

CHARTING THE LIFECOURSE | a framework for supporting individuals with intellectual & developmental disabilities and their families across the lifespan

Michelle C. Reynolds, PhD and Jane St. John | UMKC Institute for Human Development, UCEDD

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.



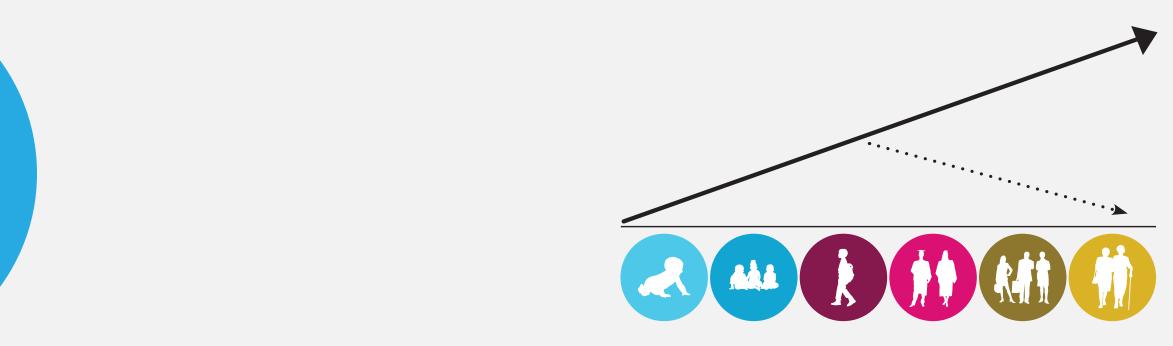
ALL/THE 100%

ALL people are considered in our vision, values, policies and practices for supporting people with intellectual and developmental disabilities.



FAMILY SYSTEM

People exist and have reciprocal roles within a family system, which adjust as the individual members change and age.



LIFE STAGES & TRAJECTORY

Awareness of how prior, current and future life stages and experiences impact and influence life trajectory.



LIFE DOMAINS

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



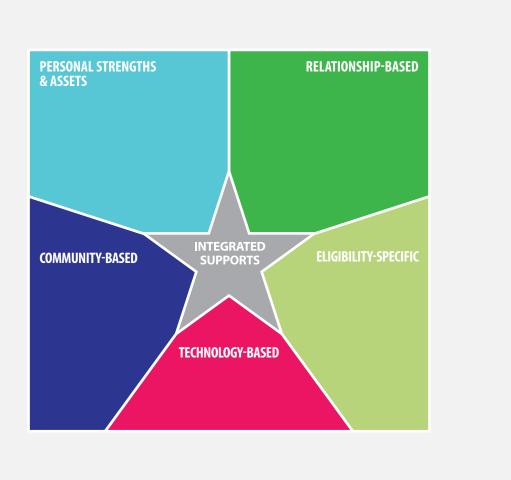
LIFE OUTCOMES

Focus on life experiences that point the trajectory toward 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

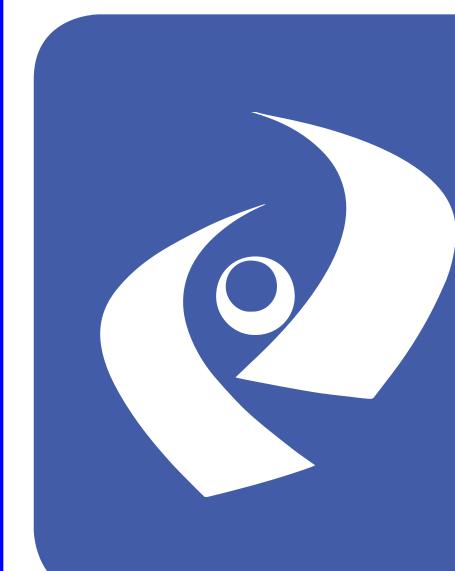
Utilizing an array of integrated supports to achieve the envisioned good life



