



# 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?"

**LifeCourse supports people holistically looking at all Life Domains and Life Stages while filling their buckets.**



#### The Three Buckets of Need:

- Discovery and Navigation
- Connecting and Networking
- Good and Services

#### "HOW DO USING THESE RESOURCES HELP SC/SUPERVISORS?"

↳ They gain confidence & skills by learning!

From the LifeCourse Nexus:

- [Getting Started with LifeCourse](#)
- [LifeCourse Nexus](#)

From ODP:

- ODP Training: [Charting the LifeCourse: Applying Principles and Using Tools to Support a Good Life](#)
- [MyODP: PA Supporting Families and Community of Practice](#)



#### \* BE IN THE KNOW ON THE LATEST 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:

- ODP
  - Statewide Director – Candida Walton: [cawalton@pa.gov](mailto:cawalton@pa.gov)
  - BSASP – Heidi Arva: [c-harva@pa.gov](mailto:c-harva@pa.gov)
  - Central Region – Kelly Barley: [kebarley@pa.gov](mailto:kebarley@pa.gov) and Cortney McCaleb: [cmccaleb@pa.gov](mailto:cmccaleb@pa.gov)
  - Northeast Region – Maureen Timlin: [mtimlin@pa.gov](mailto:mtimlin@pa.gov)
  - Southeast Region – Mary Citko: [mcitko@pa.gov](mailto:mcitko@pa.gov)
  - Western Region – Cathy Traini: [ctraini@pa.gov](mailto:ctraini@pa.gov) and Nancy Hampson: [nhampson@pa.gov](mailto: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 Help SCs Fill THEIR Buckets?"

- Make these "Tips of the Month" easily accessible here by creating a shared folder online
  - Label them so SCs can easily find the information they're looking for
  - Have a network handbook file
- Review the tips at your monthly staff meetings
- Discuss how or when they are using CtLC at supervision meetings
- Encourage SCs to use the resources discussed above
- Lead by example and incorporate the principles/tools in your meetings!

Next Quarter will focus on: **Enhancing Conversations**