



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

10/24/22

### **National Disability Employment Awareness Month Daily Life and Employment**

Preparation and planning are essential steps towards supporting individuals with life transitions. Employment is an important part of adulthood as it provides opportunity to increase one's self confidence, quality of life, wellness, social relationships and financial resources. As one of the Social Determinants of Health, the importance of employment planning and preparation is an essential piece of every individual's person centered planning.

Charting the Lifecourse, developed by families for families, provides several tools and resources to assist with exploring, planning and developing goals related to Daily Life and Employment. To learn more about [Charting the Lifecourse](#) and tools specific to employment planning, visit [Daily Life and Employment](#).

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)  
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MISSOURI DEPARTMENT OF MENTAL HEALTH