



Developed and offered
collaboratively between the
Office of Developmental
Programs and
Huntingdon/Mifflin/Juniata
Regional Collaborative

Charting the LifeCourse in the Here and Now - A Presentation for Paraprofessionals

Meet Your Presenters



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DEPARTMENT OF HUMAN SERVICES

Cortney McCaleb,
Human Services Program
Representative Supervisor



Kelly Barley Arnold,
Human Services
Program Representative

- Explain the origin of the National Community of Practice and the components of the LifeCourse Framework.
- Understand how to apply the LifeCourse framework, principles, and tools within the context of the school environment, specifically, in the Healthy Living and Safety and Security Life Domains.



- Identify resources to support students within the school environment.

Transitional Change

- “Retooling” the system and its practices to fit the new model
- Mergers, consolidations, reorganizations, revising systematic payment structures
- Creating new services, processes, systems and products to replace the traditional one

Transformational Change

- Fundamental reordering of thinking, beliefs, culture, relationships, and behavior
- Turns assumptions inside out and disrupts familiar rituals and structures
- Rejects command and control relationships in favor of co-creative partnerships

Growth Disguised as Destruction



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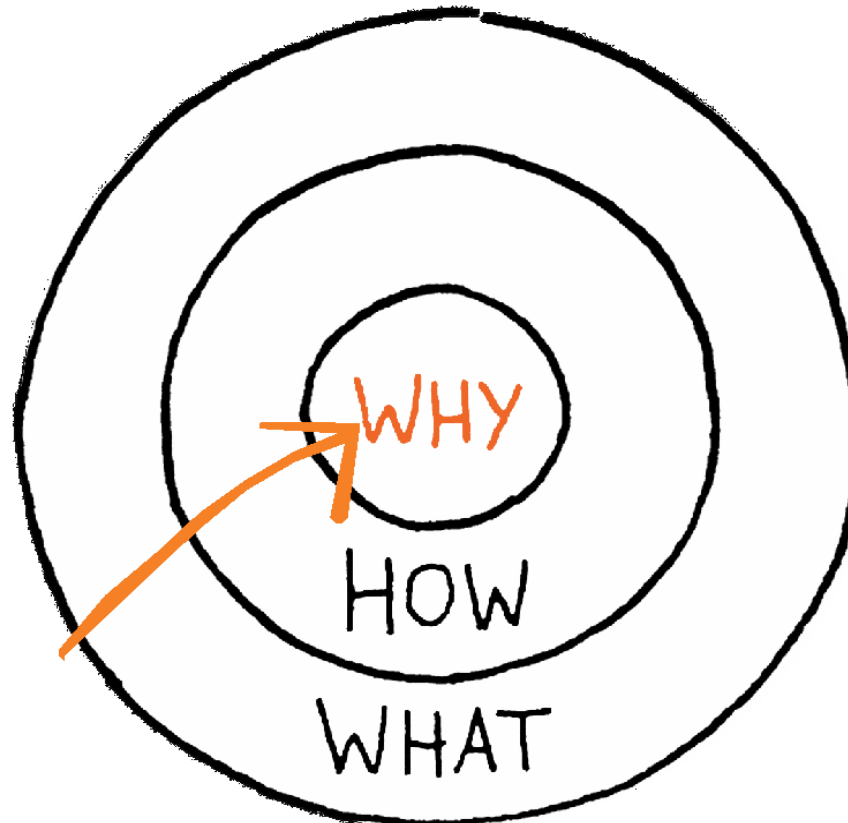




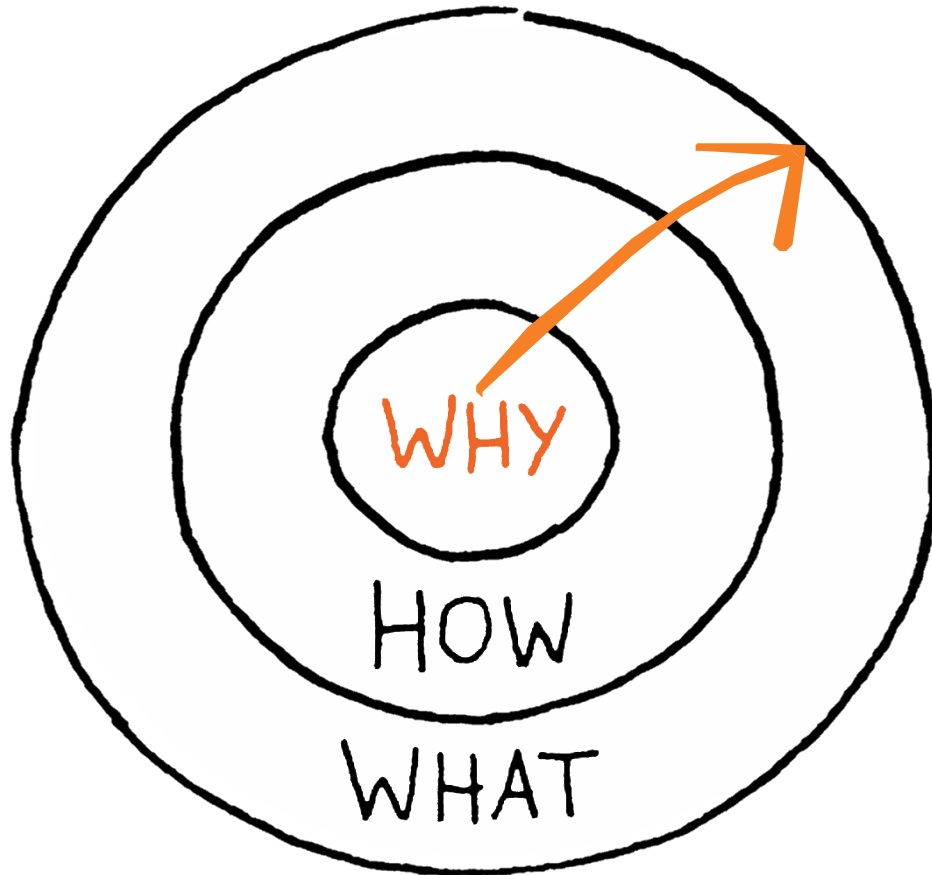
A movement only exists when people are *inspired* to move, to do something, to take up the cause as their own.



