# CHARTING the life course



### **Integrated Services and Supports**

People need supports to lead good lives. Using support from lots of different sources helps to create a full, inclusive life that's not limited to, or defined by, paid services. Use this form to help identify sources of support and personal strengths to reach a specific goal or larger vision.

## My Goal: Have a Good Life with Social Distancing

### **Personal Strengths & Assets**

- To remain safe and practice self care, I can:
- Follow health and community guidelines.
- Exercise (dance party, yoga, walking, games).
  - Journal (written or video)

• Create art.

- · Learn to bake something new.
- Brainstorm ideas with others.
- Focus on what I CAN control.

Personal **Relationships** (family, friends, others I know)

 Enjoy quality time with other people (and pets) in my life.

- Send short videos saying hello to friends and family.
- Touch base with teachers & therapists.
- Create boundaries as needed.
- Write letters or emails.
- **Sources of Support** to Reach My Goal
- Virtual library services to download
- books, magazines, music, movies.
- Visit a virtual museum, park, zoo.
- Attend online worship services, exercise class, art class, meditation, town hall meetings.
- Visit a park or walk in the neighborhood, keeping at least 6 feet from others and wearing a mask.
- · Find safe ways to help my neighbors.

**Community Based** (free and low-cost resources in my community)

> **Informing Families** Today and Tomorrow

Informing Families is a collaboration between the Washington State Developmental Disabilities Council (DDC), Developmental Disabilities Administration (DDA) and other partners throughout the state. We offer trusted news and information that empowers individuals and families to be active participants in planning and creating opportunities to live a full, inclusive life. Sign up here: www.informingfamilies.org/news.

#### Technology (devices, apps, equipment)

- Connect with friends & family, using apps, text, and phone calls.
- Use technology for shopping exploring, entertainment, managing health, listen to music.
- Apps: FaceTime, Facebook Live, Skype, What's App, Zoom, Instagram.
- · Create a daily schedule on iPad or on my computer or smartphone.
- Learn how to use new technology.
- Using calming/ meditation apps or music for mental health
- · Host watch parties on Netflix or Facebook
- Watch How-to videos on YouTube.

- Telehealth for mental health counseling
- DDA waiver or Community First Choice for Assisitve Technology
- DDA wavier for (virtually adapted) community engagement services.
- School--materials, technology resources.

**Eligibility Specific** (paid services and benefits)

