



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

3/22/21

March is Developmental Disabilities Awareness Month

Charting the LifeCourse Nexus

Charting the LifeCourse is a framework developed to help individuals and families of all abilities develop a vision and plan for a good life. The framework and tools help individuals and families 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, as well as look ahead to start thinking about life experiences now that will help move them toward an inclusive, productive life in the future. To learn more about Charting the LifeCourse and the planning tools, visit the [website](#) or connect on [Facebook](#).

www.dmh.mo.gov/dd
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