



Supports Coordinators (SCs)

Tip of the Month

Each Tip of the Month will share ideas to help SCs fill their buckets to better help them in supporting individuals and families. The Tip of the Month is brought to you by the Supporting Families' Supports Coordination Innovation Workgroup.

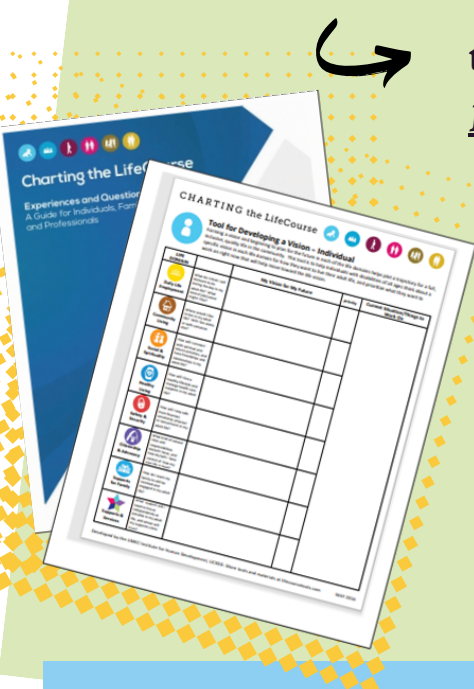
**THIS QUARTER
WILL FOCUS ON:**

**"Enhancing
Conversations
using
LifeCourse"**

Core Belief: All people have the right to live, love, work, play and pursue their own life aspirations.

SUPPORT COORDINATORS: LifeCourse can help you enhance conversations with individuals and families!

Don't know where to start these conversations? Check out...



the Experiences and Questions Booklet!

- This resource can help you begin the conversation about what a person needs to live their life their way!
- Organized by life domains and life stages

the Quick Guides in the Life Experience Series!

- This resource can guide you to specific life stages

the Tool for Developing a Vision!

- This resource helps prioritize what is important from both the individual and family perspectives
- Encompasses all life domains
- Shows what support may be needed so the person can reach their vision



BE IN THE KNOW ON THE LATEST LIFECOURSE EVENTS SO THAT YOU CAN SPREAD THE WORD TO THOSE YOU SUPPORT!

- Visit PA Family Network's webpage
- Check out Self Advocates United as 1
- Bonus Points: Attend an event with a person you support!



JOIN AND LEARN! HELP MAKE A CHANGE!

- Locate your regional collaborative on MyODP
- Join ODP's Supporting Families ListServ to receive information directly around CtLC and Supporting Families!



WHO TO CONTACT AT ODP:

- Statewide Director – Candida Walton: cawalton@pa.gov
- BSASP – Heidi Arva: c-harva@pa.gov
- Central Region – Kelly Barley: kebarley@pa.gov and Cortney McCaleb: cmccaleb@pa.gov
- Northeast Region – Maureen Timlin: mtimlin@pa.gov
- Southeast Region – Mary Citko: mcitko@pa.gov
- Western Region – Cathy Traini: ctraini@pa.gov and Nancy Hampson: nhampson@pa.gov



BE SURE YOU ARE SIGNED UP FOR THE LISTSERVE!

- ID/A specific SCO LISTSERV: [Click here!](#)
- AAW specific SCO LISTSERV: [Click here!](#)

SCO SUPERVISORS & DIRECTORS:



"How can YOU support SCs to enhance conversations?"

- **By Having Them Practice Using this Tool & Resource on Themselves!**
 - Encourage them to develop their vision
 - Review the *Experiences and Questions booklet* and *Life Stage pamphlets* with them
- **Print/have copies of the *Experiences and Questions Booklet* and *Life Stage pamphlets* available**
- **Encourage SCs to:**
 - attend the FREE [LifeCourse Foundation webinar](#) (offered monthly)
 - attend the ODP Training: [Charting the LifeCourse: Applying Principles and Using Tools to Support a Good Life](#)