

Improving lives through supports and services that foster self-determination.

MO DDD & You:

An Introduction to the Charting the LifeCourse Integrated Supports Star for Planning

Information for Individuals & Families

Presented by:

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Webinar Agenda



- Charting the LifeCourse (CtLC)
- CtLC Planning Tool: Integrated Supports Star
- Examples of the Integrated Supports Star in use
- Additional resources

About Jane

- Mom of 3 sons, "Ben's mom"
- MO Partners 1999
- CtLC Nexus at UMKC-IHD, UCEDD
 - Product Development and Training



Outcomes for Today

- Briefly explain the Charting the LifeCourse Framework
- Explore the CtLC Principle of Integrated Supports
- Share examples of how you can use the Integrated Support Star tool

















Charting the LifeCourse Framework and Principles

CORE BELIEF

All people and their families have the right to live, love, work, play, learn, and pursue their life aspirations in their community.



Charting the LifeCourse Framework















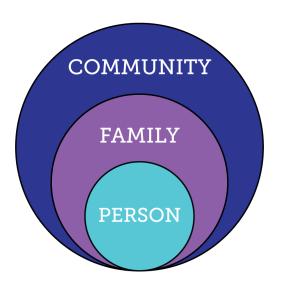


Integrated Supports Star

for Problem Solving and Exploring Options



Understanding Integrated Services and Supports



Person with No Formal DD Supports



Traditional Formal Supports



Integrated Services and Supports for All











Charting the LifeCourse Integrated **Supports Star**



PERSONAL STRENGTHS & ASSETS

Skills, personal abilities, knowledge or life experiences; Strengths, things a person is good at or others like and admire; Assets, personal belongings and resources

TECHNOLOGY

Personal technology anyone uses; Assistive or adaptive technology with day to day tasks: Environmental technology designed to help with or adapt surroundings



RELATIONSHIPS

Family and others that love and care about each other; Friends that spend time together or have things in common; Acquaintances that come into frequent contact but don't know well

COMMUNITY BASED

Places such as businesses, parks, schools, faith-based communities, health care facilities: Groups or membership organizations; Local services or public resources everyone uses

FLIGIBILITY SPECIFIC

Needs based services based on age, geography, income level, or employment status; Government paid services based on disability or diagnosis, such as special education or Medicaid





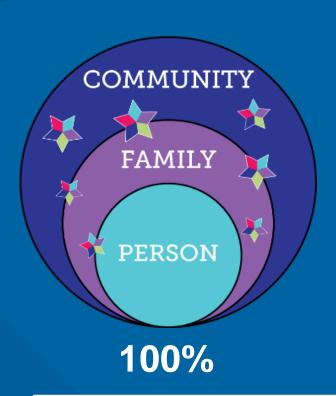








Relationship Supports



RELATIONSHIPS

Family:

People that love, care about, and are committed to each other

Friends:

People that enjoy spending time together, have things in common, and care about each other

Acquaintances:

People that come into frequent contact with the person but don't know them well.





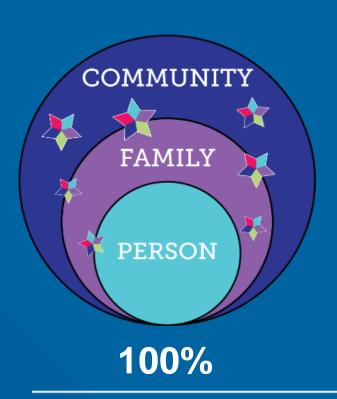








Personal **Assets and** Strengths



PERSONAL STRENGTHS & ASSETS

Strengths:

Things a person is good at or others admire or like

Assets:

Resources that are owned or can be accessed by the person

Skills:

Personal abilities, knowledge or experience













TECHNOLOGY

Personal Technology:

Common technologies used by anyone *

Environmental Technology:

Innovative technologies designed to help a person navigate or adapt their environment*

Assistive Technology:

Low-tech or specialized devices that assist a person with day-to-day tasks*



Technology Supports



100%













Places:

