

What is My Support Packet and when should I use it?

- A resource for individuals and families wanting a voice in how you are supported
- Use it to help **increase independence** & **decide what you want** for your future
- Use it to **plan** for the future or **prepare** for a transition
- Use it to **organize important contacts** & resources in one place
- Use it to **identify who** you want to have in your support system and level of involvement needed

**** Charting the LifeCourse framework and tools are incorporated throughout the packet****

What is Charting the LifeCourse? & What can it do for me?

- Help people of all abilities and all ages **develop a vision** for the life they want
- Offer a way to think through and **map out what you want in your life**
- Help you think about what you need to know and do to **reach your goals**
- Help identify how to define and **develop your support system**
- Provide you with tools and resources that can help you **live the life you want to live**, the way you want to live it



Contents of Packet

Resource <i>(Click titles for tools)</i>	Description
<u>Important Contacts</u>	When guiding your own supports, it's important to keep a list of personal, community, and emergency contacts. This resource outlines important contacts that you may want to have readily available and offers a place for you to list and continue to update them as needed.
<u>Resources & Referrals</u>	This section of the packet organizes all resources and referrals in one place allowing you to record and update them for use as needed.
<u>Guiding Your Life Goals</u>	This is a resource that includes tips for taking charge of guiding your life goals. It includes the following three columns of information: <ol style="list-style-type: none">1. Websites with information, resources, and community groups who can assist in using Charting the LifeCourse tools and resources2. Questions that guide you to reach your vision for your future3. Tools and resources that will help you answer your questions
<u>Supporting the Life Domains</u>	This is an additional resource available to identify Charting the LifeCourse tools that will help support different areas of your life.

