



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

3/22/22

March is Developmental Disabilities (DD) 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." Charting the LifeCourse is designed to be used for your own life, your family members or in the work you do. The framework and tools will help you organize your ideas, vision, and goals, as well as problem-solve, navigate and advocate for supports. Check out Lifecourse learning at [Charting the LifeCourse Learning](#).

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

MISSOURI DEPARTMENT OF MENTAL HEALTH