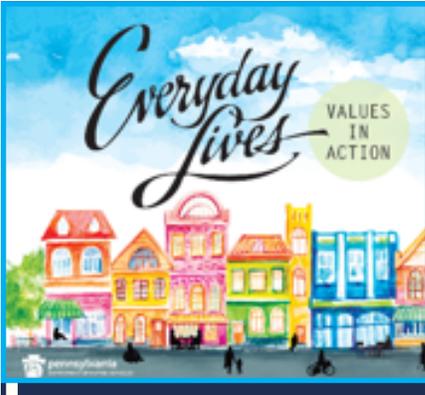


The Community of Practice: Supporting Families across the Lifespan through the LifeCourse Framework

These are the building blocks of the LifeCourse Framework. These principles and values lay the foundation to think differently about what it means to support people with disabilities and their families to have good lives like everyone else.

LifeCourse Framework developed by UMKC-IHD, UCEDD



The Core Belief of the LifeCourse Framework

All people have the right to live, love, work, play and pursue their life aspirations in their community. Here in Pennsylvania, LifeCourse is how we can make our values and vision of Everyday Lives a reality for the people we support and their families.



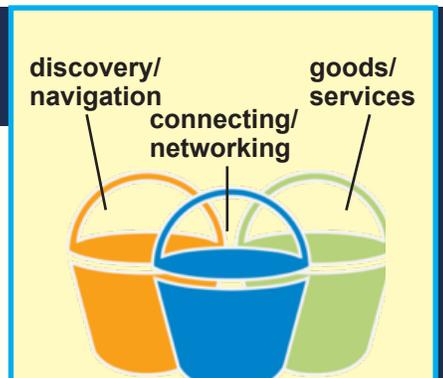
All people exist within the context of family.

Families are the core unit in our society, serving as a source of support for all its members. For people with disabilities, the role of family is unique and often central in the support and care provided across the lifespan. The overall goal of supporting families is so they can best support, nurture, love and facilitate opportunities for the achievement of self-determination, interdependence, productivity, integration and inclusion in all facets of community life for all family members.

The Three Buckets: Strategies for Supporting Families

All families need support. Supports needed change as family members move through their life and as roles, needs and abilities of family members change. Strategies to address different needs fall into three "buckets":

- 1) discovery and navigation, or having the information you need;
- 2) connecting and networking with peers and resources; and
- 3) the tangible goods and services available within our communities and service systems.

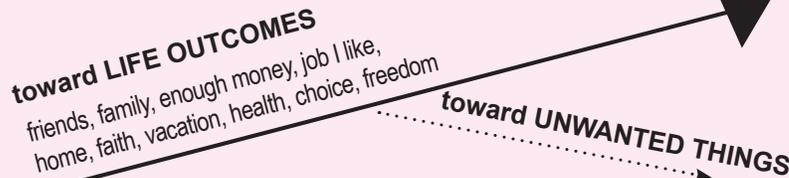


The Community of Practice: Supporting Families across the Lifespan through the LifeCourse Framework *(continued)*



Everyday Lives begin with a vision.

Trajectory Toward Good Life



There is more to life than just health and safety. Our conversations need to talk about life outcomes and what that good life will look like for each person. Sometimes we start with naming what we don't want to see happen, and then we begin to dream about the things we would like to happen. By

looking at the day-to-day experiences, we can quickly see which direction they are leading us to: toward our vision of a good life? Or toward circumstances we do not want to happen? What are the experiences others are having at each life stage that are leading them toward their good life?

Life Domains: How we all experience our day-to-day lives

People lead whole lives made up of connected life domains that are important to a quality life, including:

- Daily life and employment
- Community living
- Healthy lifestyles
- Safety and security
- Social, spirituality and leisure interests
- Advocacy and being a citizen

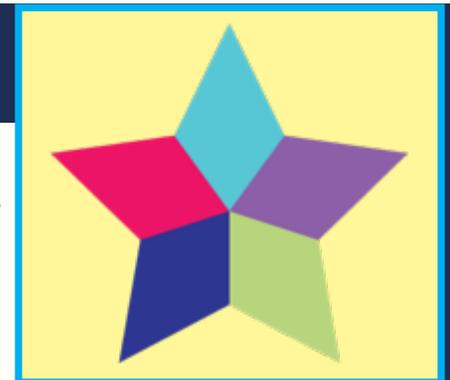


These are all interconnected. What happens in one area of life affects another.

Integrating an array of supports to achieve the vision of an Everyday Life

Historically, supporting people with disabilities revolved around the disability services system. But, truly it takes a variety of support to achieve a good life, not just the formal service system alone. Integrated supports include:

- Our personal strengths, assets, and interests
- Relationships that provide informal support
- Community resources we access and count on
- Technology
- Eligibility-based supports (publicly or privately funded)



**For more information — www.lifecoursetools.com or www.myODP.org
Or Contact Darcy Elks, Chester County Family Advisor, PA Family Network
delks@visionforequality.org 1-844-PAFAMILY • 484-459-0538**