



## What is the 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.

Even though the framework was originally developed for people with disabilities, it is designed universally, and can be used by any family making a life plan, whether they have a member with a disability or not.

## Foundation of the LifeCourse Framework

**Core Belief:** All people have the right to live, love, work, play and pursue their life aspirations just as others do in their community.



### ALL People

ALL people, regardless of age, ability or family role, are considered in our vision, values, policies and practices for supporting individuals and families. All families have choices and access to supports they need, whether they are known to the disability service system or not.



### Family System and Cycles

People exist and have give-and-take roles within a family system, which adjust as the individual members change and age. Individuals and families need supports that address all facets of life and adjust as roles and needs of all family members change as they age through the family cycles.



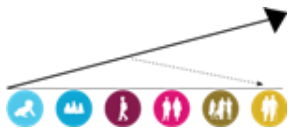
### Life Outcomes

Individuals and families focus on life experiences that point the trajectory toward a good quality of life. Based on current support structures that focus on self-determination, community living, social capital and economic sufficiency, the emphasis is on planning for life outcomes, not just services.



### Life Domains

People lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life, including *daily living, safety and security, community living, healthy lifestyle, social and spirituality, and citizenship and advocacy.*



## Life Stages and Trajectory

Individuals and families can focus on a specific life stage, with an awareness of how prior, current and future life stages and experiences impact and influence life trajectory. It is important to have a vision for a good, quality life, and have opportunities, experiences and support to move the life trajectory in a positive direction.



## Individual and Family Supports

Supports address all facets of life and adjust as roles and needs of all family members change. Types of support might include *discovery and navigation* (information, education, skill building); *connecting and networking* (peer support); and *goods and services* (daily living and financial supports).



## Integrated Delivery of Supports

Individuals and families utilize 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.



## Policy and Systems

Individuals and families are satisfactorily involved in policy making so that they influence planning, policy, implementation, evaluation and revision of the practices that affect them. Every program, organization, system and policy maker must always think about a person in the context of family.

**Connect with the LifeCourse framework and materials at [lifecoursetools.com](http://lifecoursetools.com).**