POLICY & SYSTEMS

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

Development of LifeCourse Framework and Tools



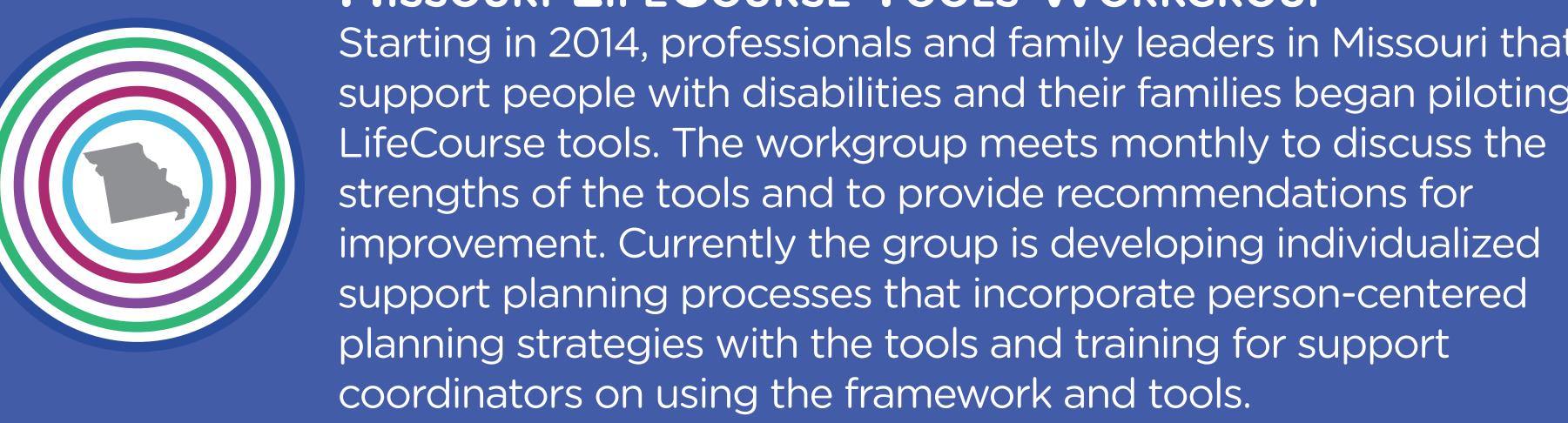
MISSOURI FAMILY TO FAMILY AT UMKC IHD

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 selfadvocates and families.



MISSOURI LIFECOURSE TOOLS WORKGROUP

Starting in 2014, professionals and family leaders in Missouri that support people with disabilities and their families began piloting support planning processes that incorporate person-centered







NATIONAL COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES WITH I/DD

In 2012, the National Association of State Directors of Developmental Disabilities Services, in partnership with UMKC and HSRI, 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 CoP states (Connecticut, DC, Oklahoma, Tennessee, 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.

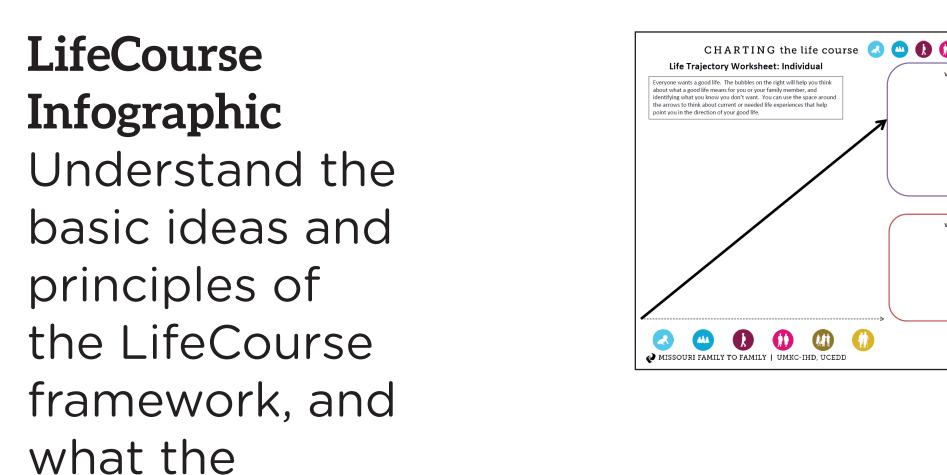
Tools for Framing Conversations



Charting the **Experiences Booklet**

Explore questions to think about and ask in order to have experiences that lead to a good life.

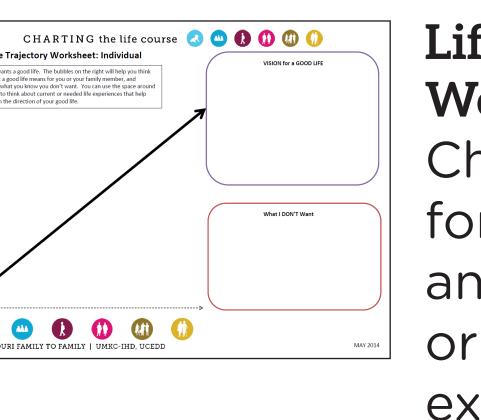
graphics represent.



