What is the LifeCourse Framework?

Practical, family-friendly framework based on life course theory and focused on quality of life for the individual and the family. Designed to assist in people with I/DD achieving a vision to live, work and play just as any citizen.

Development of LifeCourse Framework and Tools

**MISSOURI FAMILY TO FAMILY AT UMKC IDM**

The LifeCourse framework has been developed and refined since 2011 using an iterative process that involves self-advocates, families, and professionals throughout Missouri. Family staff and members of the Family to Family Stakeholders group meet quarterly to further enhance the principles and components of the framework and develop tools that can be used in day to day practices with self-advocates and families.

**MISSOURI LIFE COURSE TOOLS WORKGROUP**

Starting in 2013, professionals and family leaders in Missouri that support people with disabilities and their families began piloting LifeCourse tools. The workgroup meets monthly to discuss the implementation of the tools and to provide recommendations for improvement. Currently the group is developing individualized support planning processes that incorporate person-centered planning strategies with the tools and training for support coordinators on using the framework and tools.

Tools for Framing Conversations

- **Charting the LifeCourse: Experience Booklet**
  - Explore questions family members ask and answer to get a vision for the future.
  - How will my child need to be supported in his/her life?
  - How will my child be supported in his/her adult life?
  - Where and with whom do I think my child will live?
  - How will my child live a healthy lifestyle and maintain independence?

- **LifeCourse: Understand the basic ideas and principles of the LifeCourse framework, and what the graphics represent.**

- **Life Trajectory Worksheet**
  - Chart vision for a good life, and current or needed experiences that guide the life trajectory.

- **Uncharted Possibilities**
  - Explore a variety of possibilities across Life domains to chart the course toward a good life.

- **Integrated Support Options**
  - Explore a variety of options that support a trajectory toward inclusive, quality community life.

- **Vision Tool**
  - Refine a more specific vision for adult life in each of the life domains and think about next steps and priorities.

- **Focus on Transition**
  - Consider what is important in the transition from school to adult life with questions from the LifeCourse framework.

**ALL people are considered affected by developmental disabilities.**

**Families**

**LIFE OUTCOMES**

Focus on life experiences that point the trajectory toward a good quality of life.

**LIFE DOMAINS**

People lead whole lives made up of specific and integrated life domains important to a good quality of life.

**INDIVIDUAL & FAMILY SUPPORTS**

Supports address all facets of life and adjust as roles and needs of all family members change.

**INTEGRATED DELIVERY OF SUPPORTS**

Utilizing an array of integrated supports to achieve the envisioned good life.

**POLICY & SYSTEMS**

People direct supports, influence planning, policy, and implementation evaluation and revision of practices.

**GOAL OF SUPPORTING FAMILIES**

(Based on 1.49% prevalence, US Census 2013) (Braddock et al, State of the State 2013)

**MO National Community of Practice for Supporting Families with I/DD**

In 2005, the National Association of State Developmental Disabilities Services in partnership with UMKC and NISR, was awarded a national grant from the Administration on Intellectual and Developmental Disabilities to develop a National Community of Practice to enhance policies, practices, and systems to better assist and support families across the lifespan. The six APD states (Connecticut, DC, Oklahoma, Vermont, Washington, and Missouri) have formed teams that utilize the LifeCourse framework to guide systems and policy change activities and have also begun piloting the tools within both state service systems and family networks.