The Golden Circle

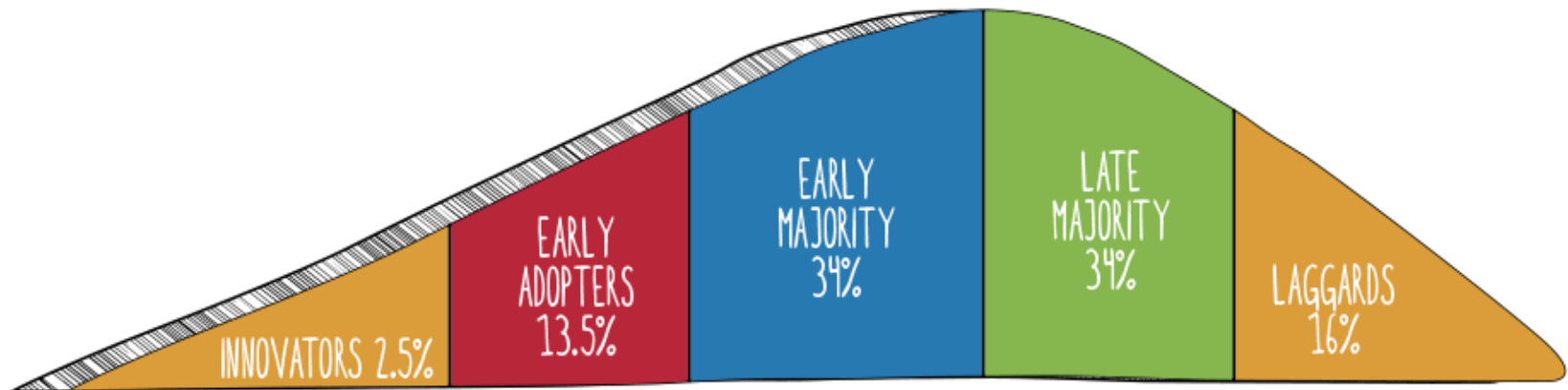


The Golden Circle

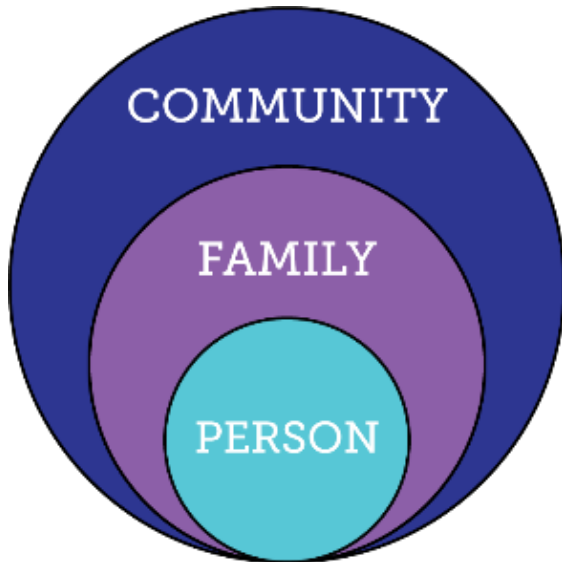




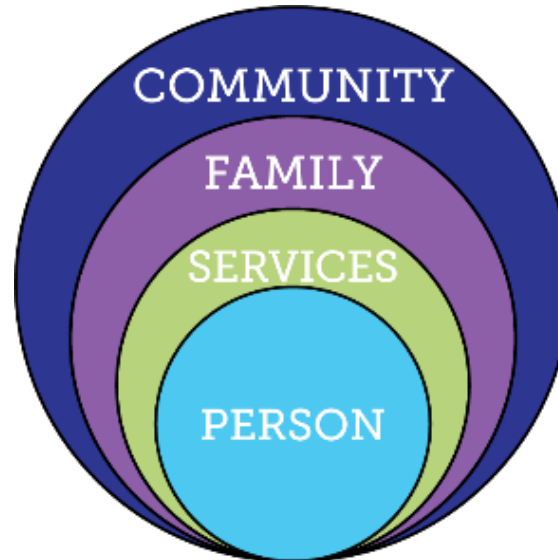
DIFFUSION OF INNOVATION MODEL



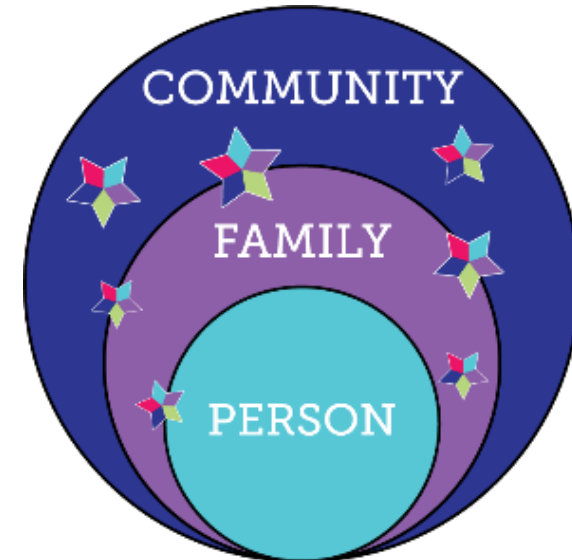
ESSENTIAL MARKETING MODELS [HTTP://BIT.LY/SMARTMODELS](http://bit.ly/smartmodels)