New Ideas; things that someone has tried, and you replicate or apapt ror your own needs: unings, with the standard profession of the standard profession of

Possibilities variety of possibilities across life domains to chart the course to a good life

Uncharted



Life Trajectory Worksheet Chart vision

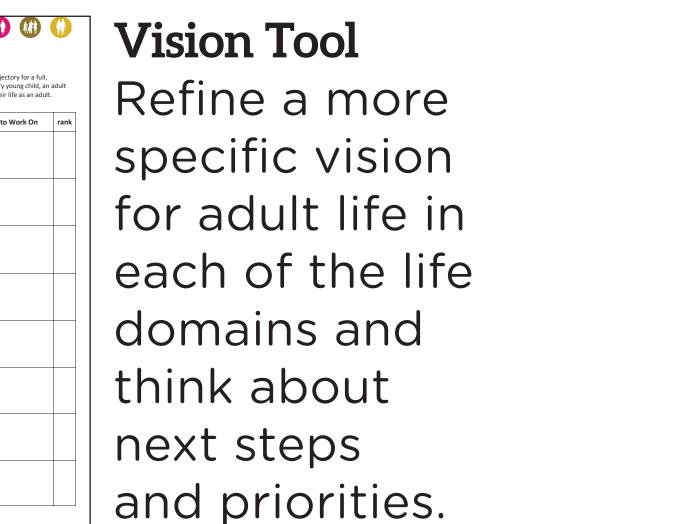
for a good life, and current or needed experiences that guide the life trajectory.

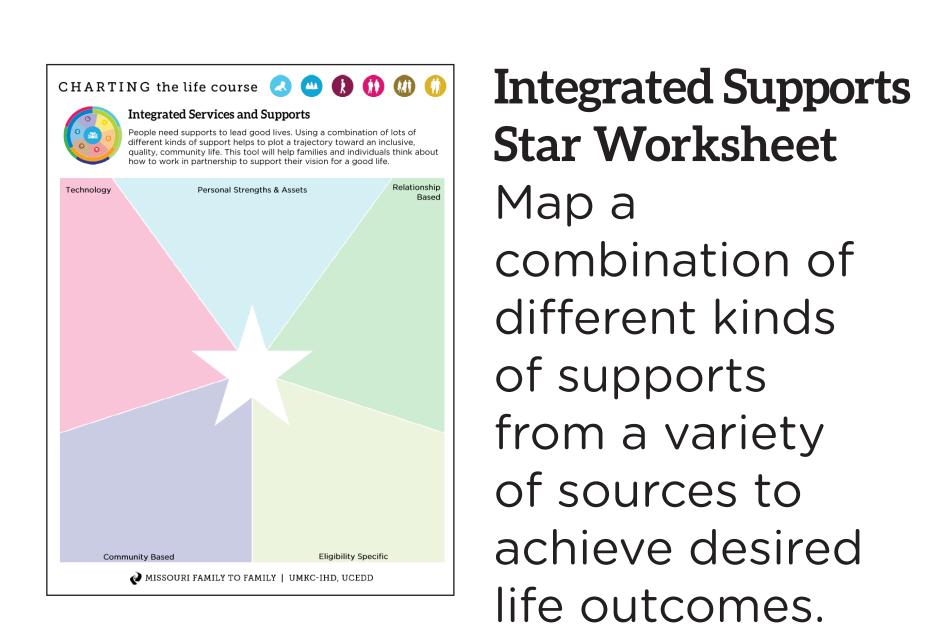
CHARTING the life course 🕗 🤐 🕻

Explore a variety of options that support a trajectory toward inclusive, quality, community life.

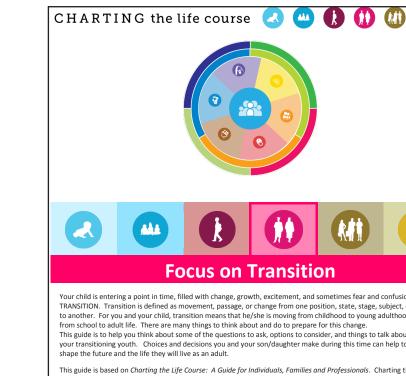
Support Options

Integrated





combination of different kinds of supports from a variety of sources to achieve desired life outcomes.



MISSOURI FAMILY TO FAMILY | UMKC-IHD, UCEDD

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

framework.

LIFECOURSETOOLS.COM

FAMILY TO FAMILY HEALTH INFORMATION CENTER

