



QUARTERLY CONNECTION

brought to you by the Supporting Families' Supports Coordination Innovation Workgroup

Introduction

This issue will share how to access tools to help guide and facilitate conversations with all people. These tools can be used any time throughout the year but may be particularly helpful such as when meeting the person/ family for the first time, at monitoring, during Annual ISP meetings, when problem solving, or during a time of transition.

The LifeCourse tools are organized by different life domains as well as life stages. You should consider what domain and/or life stage is applicable and important to the person being supported when choosing a tool to use or beginning a conversation.

What are Life Domains and Life Stages?

Life Domains are the different aspects and experiences that we all encounter as we age and grow.

Life domains help us think about our current experiences as well as thinking about what we want to have so we can live our good life.

Life Stages are the ages we go through as we learn and grow from infancy to adulthood.

Our experiences in each stage build upon one another preparing for future life stages.



Click here...

and scroll down to locate the Life Course Infographic (to the right) and the Taxonomy (Life Domains/Sub-Domains/Topics)



Daily Life & Employment

What a person does as part of everyday life— school, employment, volunteering, communication, routines, life skills.



Community Living

Where and how someone lives— housing and living options, community access, transportation, home modifications.



Healthy Living

Managing and accessing health care and staying well— medical, mental health, behavior, developmental, wellness and nutrition.



Safety & Security

Staying safe and secure— emergencies, well-being, guardianship options, legal rights and issues.



Social & Spirituality

Building friendships and relationships, leisure activities, personal networks, faith community.



Advocacy & Engagement

Building valued roles, making choices, setting goals, assuming responsibility and driving how one's own life is lived.



Prenatal/ Infancy

From conception through the earliest years of life or babyhood.



Early Childhood

The time in a child's life before they begin school full time.



School Age

The years from kindergarten through middle school.



Transition to Adulthood

Moving from childhood to young adulthood and from school to adult life.



Adulthood

Period of time after we transition from school years through the time we begin entering our golden years.



Aging

The golden years are when we begin to slow down and experience many age- related changes.

What are Sub-Domains?

Every Life Domain has 3 sub-domains which are more specific in nature. For example,

 Safety & Security Staying safe from abuse, exploitation and injury; Preparing for emergency or disaster situations; legal rights with regard to decision making, end of life, and other legal issues.	 Personal Safety	<ul style="list-style-type: none"> • Free from Threat, Harm or Crime • Internet, Social Media and Technology Safety • Preventing Personal Injury (falls risks, hazards, self-harm) • Awareness and Prevention of Bullying, Abuse, Neglect and Exploitation • Accessing Child and Adult Protective Services and Elder Justice
	 Public Safety	<ul style="list-style-type: none"> • Safe Housing, Roads, Communities and Environments • Law Enforcement and First Responders (911, fire fighters, EMTs) • Crime, Violence and Social Disorder Prevention • Emergency and Disaster Preparedness (planning, registries) • Weather, Flooding and Fires
	 Legal & Financial	<ul style="list-style-type: none"> • Criminal and Legal Justice (rights, discrimination) • Legal Services and Protections • Advance Planning and Decision-making Support • Financial Literacy (budgeting, investing, savings) • Personal Finance (income, benefits, wills/trusts, ABLE accounts)



A wonderful source to use when meeting with people is the **Experiences and Questions Booklet** (the Blue Book). The Blue Book can be used as a guide for conversations; it includes questions not only specific to all life stages and domains but questions that you might ask to get a conversation started. The questions are categorized by Life Domains with specific questions for each sub-Domain and Life Stage.

[Click here](#)



Life Domain Kits are also available. These are specific to: Abuse Awareness & Prevention, Employment, Healthy Living, Respite, and Supported Decision-Making. These kits include tools to help explore what supports a person needs, what a plan for the specific area may look like and how to make it happen. Each kit includes several portfolios and/or additional resources as well to help the team support the person so that they can live their good life at any life stage.

[Click here](#)



Also available on the LifeCourse Nexus are 4-page **“Quick Guides”** specific to Life Stage. It includes the questions available in the Blue Book but only for that specific Life Stage. Additionally, these booklets include a section on Services & Supports and the Family Unit.

These can be located and downloaded here when you scroll down.

[Click here](#)

More Resources

Want to learn more?

Come to SAU1 events and PAFN workshops! It's better learning together!
It's an opportunity to get more resources and make some community connections!
These events are open to anyone including SCs! (See links below)

Upcoming Events:



Hosted by the PA Family Network:
Vision for Equality Events Calendar

To view the events,



[Click here](#)



Hosted by SAU1:
SAU1 Events Calendar

To view the events,



[Click here](#)



MyODP

2024-2025 Charting the LifeCourse:

Applying Principles and Using Tools to Support a Good Life



[Click here](#)

What would you like to hear about using CtLC?



Please contact Nancy Hampson at
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Past SC Quarterly
Connections
can be found on MyODP
[here.](#)