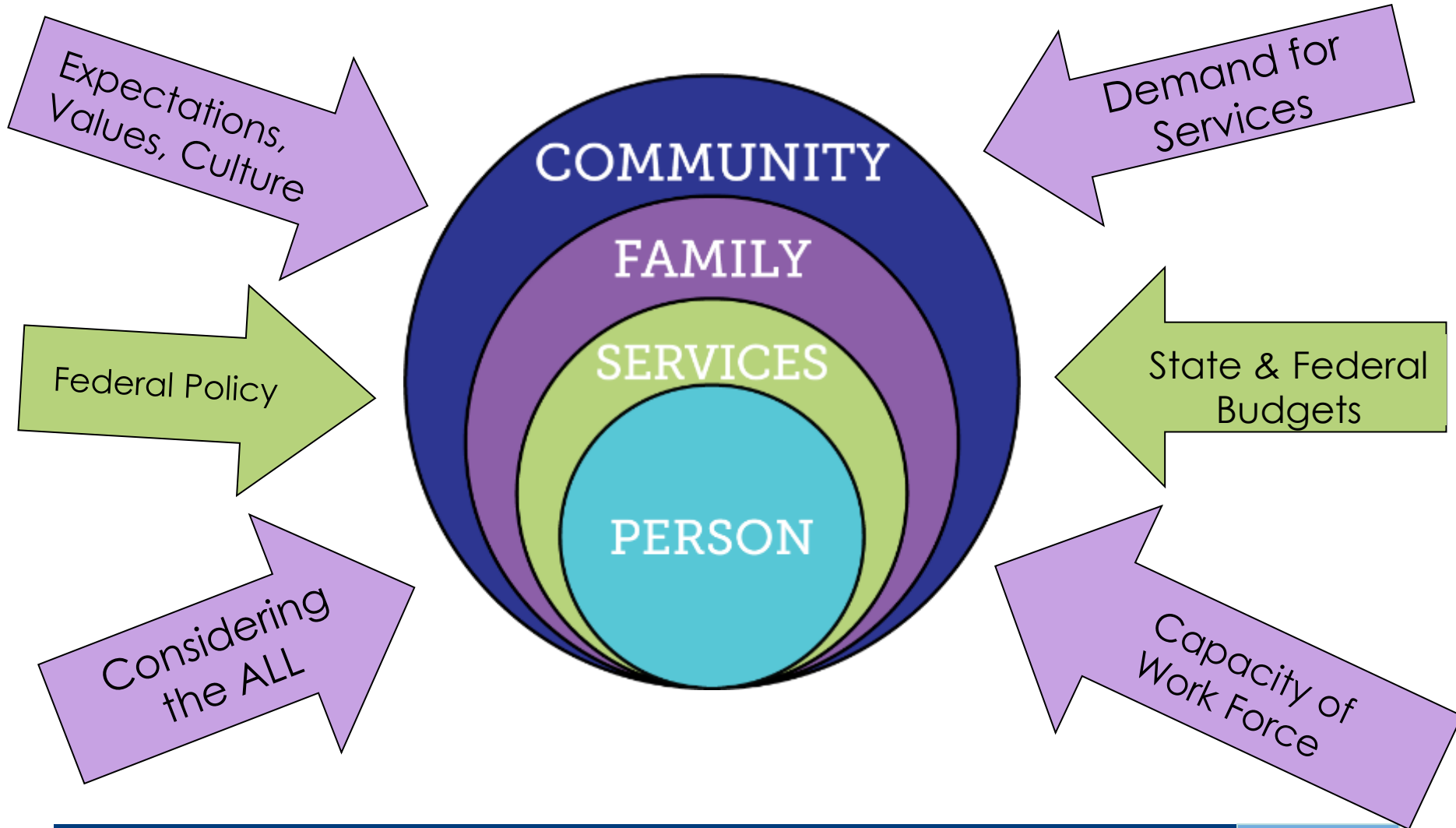
Everyone exists within the context of family and community

