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.

Technology
• Technology is going to be key in helping you get what you need & in staying connected.  
• Use Facebook Live; Skype, Zoom, FaceTime, to keep in touch.  
• Use technology to: shop, stay connected, explore, stay entertained, manage health & well-being, create a schedule for daily activities  
• Use doorbell cameras to limit interaction with visitors/deliveries  
• Update and use phone contact list for getting in touch with friends, family, assistance  
• Learn how to use new technologies  
• Use watch alarms for reminders of activities/events

Personal Strengths & Assets
• YOU are your greatest asset! Remain safe & practice self-care  
• Follow health/community guidelines  
• Be productive (Organize, work from home)  
• Use your gifts to share with others (Read books online, teach online)  
• Exercise (Dance party, yoga, games)  
• Make something (Draw, paint, cook, make a card)  
• Create contingency plan if you need help  
• Focus on what you CAN control  
• Brainstorm ideas with others  
• Use mindfulness to be positive/creative

Relationships
• Virtual dates with family/friends  
• Join/create an online social group  
• Enjoy quality time with people in your home  
• Enjoy quality time with your pet  
• Send short videos saying ‘hi’ to friends and family  
• Touchbase with teachers/therapists  
• Focus on relationship with yourself:  
  - Home spa  
  - Manicure  
  - Try a new look  
• Leave sidewalk chalk notes in friends’ driveways

COVID-19: Social Distancing

• Foster a pet from a local shelter  
• Take virtual park/zoo/museum tours  
• Try book downloads  
• Visit a park while staying 6 feet away from others  
• Virtually attend:  
  - Online worship service  
  - Meditation class  
  - Art classes  
  - Book clubs  
• Initiate connections in local community: porch-to-porch talks, sidewalk greetings, putting up lights, communities come out on porches at 7:00pm to visit  
• Identify how you can safely help in your community  
  - Call shut-ins  
  - Send cards/notes  
  - Offer assistance when you can  
• Use local delivery services

Ohio DODD continues to be open  
- Click here for guidance for providers/families  
• Check in with your SSA/support worker  
• Consider virtual therapy  
• Ask about materials/technology/hotspots from schools

Community Based

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

MAY 2016