

CHARTING the LifeCourse



Integrated Supports

People need supports to lead good lives. 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 a good life.

Technology

Technology is going to be important to help people SAFELY get the things they need and to stay connected while following social distancing rules

It's hard for some cope when routine is broke - will a visual schedule help?

How do you use technology to: socialize and stay connected, explore, shop, for entertainment, manage your health and mental well-being?

Zoom- Phone - Tablet/Ipad- Social Media - Youtube - camera- Kindle/E-reader - video games -

Facebook Live

Personal Strengths & Assets

YOU are your greatest Asset! It's important to remain safe & practice self-care. Try to **spread out activities** so you don't get "burned out" or bored.

Focus on what you can control

Be Productive! (organize a room- work from home- create a new schedule/routine - and try to stick to it)

Exercise (Dance Party!-Yoga-take a walk-work in yard- Hoop Hoop if you're fancy)

Check in with yourself & others

Create or Make Something!
(Draw-paint-craft-Make a card-Cook a new meal-Write a song/poem/ letter/ story-Make & send a video message-create music PLAYLISTS)

Relationships

Schedule Virtual Dates with Friends/Family - using Facetime, Skype, video Messaging

Join an online social group - or make one!

Enjoy Quality time with your pet

Focus on your relationship with yourself! Try a new look!

Have a Home Spa day!

manicure!

Social Distancing

Foster a Pet - from local shelter

Take a Virtual National Park Tour

TRY Book Downloads

Virtually Attend:

Online Worship Service
Online Grocery service
Online Lesson Plan
Exercise class
Meditation Class

Visit a park - while social distancing!

Community Based

Department of Health and Social Services-Division of Developmental Disabilities Services are operating

Check in with your Community Navigator - Support Coordinator - or Care Coordinator

Many DDDS Authorized Providers are sharing resource online and helping connect families to families

DE Help Line: dial 211

Eligibility Specific

Access the Life Course framework and tools at lifecoursetools.com