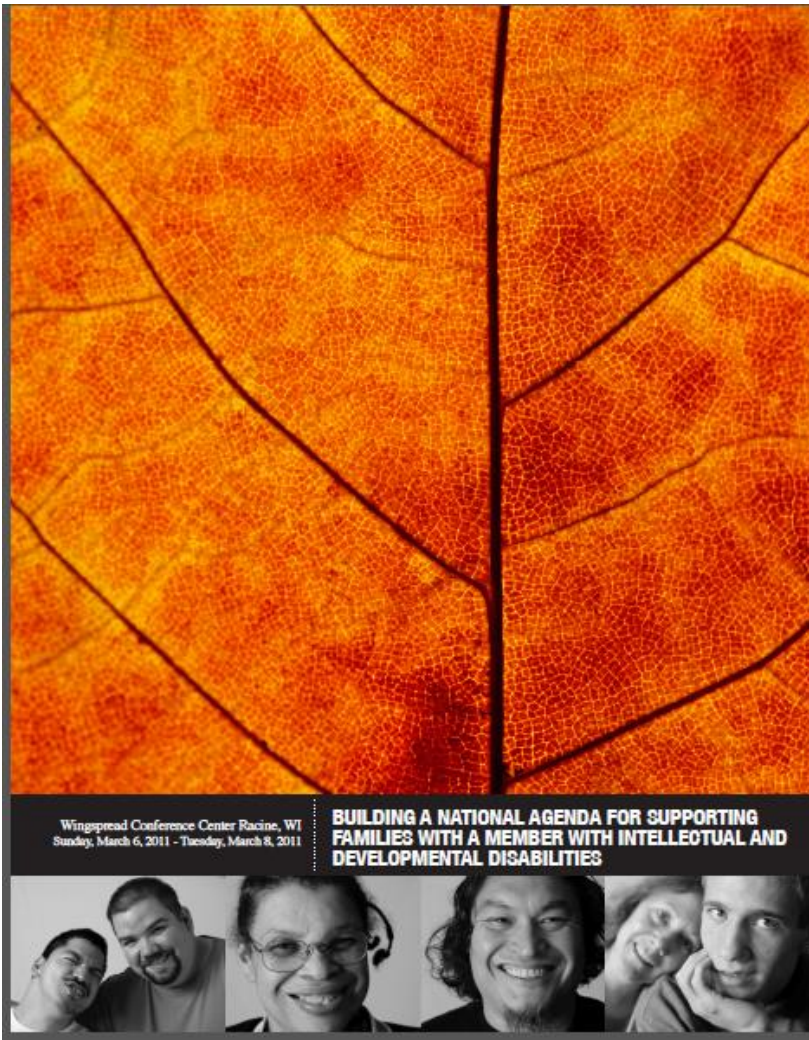


Traditional Disability Services



Integrated Services and Supports within context of person, family and community



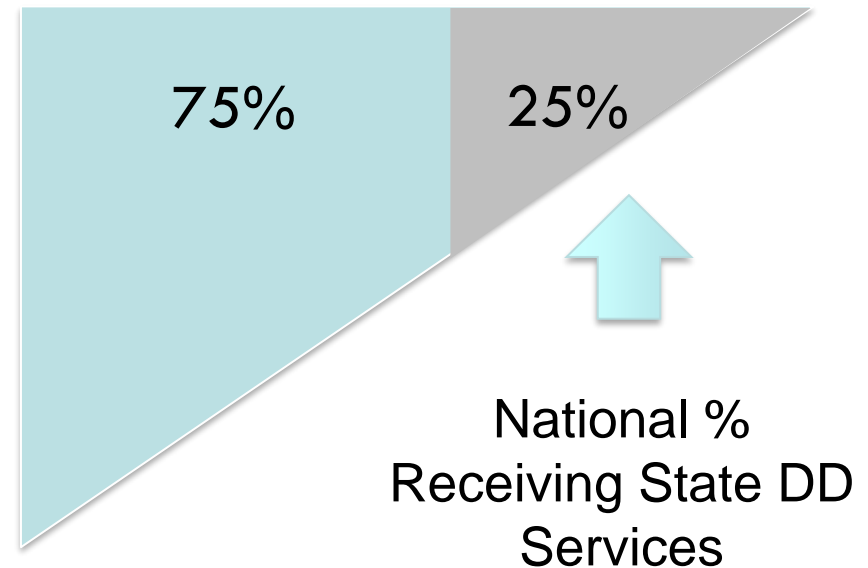
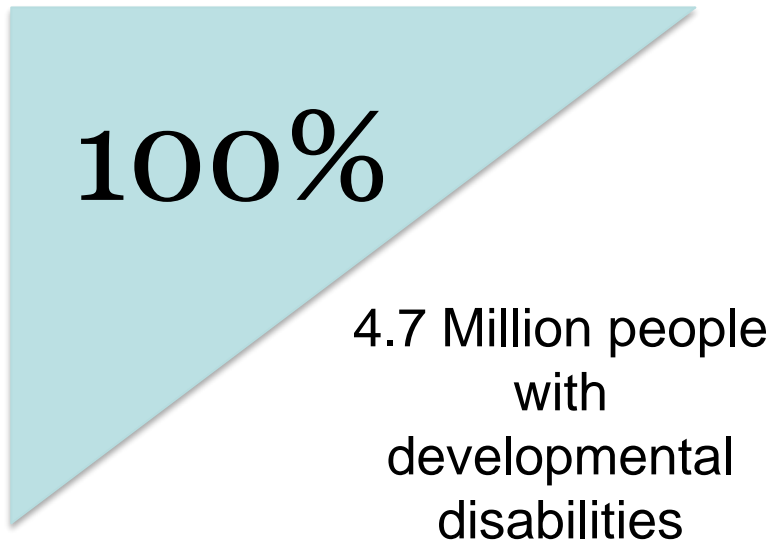
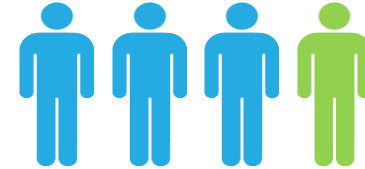


Wingspread Report - 2011

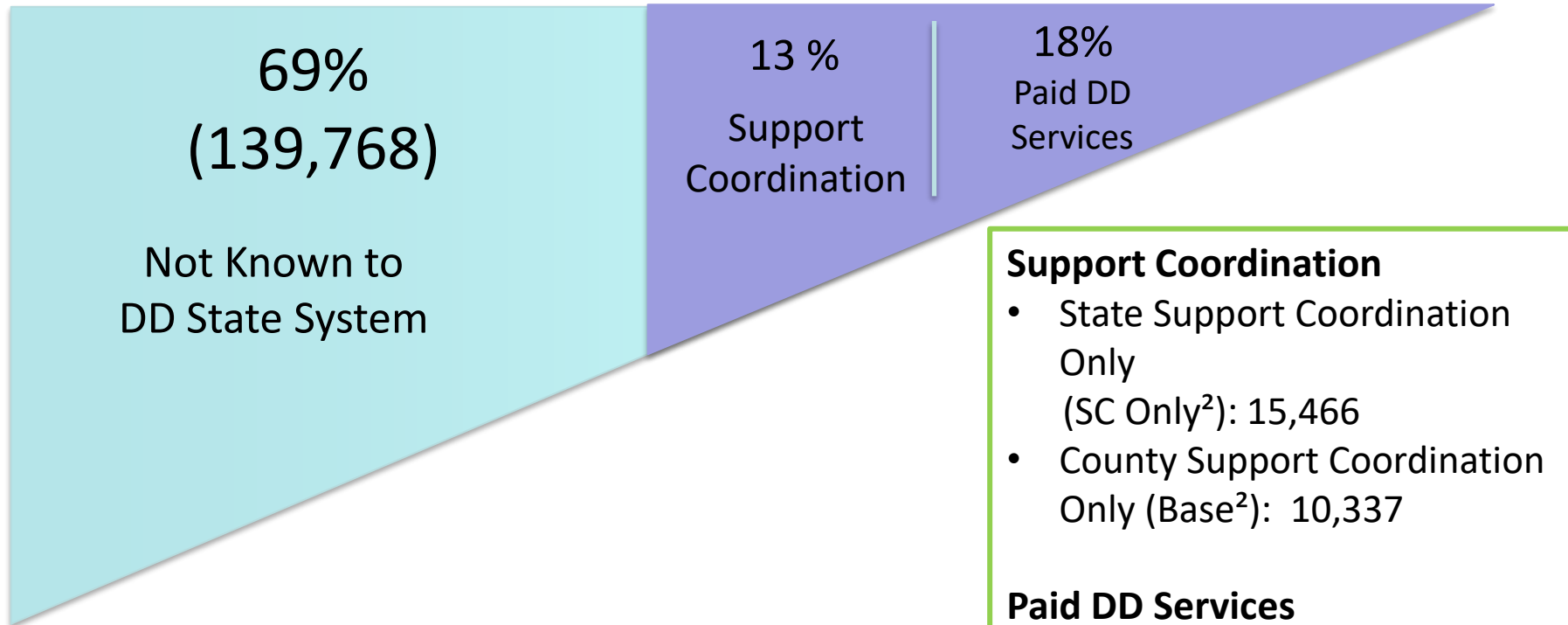
- **National Conference with Developmental Disability Leaders**
- **Recommendations created to support families of people with intellectual and developmental disabilities**

