

## CONNECTICUT BLANK FORMS

**Integrated Supports:** In the past, conversations about supports for people with disabilities mainly revolved around the supports offered by the disability system. LifeCourse Planning helps individuals and families access an array of integrated supports to achieve an envisioned good life, including those that are publically or privately funded and based upon eligibility; community supports that are available to anyone; relationship-based supports; technology, and supports that take into account the assets and strengths of the individual and family. LifeCourse Planning helps everyone realize that we ALL need an array of supports in our lives daily.



[CT Integrated Supports Star 1-page -fillable.pdf](#)

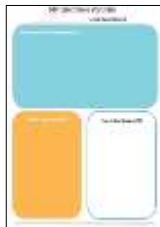


[CT Integrated Supports Star Current-Future-fillable.pdf](#)

**Personal Profile:** Planning works best when individuals and families are able to successfully communicate to others about what is most important in the person's life. Use of the One-Page Profile provides an at-a-glance way of knowing what really matters to the person, and can be taken with them as they move through services and come into contact with different people. The Personal Profile helps others to understand what to pay attention to and what works best to create positive change for the person.



[CT Supports and Services Portfolio - fillable.pdf](#)



[CT Services & Supports Portfolio with Signatures-](#)  
(printable only)

### **"Before" and "After" LifeCourse Planning**

Everyone uses a variety of community resources and supports to get through their day-to-day routines and everyday lives. The **Supports and Services Schedule** can be used to help you visualize and plan:

- Current community activities and supports an individual utilizes or participates in.
- Identify what community resources and supports may be needed for the individual to pursue additional interests and life goals.
- To plan a weekly schedule.

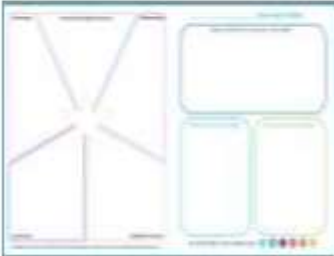
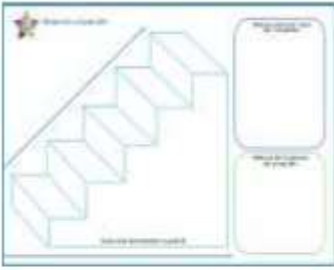
This is a visual representation of an individual's daily activities and supports **"before"** – when all support was provided by the parents and the disability system, and **"after"** when LifeCourse Planning was applied to the individual's life to include greater community participation and involvement using both natural and formal supports.



[CT LifeCourse Planning Before & After.pdf](#)



[CT Weekly Blank Schedules.pdf](#)



## [Connecticut Individual Plan Portfolio \(IP\)](#)

[https://portal.ct.gov/-/media/DDS/lifecourse/CT\\_IP\\_Portfolio.pdf](https://portal.ct.gov/-/media/DDS/lifecourse/CT_IP_Portfolio.pdf)



## NATIONAL BLANK FORMS



### **LifeCourse Tools Menu- English Version**

[www.lifecoursetools.com/wp-content/uploads/Life-Course-Toolkit-Menu-updated-February-2017.pdf](http://www.lifecoursetools.com/wp-content/uploads/Life-Course-Toolkit-Menu-updated-February-2017.pdf)



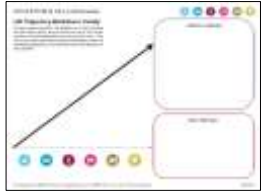
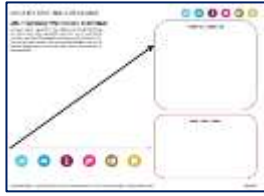
### **LifeCourse Tools Menu- Spanish Version**

[www.lifecoursetools.com/planning/kit-de-herramientas-de-lifecourse](http://www.lifecoursetools.com/planning/kit-de-herramientas-de-lifecourse)



### **Vision Planning Tool**

<http://www.lifecoursetools.com/wp-content/uploads/Vision-Planning-Tool-updated-february-2017.pdf>