Businesses, faith communities, parks and recreation, health care facilities

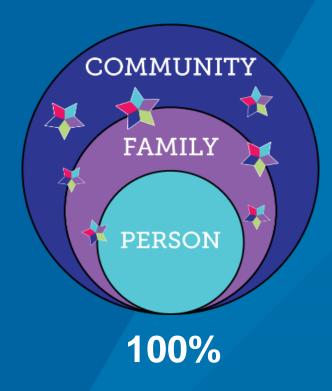
Groups:

Civic and membership organizations

Government Resources:

Local services, i.e.: public safety, legal, social programs

Community Supports















Eligibility Supports





ELIGIBILITY"SPECIFIC SUPPORTS

Disability Specific:

Supports received based on a diagnosis, ie: Special Education, Government Funded Disability Supports

Needs-based:

Supports based on age, gender, geographics, income level or employment status





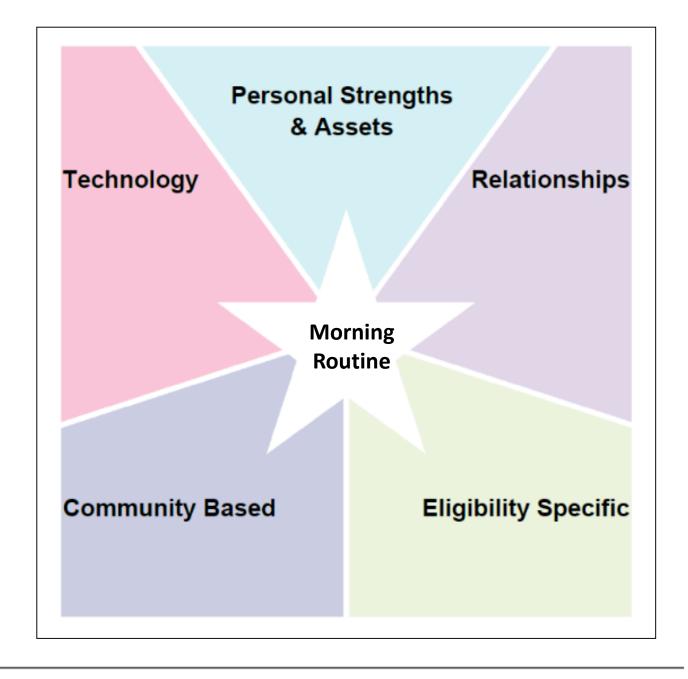








Daily Routine





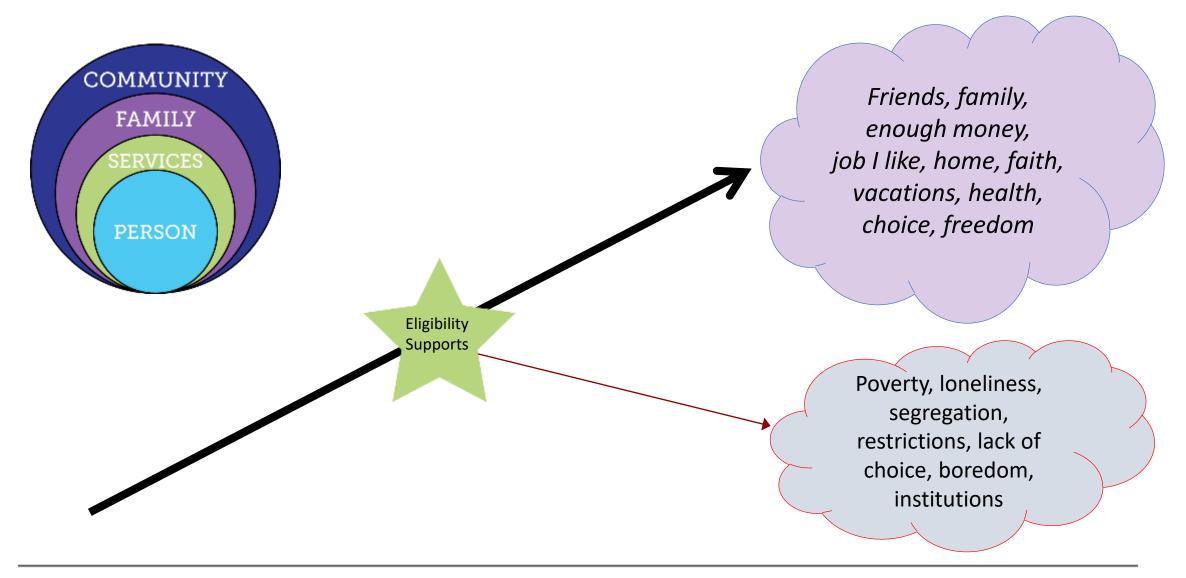








Relying ONLY on Eligibility Supports





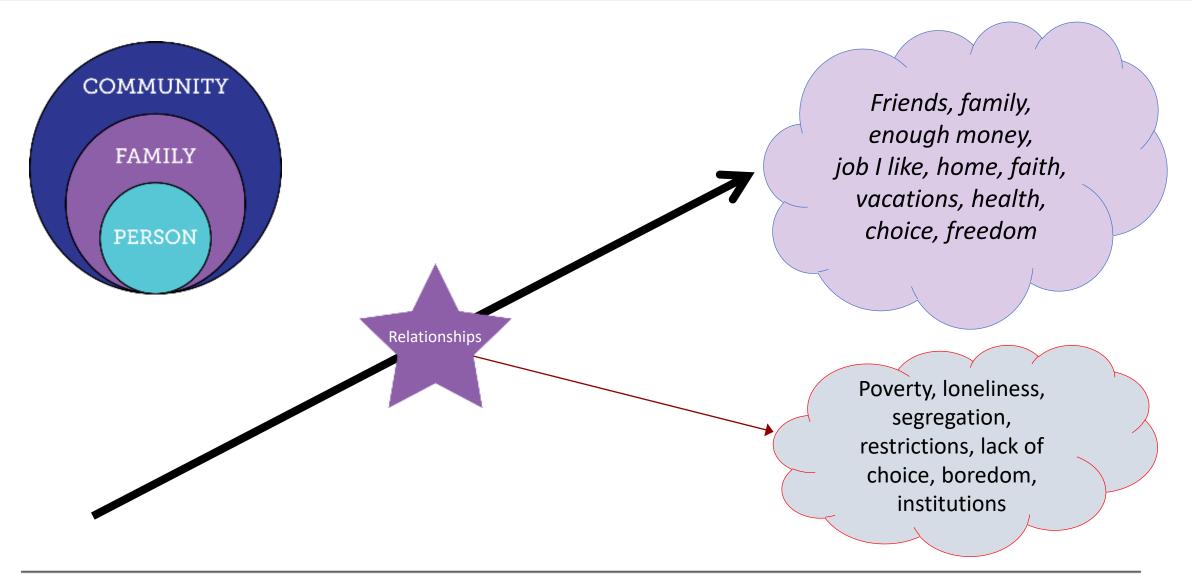








Relying ONLY on Family



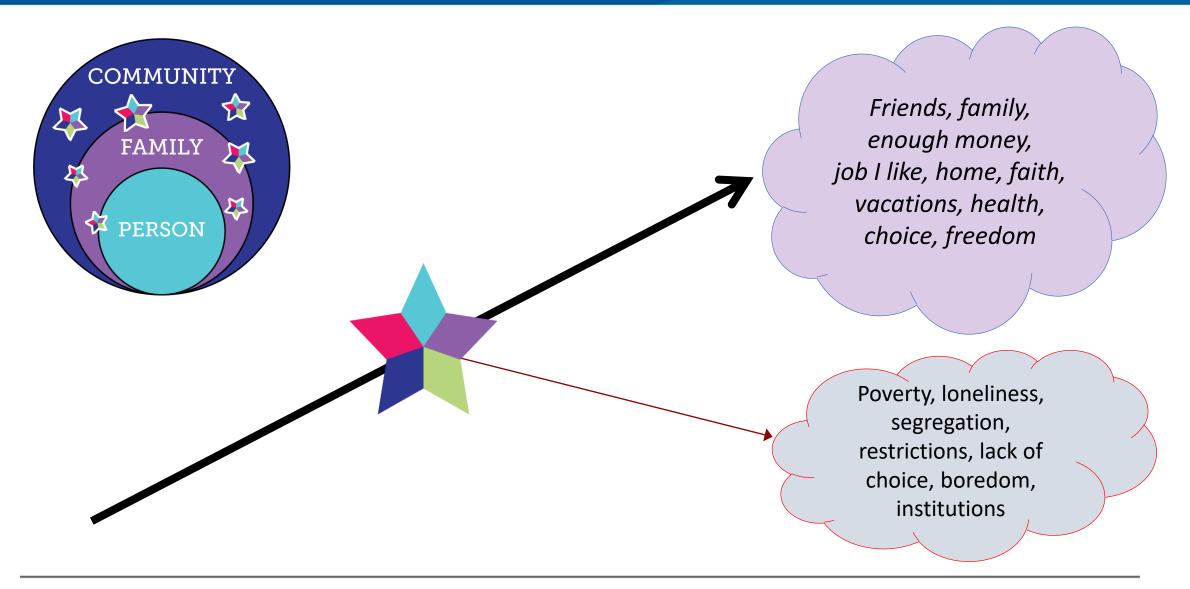








Integrated Services and Supports













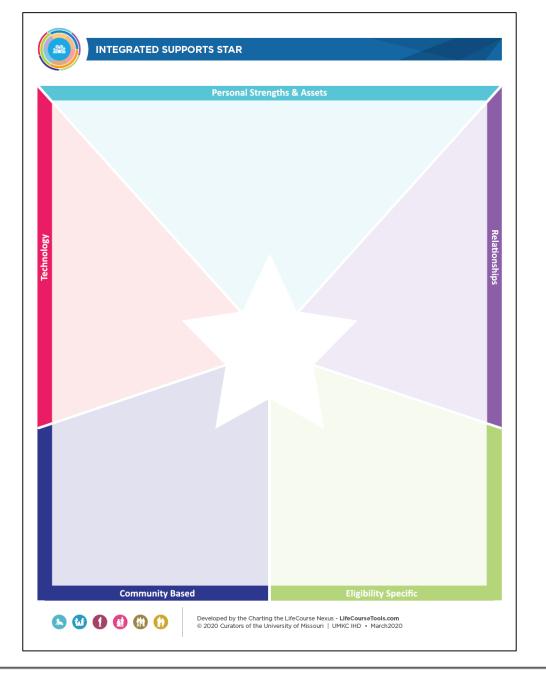


Applying the Principle of Integrated Supports



Integrated Support **Star Tool**



