<http://supportstofamilies.org/wp-content/uploads/WingspreadReport-2012-Rev-52912-Compressed.pdf>

1 in 4 Persons with I/DD
Receive Formal State DD Services



*Based on national definition of developmental disability with a prevalence rate of 1.49%



Support Coordination

- State Support Coordination Only (SC Only²): 15,466
- County Support Coordination Only (Base²): 10,337

Paid DD Services

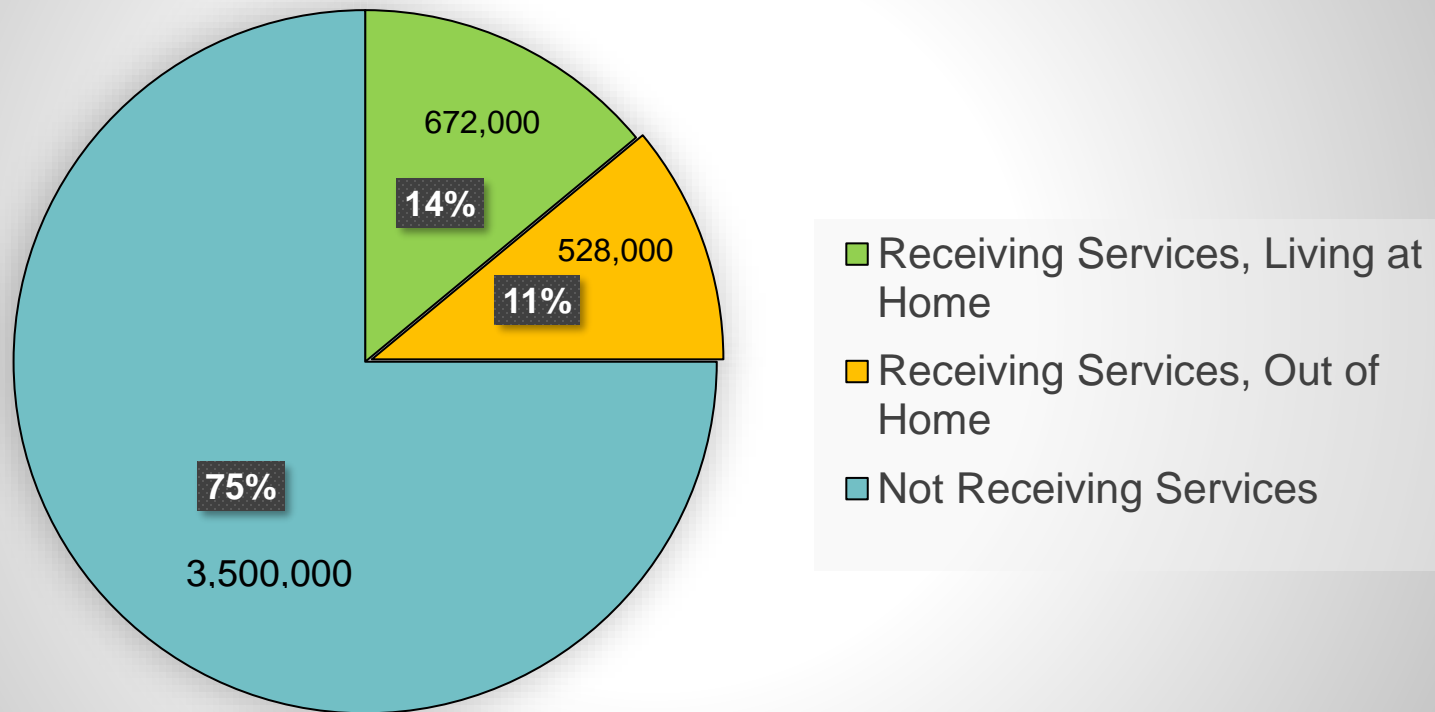
- Support Coordination Plus Paid DD (Community Living/Consolidated /PFDS/ Adult Autism Waivers²): 36,700

Data Sources:

