pennsylvania
DEPARTMENT OF HUMAN SERVICES

Guiding YOUR Life Goals

Using Charting the LifeCourse Framework

Connection Center

Click the text & icons within this guide to access the resources (be sure to scroll & explore each site)

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

COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES PENNSYLVANIA STATE TEAM
charting the LIFECOURSE DEVELOPMENT PARTNER

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*