Ways You Can Use the **Star Principle/Tool**

- **Exploring**
- Mapping/Identify gaps
- Problem-solving
- Planning
- Broad life or short-term goals
- Day-to-day activities











Planning a Ride to Work













Can I order something or

use

technology to make it?

Can someone I know help me?

Can I go out to eat at a restaurant? Local grocery store?

Do I need help paying for the food? Government programs?

Community Based

What am I going to eat for dinner?











Planning for Supporting Ben's Caregiver(s) if Parents Aren't Available

Inspired by thinking about possible COVID19 scenarios for our family, but can apply post-COVID as well.

Personal Strengths & Assets

Financial Help:

- -Life Insurance Tom's work (2x yearly salary)
- -Life Insurance Jane's Work (2x yearly salary)
- -Annuity XXXXXXXXX (Jane)
- -XXXXXXXXX Life Jane and Tom policies Notebook with lots of info - in Dining Room

Family Assets:

- -House is paid off
- -Ben Special Needs Trust
- -Family Living Trust
- -Savings account at XXX

Ben's Strengths:

- -Routine oriented
- -Very social people person
- -Likes to be active on the go
- -Understands more than you think about lots of things

If Ben's Parents

aren't available

-Helps with trash day and dishes

People who know Ben well:

Matt (twin brother) Zac (older brother)

Steve

Chad and Ericka

People to help plan/problem solve:

Sheli Reynolds Julie Reynolds Jenny Turner

Jenn
INFORMATION
for Caregiver

Matt Libbi

People who love and care about Ben:

Matt, Libbi, Zac

Fire Department - Brad, Cameron, Nathan, Balls, Matt Spohn

- -Ben is very well known in our local community
- -St Ann Catholic Church

-Has and uses iPad

occupy his time

-Doorbell/Indoor cameras

-Apple Music -helps calm him and

-Paid WWE Network subscription

-Uses FB Messenger to video chat

- -Membership at ES Community Center (they have some online activities during COVID)
- -Can ride the Omni bus around ES
- -ES Fire Department lots of supporters there, and when safe (post-COVID) volunteering there means the world to him