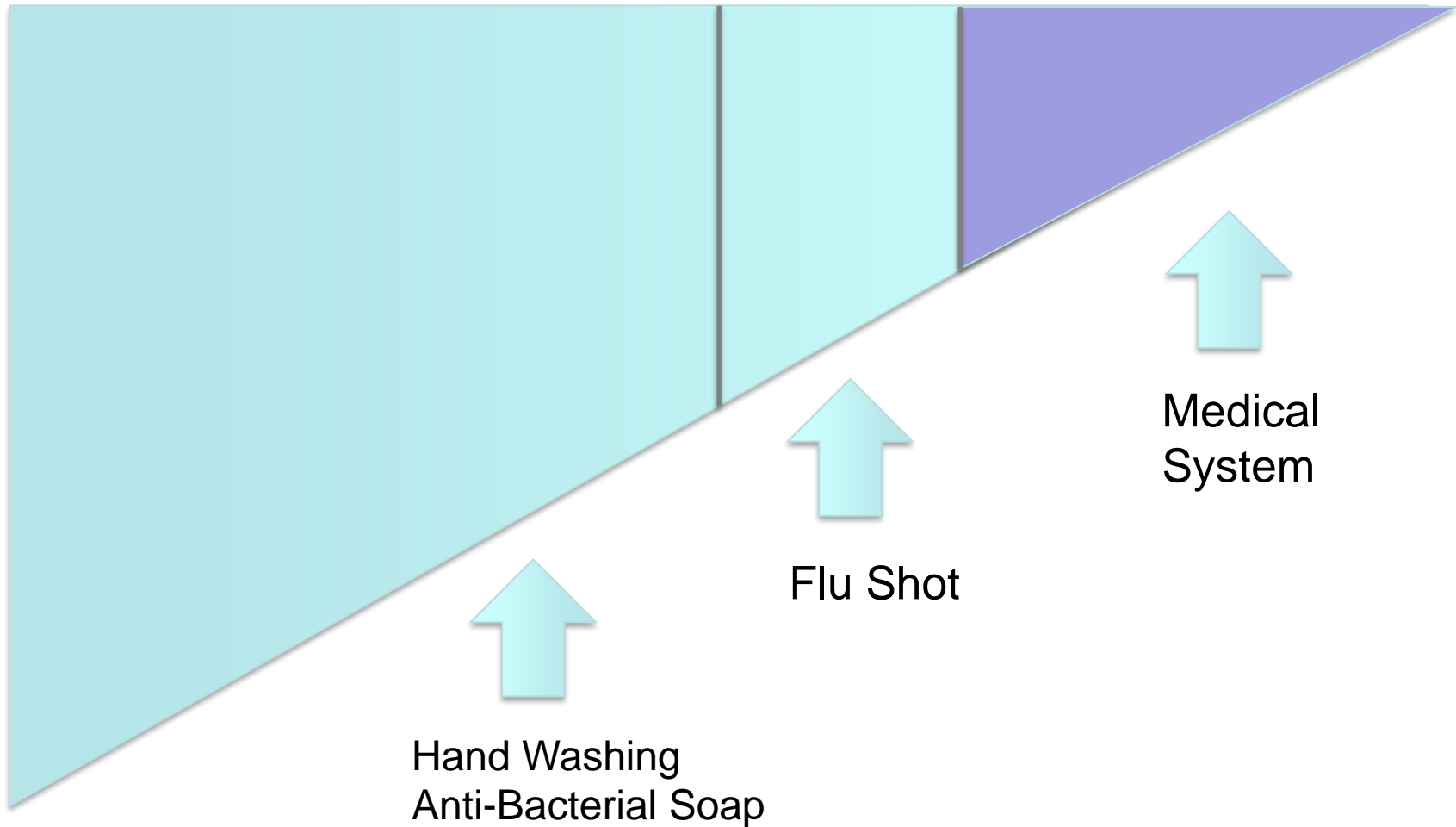
1. US Census population estimate 2019 12,801,989
2. Office of Developmental Programs Annual Data Report FY 2018-19

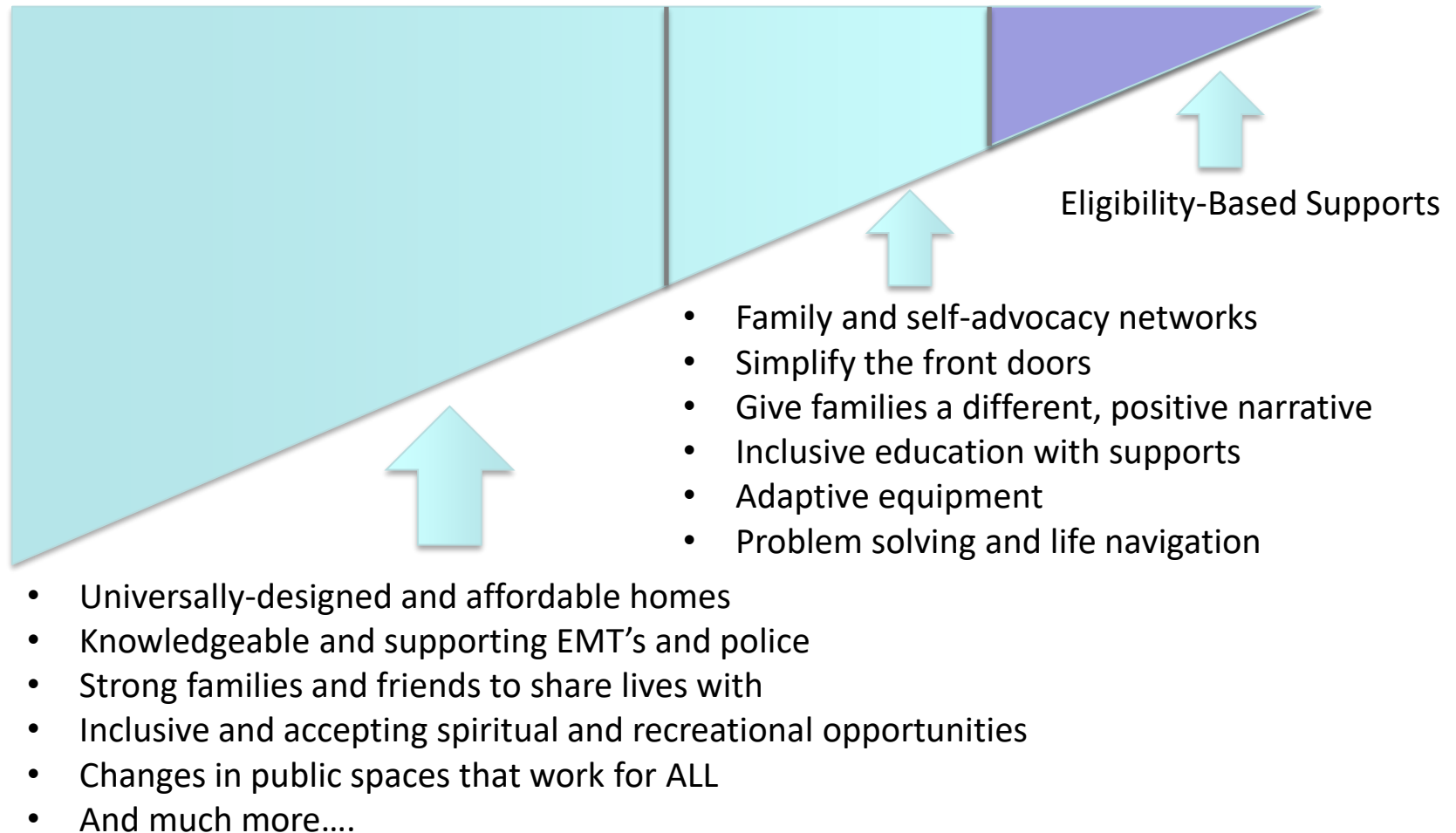
Page 4 Enrollment by Program During the State Fiscal Year

