



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

10/16/24

### **National Disability Employment Awareness Month (NDEAM)**

#### 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 an 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](#).



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