- -Medicaid Community Support Waiver Selfdirecting (mom is designated rep)
- -Support Coordinator with CHS Lisa Antonini
- -SSI mom is representative payee
- -Northland Therapeutic Riding Center

Community Based

Eligibility Specific





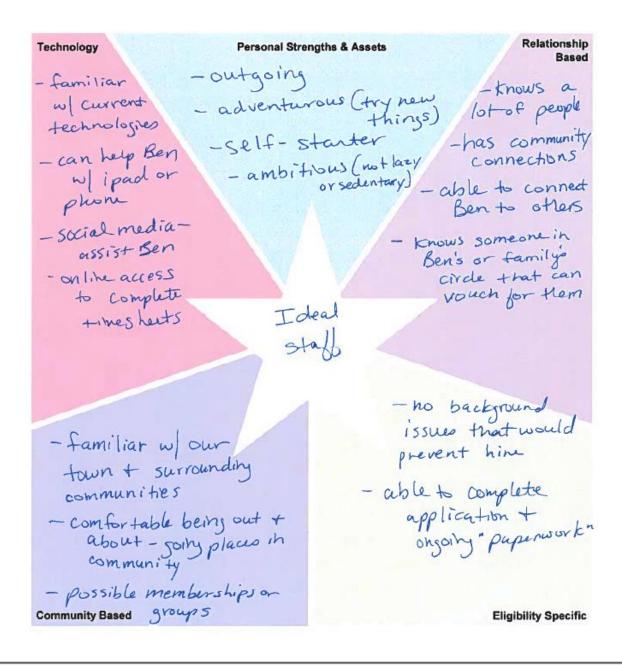






Integrated Star for **Hiring Staff**















INTEGRATED SUPPORTS STAR

Personal Strengths & Assets

- · Seek physical activity
- · Find excuses to change rooms frequently
- · Cook food that is new to you
- Learn a new skill or craft
- Make a wish list of "if I only had _____ min. to myself" ie.: 15.: 30.: 60. a day etc. Be ready to execute your list as able
- Put positive memories in a jar and pull out as
- · Create videos to share with others online
- Your child's abilities:
 - -can stay alone/in another room for short time -not a wanderer

Respite Resources

and Ideas for

Short Breaks

during COVID19

People who can provide short breaks by doing any of the following with your child: video chatting, social distancing in the yard, texting or calling, playing video games online, etc.

- Immediate or extended family members
- Friends
- Teachers, coaches
- Co-workers
- Other caregivers
- Faith based community
- College students

- Electronic reminders
- Schedule to reduce anxiety
- Remote monitoring for short periods
- Cell phone/Texting increase communication options for all
- Virtual conferencing
- iPad educational/life skills
- Virtual vacations for both
- Online classes or training Virtual Happy Hour after child's bedtime

- Online special interest groups (crafts, hobbies, sports)
- Meetup groups online
- Faith-based resources online services or groups
- Volunteering together VolunteerMatch.org to find online opportunities
- Get involved in a volunteer project you can do from
- Community Centers or Parks and Rec hosting online fun activities or exercise classes

- Medicaid, Medicaid waiver, SSI, SSDI
- · Family care homes or host homes
- · Home-based service programs
- Self Directed Support Personal Care Assistant (PCA); Family as paid caregiver
- CCtLPersonal Care Assistance Agencies
- · State lifespan respite care programs
- Older Americans Act
 – Family Caregiver Support Program
- Respite voucher
- · Consumer Directed Support

Community Based













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Charting the LifeCourse ()















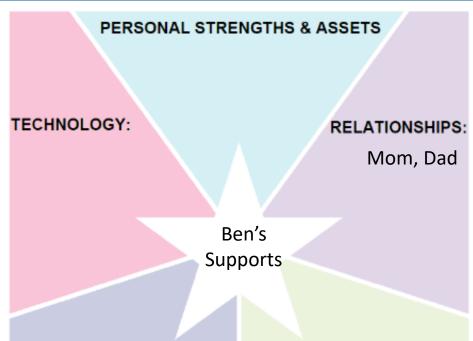
Respite Resources and Ideas during COVID19