4.7 Million People with I/DD

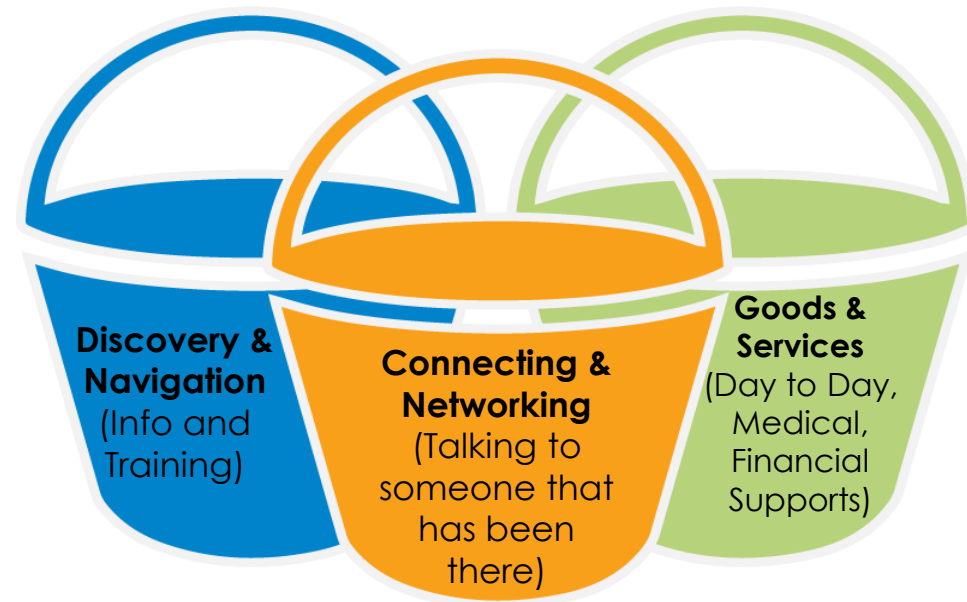
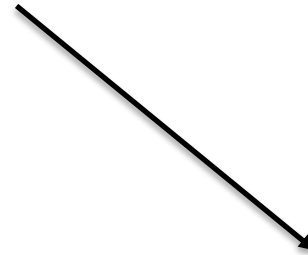


Larson, S. A., Lakin, K. C., Anderson, L., Kwak, N., Lee, J. H., & Anderson, D. (2000).





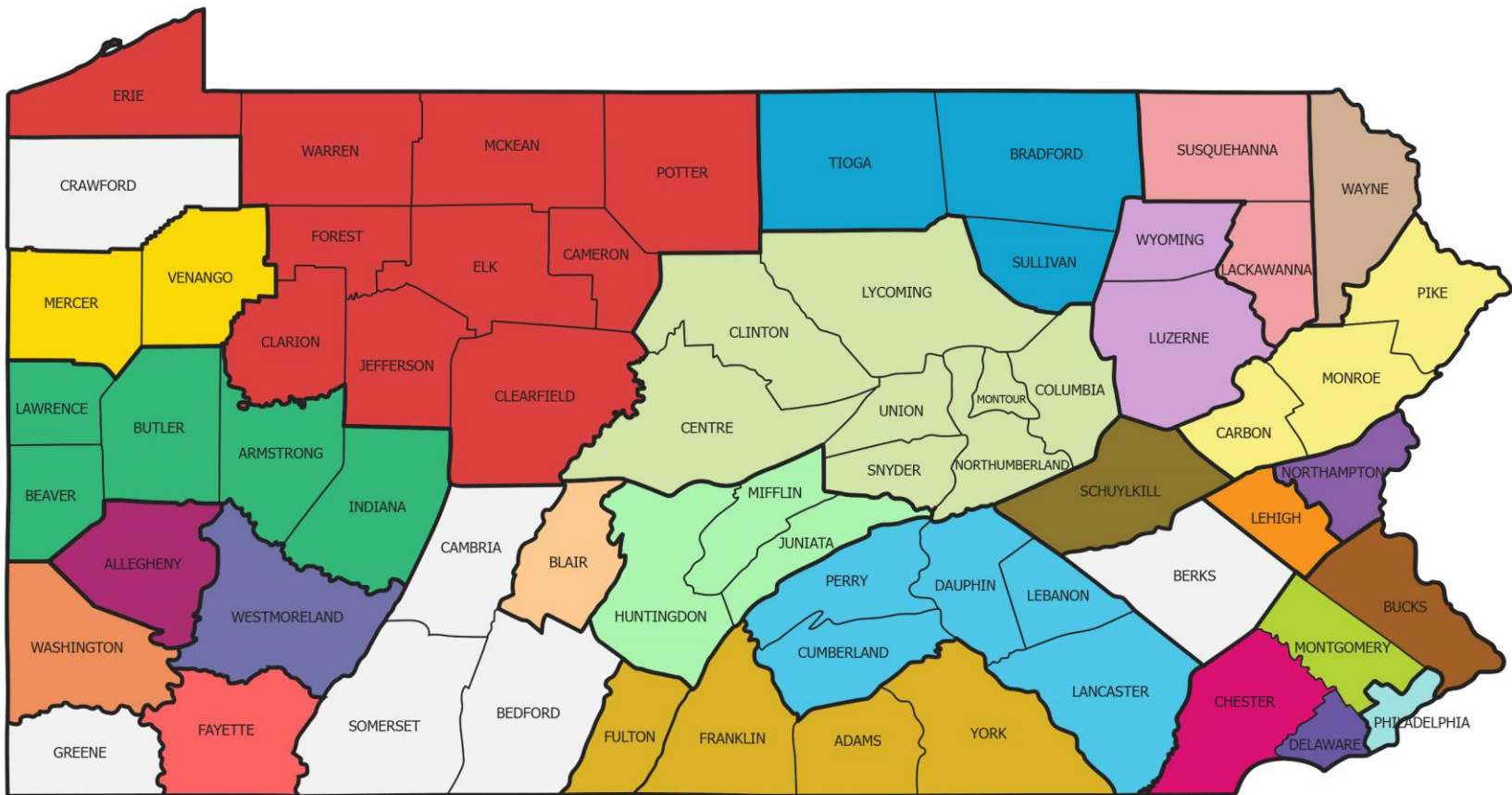
What Do Families Need?







