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.

CHARTING the LifeCourse

Technology
- YouTube
- Social Media
- Online communities
- Smart phone apps

Personal Strengths & Assets
- Create artwork
- Write stories
- Create videos
- Write cards
- Journal

Relationships
- Phone calls
- Video chat
- Mail
- Porch delivery

Community Based
- Take a walk
- Ride a bike
- Go on a scavenger hunt
- Virtual play dates
- Virtual theme parks
- Virtual art classes/theater
- Virtual concerts

Eligibility Specific
- Virtual therapy
- Virtual classrooms
- Virtual work/meetings
- Virtual health care

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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