### **Life Trajectory Worksheet: Individual and Family**

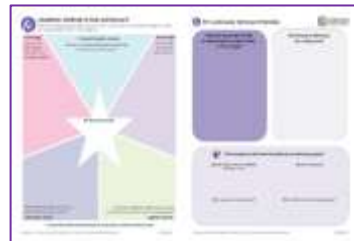
LifeCourse Planning helps families to envision what matters most. The “Charting the LifeCourse Experiences and Questions Booklet” can help families to make sure that the right questions are asked on behalf of their loved one. Use of the LifeCourse “Tools for Developing a Vision” form and the “Life Stages Trajectory” form can help both the person and his or her loved ones to prioritize what is most important and to help guide decisions about current and future life experiences that will help move the person toward an inclusive, productive life in the future. [www.lifecoursetools.com/wp-content/uploads/Life-Trajectory-Worksheet](http://www.lifecoursetools.com/wp-content/uploads/Life-Trajectory-Worksheet)



### **Exploring Life Possibilities**

[https://portal.ct.gov/-/media/DDS/lifecourse/Exploring\\_Life\\_Possibilities.pdf](https://portal.ct.gov/-/media/DDS/lifecourse/Exploring_Life_Possibilities.pdf)

## **Additional LifeCourse Portfolios**



### **My LifeCourse Advocacy Portfolio**

Developed in partnership with the LIFE Ability Center, Adair County SB40 board, to help self-advocates and family leaders think through the skills and experiences needed to advocate effectively for their good life, for other people/families, and for large scale change. October 2016



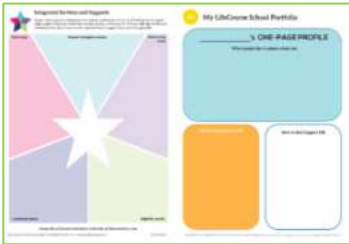
### **My LifeCourse Healthy Living Portfolio**

Developed in partnership with Eitas, this portfolio was developed to help Community Health Workers support individuals with I/DD to accomplish their goals for a healthy life. August 2016



### [\*My LifeCourse Employment Portfolio\*](#)

Developed in partnership with LOQW/County Connections, this portfolio was developed to help employment professionals help the individuals they support, as plan for employment goals. September 2015



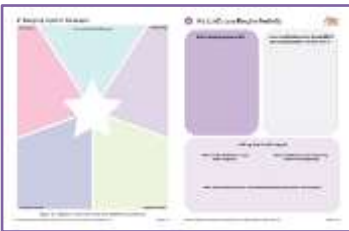
### [\*My LifeCourse School Portfolio\*](#)

Piloted by Abilities First, in Springfield, MO, this portfolio was developed specifically for school-age children and their families to help them work with school staff. March 2016



### [\*My LifeCourse Planning Portfolio for Individual Support Plans\*](#)

Developed in partnership with LOQW/County Connections, this portfolio was developed to help providers prepare the individuals they support, as well staff, for the annual ISP planning meeting in accordance with the new CMS Rules for person-centered planning. December 2015



### [\*My LifeCourse Respite Portfolio\*](#)

Developed in partnership with the ARCH National Respite Network's LifeCourse Advisory Group, this portfolio is meant to help family caregivers and those who support them create a plan to access the short breaks needed for their family.

### *More My LifeCourse Portfolios:*

<http://www.lifecoursetools.com/lifecourse-portfolios>

#### **LIFECOURSE TOOLS**

Lifecoursetools.com is a project of **Missouri Family to Family**. Missouri Family to Family is housed within Missouri's University Center for Excellence in Developmental Disabilities Education, Research and Services (UCEDD) at the **University of Missouri–Kansas City Institute for Human Development**





## Integrated Supports Cheat Sheets

Below are examples of Integrated Supports for each Life Domain that have been filled in with ideas to get you started. The possibilities are really endless once you begin thinking about all different types of supports you use to help you problem-solve and troubleshoot your life!



**DAILY LIFE**



**EMPLOYMENT**



**COMMUNITY LIVING**



**SAFETY & SECURITY**



**SUPPORTED  
DECISION-MAKING**



**HEALTHY LIVING**



**RESPITE OPTIONS**



**SOCIAL &  
SPIRITUALITY**



**CITIZENSHIP  
& ADVOCACY**

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