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Tools for indivi	duals, families and prof	essionals
CARENTINCE Concernent Concernent <th><u>Life Trajectory</u> <u>Worksheet: Individual</u> <u>Version</u></th> <th>Everyone wants a good life, and defines their good life in their own way. This tool can be used to help individuals and families think about what a good life means to them, and also identify what they know they don't want. The space around the arrows can be used to think about current or needed life experiences that help point the trajectory arrow in the direction of the good life vision.</th>	<u>Life Trajectory</u> <u>Worksheet: Individual</u> <u>Version</u>	Everyone wants a good life, and defines their good life in their own way. This tool can be used to help individuals and families think about what a good life means to them, and also identify what they know they don't want. The space around the arrows can be used to think about current or needed life experiences that help point the trajectory arrow in the direction of the good life vision.
CARENCE Constrained <pconstrained< p=""> Constrained <pconstrained< p=""> Constrained</pconstrained<></pconstrained<>	<u>Life Trajectory</u> <u>Worksheet: Family</u> <u>Version</u>	Everyone wants a good life, and defines their good life in their own way. This tool can be used to help individuals and families think about what a good life means to them, and also identify what they know they don't want. The space around the arrows can be used to think about current or needed life experiences that help point the trajectory arrow in the direction of the good life vision.
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Integrated Supports Star

questions and life experiences in this booklet could apply to anyone, whether they have a disability or not. *Intended as a supplement when using the Life Trajectory worksheets.*

All people need support to lead good lives. Using a combination of many different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help individuals and families brainstorm the supports that they already have or might need in order to work in partnership to make their vision for a good life possible.

People often need support to lead good lives. Using a combination of many 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. *Intended as a supplement when using the Integrated Supports Star worksheets.*

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Integrated Supports Options

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<u>Tool for Developing a</u> <u>Vision: Individual</u> <u>Version</u> Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive life in the community. This tool is to help individuals of start to think about a more specific vision for life as an adult. This tool also helps individuals narrow down what life domain(s) they are focusing on by rating what is most important to them at this point in time.

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Tool for Developing a Vision: Family Version

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive life in the community. This tool is to help individuals of all ages and/or their families - from the very young child, an adult or somewhere in between - start to think about a more specific vision for life as an adult. This tool also helps families narrow down what life domain(s) they are focusing on by rating what is most important to them at this point in time.

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Exploring Life Possibilities

There are many options for living, working, and playing in the community. What might have been new and exciting 30 years ago may not work for today's vision of a quality life in the community. This tool is to help individuals and families explore a variety of options for where they might life or do during the day to earn money or have fun. Some may be more traditional or historic and no longer preferred by many, some that are known and tried but no necessarily the norm, and others that are new or unfamiliar to individuals, families, and professionals.

Integrated Long Term Support Needs

Once individuals and/or families have determined the types of supports needed and/or existing, this template is a way to apply the supports to a daily/weekly schedule. The worksheet include instructions and an example on the back.