LifeCourse Star to Calendar



Ben - BEFORE Integrated Supports



COMMUNITY BASED:

ELIGIBILITY SPECIFIC

DDD Self-Directed

waiver PCA staff;

Medicaid; Special

Needs Trust



Long Term Service and Support Needs Time Mon Thurs Sat Tues Sun 6-6:30 AM 6:30-7 AM Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day 7-7:30 AM 7:30-8 AM 8-8:30 AM 8:30-9 AM 9-9:30 AM Parents are weekend support 9:30-10 AM 10-10:30 AM 10:30-11 AM 11-11:30 AM 11:30-12 PM Weiver Self-Directed PCA 12-12:30 PM 12:30-1 PM 1-1:30 PM 1:30-2 PM 2-2:30 PM 2:30-3 PM 3-3:30 PM 3:30-4 PM 4-4:30 PM 4:30.5 PM 5-5:30 PM 5:30.6 PM 6-6:30 PM 6:30-7 PM Mom and Dad provide all support, including meals, transportation and support for activities, etc. 7-7:30 PM 7:30-8 PM 8-8:30 PM 8:30-9 PM 9.9:30 PM 9:30.10 PM 10 PM-6 AM Mom and Dad are overnight staff

Ben - AFTER Integrating Supports

PERSONAL STRENGTHS & ASSETS

Able to stay home alone for up to an hour; has & can use i-pad;

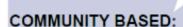
Ben's

Supports

TECHNOLOGY:

i-pad when home alone; digital watch RELATIONSHIPS:

Mom, Dad, Matt, Zac, Ali, Chad, Ericka, Roy, Carol, Nick, Spohn,



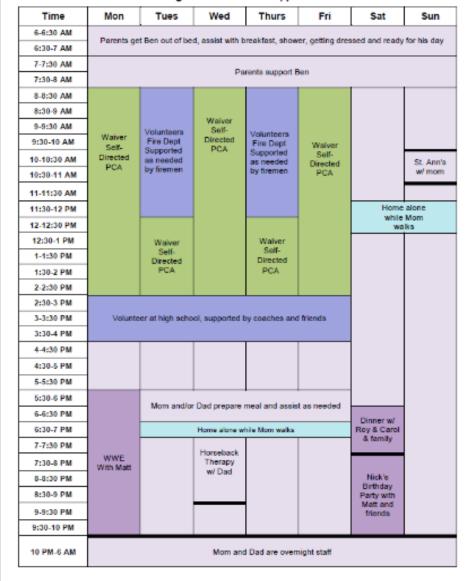
Firemen at ESFD; coaches & staff at ES high school; Omni bus;

ELIGIBILITY SPECIFIC

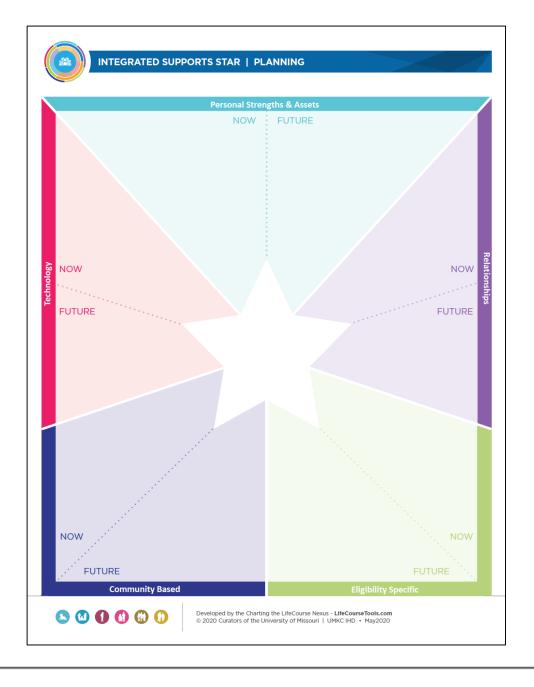
DDD Self-Directed waiver PCA staff; Medicaid; Special Needs Trust



Long Term Service and Support Needs



Split Star -**Planning for NOW** and **FUTURE**















Starter Stars (cheat sheets)





INTEGRATED SUPPORTS STAR | HEALTHY LIVING

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.

