



COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES PENNSYLVANIA STATE TEAM

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:

What is Charting the LifeCourse? How Does Using LifeCourse Help SCs?



What is Charting the LifeCourse?

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

Key LifeCourse Principles include:

- Focus on ALL People
- Recognize the Person within the context of their Family
- Holistically focus across the Life Domains & Life Stages
- Fill the 3 Buckets of Need – Discovery & Navigation, Connecting & Navigation, and Goods & Services

- Integrate Services and Supports



SCs: How Will Using LifeCourse Help YOU?

- Enhance conversations – hearing what those supported have to say
- Help Individuals/families make community connections
- Think differently – it's not just about paid supports
- Encourage high expectations – help individuals reach for the stars and dream big
- Integrate multiple types of support – paid supports, natural supports, multi-system supports

Resources:

- LifeCourse Nexus: www.lifecoursetools.com
- PA Family Network: <http://www.visionforequality.org/pa-family-network/>
- [MyODP: PA Supporting Families and Community of Practice](#)
- Self Advocates United as 1: www.sau1.org
- To subscribe to ODP's Supporting Families ListServ click [here](#)

Contact your Regional Collaborative:

- [MyODP: PA Supporting Families and Community of Practice](#)

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