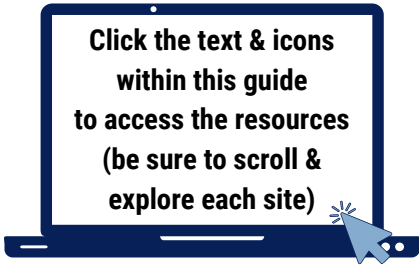






Connection Center





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


 **Check out these websites to access more resources**

- Office of Developmental Programs (ODP)
- Autism Services, Education, Resources and Training (ASERT)
- PA Developmental Disabilities Council (PADDC)

 **Watch videos on how to use the tools**

 **Speak directly with a mentor for assistance and to learn more**
PA Family Network (PAFN)

 **Speak directly with self-advocates using the resources in PA**
Self-Advocates United as 1 (SAU1)

 **Connect with a group working to support needs in your area of the state**
PA Regional Collaboratives

Guiding Questions & Answers

 **How can you increase YOUR independence?**

Use Charting the LifeCourse principles to support your vision for your future.
**LifeCourse principles and framework*

Decide where and how you want to be supported.
**Exploring Decision Making Supports*


 **What do you want and/or need in YOUR life?**

Know what questions to ask and at what stage in life.
**Experiences and Questions Booklet*

Identify what you need to support your goals in life.
**Mapping your 3 buckets*

Develop your vision for your future and prioritize your goals.
**Tool for Developing a Vision*

Plan the steps needed to reach your goal.
**Life Trajectory*

 **How do you control who is in YOUR support system?**

Determine who you care for & who cares for you.
Map out who you want to include.


- *Reciprocal Roles*
- *Mapping Relationships*

Explore possible supports that could meet your day to day needs.
**Supported Decision Making Options*

Explore current supports, identify gaps, or plan for future supports.
**Integrated Support Star*

Think creatively about the type of support you want in your life.
**Exploring Life Possibilities*

Actively engage in your health care and identify your health team.
**My Healthcare Team & Support Needs*

 **How can you share what YOU want and need?**

Create LifeCourse portfolios to share your tools with others.
**LifeCourse Portfolio*

- *Portfolio for Planning*
- *Portfolio for Exploring*

 **How will you self-monitor YOUR own progress?**

Track and monitor your own progress to recognize success with goals.
**Planning and Tracking Success*