Personal Strengths & Assets for Supporting Healthy Living

- · Communicates with doctors and other medical professionals Knowledgeable about own disability or special
- healthcare needs Knows how/when to seek help for health issues
- Understands changes as body becomes adult, and has well woman/man checkups
- Manages (or helps manage) own medication and other healthcare needs
- · Understands health risks associated with smoking, drinking, drug use, unprotected sex
- Knowledge and/or ability to plan/execute healthy meals; eats a healthy diet
- · Gym membership/exercises regularly/rides bike
- Has health insurance
- Medical home

- Doctor
- Family member or school staff implement therapy
- · Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)

Chat with a

- Pill-minders
- nurse/nurseline
- Tele-medicine
- Web-MD
- Fit-Bit/Nike Fuel
- Exercise equipment (ie treadmill)
- Health/fitness apps for ipad
- Smart Toothbrush

Nurses

HEALTHY LIVING SUPPORT **OPTIONS**

- Gym membership
- Community Centers
- Neighborhood/City Pool
- · Community Health Centers
- Health fairs
- Family/General practice providers
- YMCA
- Neighborhood pharmacy

- Center-based therapies
- Special/institutional medical care
- Special Olympics Healthy
- Medical home
- Individualized Health Plan

(PT, OT, Speech, etc)

- Home/community based
- therapies
- Communities Initiative









Community Resources for Supporting Healthy Living

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INTEGRATED SUPPORTS STAR | EMPLOYMENT

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for employment.

Personal Strengths & Assets for Reaching Job/Career Goals

- · Has chores and responsibilities at home or school
- Uses alarm to wake up and get ready for school or
- · Knows how to access and use public transportatio
- · Has had summer job or other work experience
- · Able to communicate needs
- Uses a debit card

EMPLOYMENT SUPPORT

OPTIONS

- · Job shadow family member
- Spend day with friend at their college or trade school
- Ask family friends, teachers what kind of job they think you would be good at
- Start carpool or ride co-op
- Ask neighbors, friends or family about doing odd jobs for them
- Ask same age peers about their summer or part time jobs
- · Ask friends and family about jobs or education plans after high school

· Visit businesses to learn about jobs

Visit colleges or technical schools

Online resume builders

Social media to connect

and search for jobs

skills or stay safe

Vehicle or home

to keep track

of schedule

Calculator

Apps to help learn job

modifications Calendar

Alarm clock or app

Electronic reminders

Direct deposit and

automatic bill pay

iPad or smart phone

Computer

Online classes

- Attend career day or job fair at school or in community Talk to school counselor about your job interests
- . Go to bank and open a student or joint bank account Explore local transportation options
- Learn to use public transportation
- · Participate in community theater, after school clubs, sports, scouts, boys/girls clubs

- Vocational Rehabilitation or Independent Living Centerfor job exploration or assistance
- Area Career Center for job interest and skill assessment IEP or Transition plan to learn skills and work experience
- IEP to develop a Circle of Friends
- · Agencies or providers who offer social skills
- Special Olympics or Challenger sports programs
- Disability specific social groups
- DDD system personal care supports
- Job coaching











Community Resources for Reaching Job/Career Goals



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INTEGRATED SUPPORTS STAR | RESPITE

This star will help families and individuals think about supports and resources available in each of the star categories that could help make respite possible or a better experience.



- Ability to dial 911
- Doesn't wander
- Knows/communicates address
- · Ability to use public transportation
- · Money to pay for respite

· Medical Alert or Safety ID Remote monitoring

- · Smart device (phone or tablet) Computer
- · Facetime, Skype, Duo, or other video conferencing app

· Special Interest Groups (crafts,

· Parks and recreation, community

hobbies, sports)

· Public transportation

Faith-based resources

· Parent/family cooperative

· Sitter-companion services

Meetup groups

Schools

Camps

· GPS locator

· Immediate or extended family members

- Friends Volunteers/Mentors/ Interns Teachers, coaches
- Spiritual leaders and fellow worship congregants
- · Co-workers, employers, and carpool participants
- Other caregivers

RESPITE SUPPORT **OPTIONS**

Medicaid, Medicaid waiver, SSI, SSDI

- Rehabilitative services
- · Center-based respite, ie: adult day
- Family care homes or host homes
- · Home-based service programs
- · State lifespan respite care programs
- · Older Americans Act Family
- Caregiver Support Program
- Respite voucher
- · Consumer directed respite









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INTEGRATED SUPPORTS STAR | SUPPORTED DECISION-MAKING

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.

