Integrated Supports
People need supports to lead good lives. 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 a good life.

Maintaining Relationships

**Personal Strengths & Assets**

- Creative
- Communication style
- Funny
- Playful
- Kind
- Flexible
- Outgoing
- Thoughtful
- Kind
- Imaginative
- Determined
- Generous
- Capable
- Independent
- Tough
- Easy Going
- Tenacious

**Technology**

- Phone Calls
- Face Time
- Text Messaging
- Gaming System Chats
- Video Chats
- FB messenger
- Social Media Groups
- Messaging Apps

**Community Based**

- Virtual faith services
- Virtual library programs
- Best Buddies e-buddies
- Virtual exercise programs
- Online hobby groups/book club
- USPS - Mail
- Delivery services

**Eligibility Specific**

- Telehealth
- School/Special Education
- Classroom Chats
- Day Program Chats
- Remote Work Options

**Relationships**

- Family
- Friends
- Classmates
- Teachers
- Neighbors
- Teammates
- Club mates
- Co-Workers
- Therapists
- DSPs
- Boy/girlfriend

Access the LifeCourse framework and tools at lifecoursetools.com

Developed by the UMKC Institute for Human Development, UCEDD. More tools and materials at lifecoursetools.com

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