



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

3/28/19

March is Developmental Disabilities Awareness Month

Planning with people who have intellectual/developmental disabilities is essential in helping them achieve the life they desire. Through the University of Missouri-Kansas City (UMKC), Charting the LifeCourse (CtLC) planning tools and resources are available to anyone involved in planning either for themselves or with others to reach their "Good Life." Individuals, family members, and others receive guided step-by-step instruction through recorded video modules that walk them through effectively utilizing CtLC tools and materials. To access the "Planning for a Good Life" training modules, create an account, and access the courses, go to: <https://www.lifecoursetools.com/charting-the-lifecourse-ddd-modules/>

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

MISSOURI DEPARTMENT OF MENTAL HEALTH