



Integrated Supports: Daily Life

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 star will help families and individuals think about how to work in partnership to support their vision for a good life.

Technology

- Electronic reminders
- Alarm clock
- Cell phone
- iPad educational/life skills apps
- Online resume builders
- Online classes or training
- Internet job search
- Calculator
- Computer
- iPhone or smart phone apps

Personal Strengths & Assets

- Work/volunteer experience
 - Summer jobs
- Vision or dream for job or career
- Responsibilities at home or school
 - Makes choices and decisions
- Communicates ideas, needs, thoughts to others
- Knowledge of a variety of different jobs/careers
 - Good social skills
- Practices everyday living skills

Relationships

- Coworkers
- Parents, siblings, spouse, children, grandparents, other family
 - Friends
 - Teacher
 - Mentors
- Parents/family of friends
- Business partner



- Volunteering
- Competitive employment/careers
- Colleges, universities, tech school
- Micro-enterprises
- Self employment
- Tutors
- Parent/Teacher Association (PTA)
- Summer Reading Program (library)

Community Based

- Work crews/enclaves
 - Job coaches
- Supported employment
- Special college programs
 - Special Education/IEP's
 - HeadStart
 - Vocational Rehabilitation
- Case manager/support coordinator
 - Sheltered workshops
 - Day habilitation

Eligibility Specific

Access the LifeCourse framework and tools at lifecoursetools.com