



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

3/25/18

Be MOre Aware: March is Developmental Disabilities Awareness Month

Planning Across the Lifespan

The Charting the LifeCourse Framework was created by families to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. Individuals and families may focus on their current situation and stage of life but may also find it helpful to look ahead to think about life experiences that will help move them toward an inclusive, productive life in the future. Core belief of Charting the LifeCourse Framework: "All people have the right to live, love, work, play and pursue their life aspirations in their community."

Families, individuals, and supporters can explore and navigate a variety of helpful tools, resources, and educational materials aimed at helping people plan for and achieve the lives they want at: <http://www.lifecoursetools.com/learning-materials/>

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH