

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

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

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

Why Should I Refer Someone to use Charting the LifeCourse?

- Supports **person centered planning** and **Everyday Lives**
- Helps families & teams have a **shared perspective** of an individual's vision for their life
- Assists in development of a **strong Support Plan** based on individual's personal goals
- Helps with knowing who an individual wants in **their support system**
- Puts the **planning in the hands of the individual and family**



My Support Packet Trainings and Resources

Resource	Description <i>(click titles and descriptions for links to resources & trainings)</i>
<u>Important Contacts</u>	This resource outlines a list of personal, community, and emergency contacts that are important for people to have readily available in order to increase independence.
<u>Resources & Referrals</u>	This section of the packet organizes all resources and referrals in one place allowing them to be recorded and updated for use as needed.
<u>Supporter's Guide to Resources & Referrals</u>	This is a guide <u>exclusively for supporters</u> . This guide offers a way to conceptualize the need for resources using Risk Domains and Life Domains. It also offers options/examples to help determine appropriate referrals.
<u>Guiding Your Life Goals</u>	This is a resource that includes tips for individuals wanting to take charge of guiding their 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 resources 2. Guiding questions to help an individual reach their vision for their future 3. Tools and resources that will help answer the guiding 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 a person's life.

