



# 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.

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

**Don't know when or what supports are needed? Check out...**



### Respite- Lifecourse Nexus

includes tools such as:

- *Respite Guide*: Focuses on short breaks for caregivers
- *Integrated Supports Schedule for Respite*: Helps to determine where more support is needed
- *Integrated Support Star for Respite*: Helps think about the supports and resources available

★ Includes examples on how to use the tools!

★ What about those people being supported for which English is not the primary language?

LifeCourse tools are also available in Spanish! Simply navigate to [this page](#), then scroll down to view the desired resources.

The LifeCourse Nexus website can be read in countless languages! Although the tools only come in English and Spanish at this time, the language of the website can be changed by changing the preferred language in the top right dropdown box.



### **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](mailto:cawalton@pa.gov)
- BSASP – Heather Easley: [c-heasley@pa.gov](mailto:c-heasley@pa.gov)
- Central Region – 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 support SCs to enhance conversations?"**

- Review the tips at your monthly staff meetings
- Encourage SCs to use the resources discussed above- make them available for easy access!
- Lead by example and incorporate the principles/ tools in your meetings!
- Encourage SCs to utilize additional training resources:
  - attend the FREE monthly [LifeCourse Foundation webinar](#): Great for anyone looking for an introduction to Charting the LifeCourse!
  - attend the: [CtLC Skill Building Series](#) this fall to broaden your knowledge and practical skills.
  - attend the ODP Training: [Charting the LifeCourse: Applying Principles and Using Tools to Support a Good Life](#)