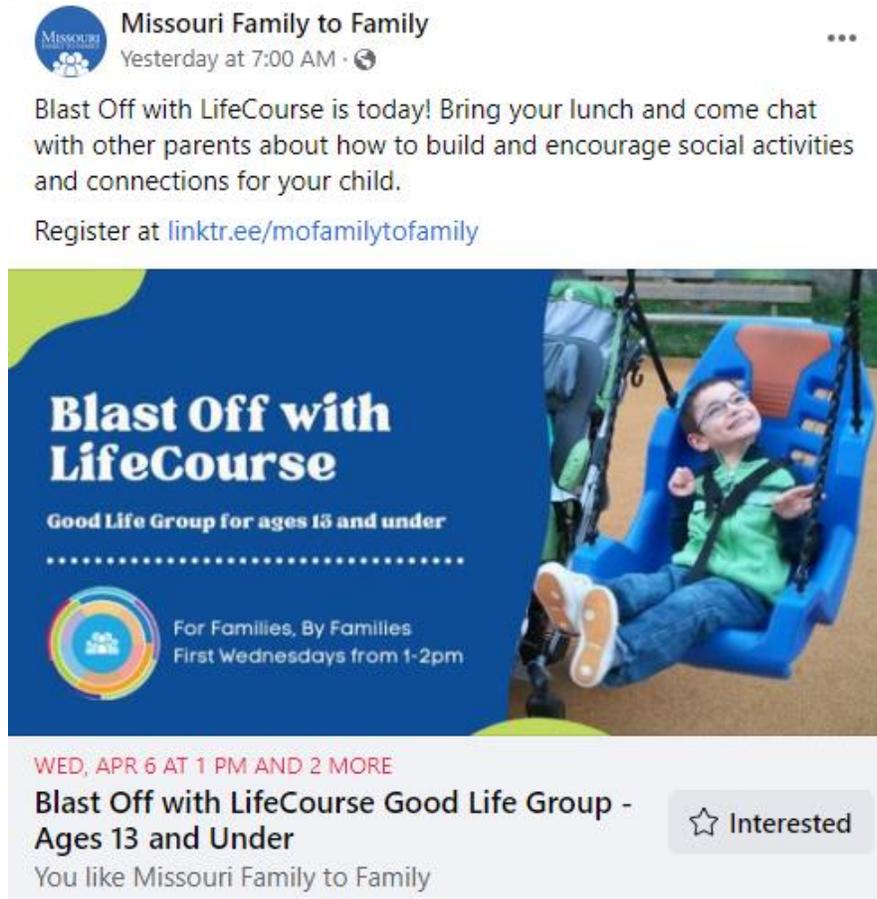
CtLC Statewide Chapter | Good Life Groups

Good Life Groups

- Interactive monthly peer learning for self-advocates and families to explore real-life topics, hands-on problem-solving and ideas for navigating supports
- **Statewide Virtual Good Life Groups**
 - LifeCourse Blast Off: Early Childhood Focus
 - LifeCourse Launch: School Age and Transition to Adulthood
 - LifeCourse Planning Forward: Adulthood to Aging
 - LifeCourse Adult Siblings Good Life Group

Register at the link below!

<https://linktr.ee/mofamilytofamily>



Missouri Family to Family
Yesterday at 7:00 AM · 🌐

Blast Off with LifeCourse is today! Bring your lunch and come chat with other parents about how to build and encourage social activities and connections for your child.

Register at linktr.ee/mofamilytofamily

Blast Off with LifeCourse
Good Life Group for ages 13 and under
.....
For Families. By Families
First Wednesdays from 1-2pm

WED, APR 6 AT 1 PM AND 2 MORE
Blast Off with LifeCourse Good Life Group - Ages 13 and Under
You like Missouri Family to Family

☆ Interested

THANK YOU!

Contact

Mo Family to Family

Phone:

1-800-444-0821

Email:

MoFamilytoFamily@umkc.edu



QUESTIONS?



www.lifecoursetools.com

Mark your calendar now!

The next “MO DDD & You” webinar is
scheduled for

June 28, 2022

12:30pm – 1:00pm



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

Thank You