Decision Making:

· Ability to communicate wants, needs, and wishes (traditional, sign, gesture, communication device)

Money Management::

Understands concept of money

Personal Safety:

- Knows address, phone, other contacts
- Carries ID
- · Disaster or Emergency Plan
- · Ready bag for emergencies

- Decision Making: Smart Phone
- Telephone Computer

Money Management::

- Online Banking
- Debit Card

Personal Safety:

Decision Making:

- GPS Enabled Device
- Personal Safety Device
- Remote Monitoring

· Computer or Electronic

SUPPORTED DECISION-MAKING

OPTIONS

Decision Making:

- Personal Contract or Agency Agreement
- · Power of Attorney -General
- · Power of Attorney for Health Care
- Supported (Shared) Decision Making

Money Management::

Joint Bank Account

Personal Safety:

 Close Family & Friends

- Medical Advisors (Doctor, Nurse)
- · Clergy or Life Coach
- Financial Advisors
- · Educational Advisors (Teacher. Counselor)

Money Management::

- · Limited Bank Account
- Direct Deposit
- Automatic Bill Pay

Personal Safety:

- Neighbors Police
- Fire
- · Emergency Medical Responders

Community Resources for Supported Decision-Making

Personal Safety:

Trust

Decision Making:

Service Coordinator

· Plenary or Limited

Guardianship

Money Management::

ABLE Account

 Personal Care Attendant/Direct Care Worker

 Representative Payee for SSI, SSDI, VA or other benefits

Supplemental Special Needs

· Adult Protective Services





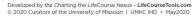














Keep These Things in Mind when Using and Sharing the Star

- The Integrated Supports Star helps organize and generate ideas.
 Use the actual tool or just remember the five points of the star during your planning and problem-solving (you can always use your fingers)
- Use the Star for making day-to-day decisions or for planning for the future. It can also help when having conversations about new ideas or hard to talk about topics.
- There is no wrong way to get started or right/wrong place to put your ideas.
- It is designed to expand your ideas and help you see how to leverage and connect different types of support.









Other Things to Consider...

- Completing the star for the sake of completing the form should never be the goal. It is designed to help you have interactive conversations and visually organize your thoughts.
- Be mindful that any conversation about someone's life or future is very personal. It is important to recognize and be responsive to the diversity of experiences, situations and reactions when planning.











Final Thoughts

- Try using the Integrated Support Star either in your own life or in your professional role
- Don't worry about "doing it wrong" throw the dart!
- Think of different ways the star could be used
- Explore the website - lifecoursetools.com
 - Navigate to the LifeCourse Library and the drop down will lead you to all the tools, videos, and educational materials











CtLC Statewide Chapter | Good Life Groups

Good Life Groups

 Interactive monthly peer learning for self-advocates and families to explore real-life topics, hands-on problemsolving and ideas for navigating supports

Statewide Virtual Good Life Groups

- LifeCourse Blast Off: Early Childhood Focus
- LifeCourse Launch: School Age and Transition to Adulthood
- LifeCourse Planning Forward: Adulthood to Aging
- LifeCourse Adult Siblings Good Life Group

Register at the link below!

https://linktr.ee/mofamilytofamily



Blast Off with LifeCourse is today! Bring your lunch and come chat with other parents about how to build and encourage social activities and connections for your child.

Register at linktr.ee/mofamilytofamily















Contact Mo Family to Family

Phone:

1-800-444-0821

Email:

MoFamilytoFamily@umkc.edu

THANK YOU!













QUESTIONS?



Next MO DDD & You Webinar



Mark your calendar now!

The next "MO DDD & You" webinar is scheduled for

June 28, 2022

12:30pm – 1:00pm



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

Thank You