Regional Collaboratives in PA's Community of Practice of Supporting Families

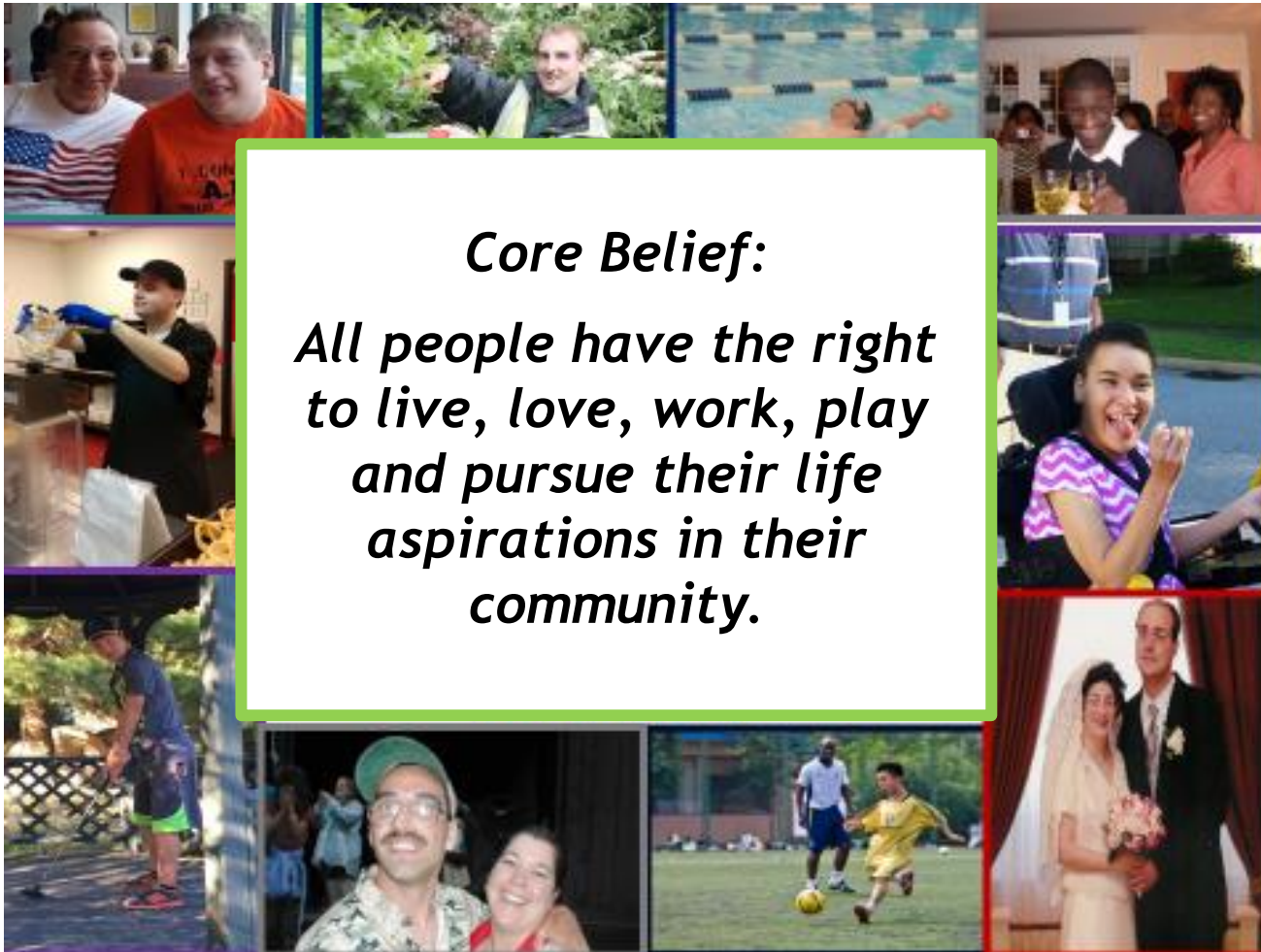


Charting the LifeCourse



Charting the LifeCourse
is a set of principles and
tools that can help us
dream and plan for
Everyday Lives...

*...and for the “here and
now”.*



Core Belief:
All people have the right to live, love, work, play and pursue their life aspirations in their community.

The LifeCourse Principles



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Focusing on
all people



Holistic focus
across life
domains

Recognizing the Person
Within the Context of
Their Family



Supporting the
three buckets of
need

Trajectory of Life
Experiences
Across the
Lifespan



Integrated Services
and Supports Across
the LifeCourse

Achieving
Life
Outcomes

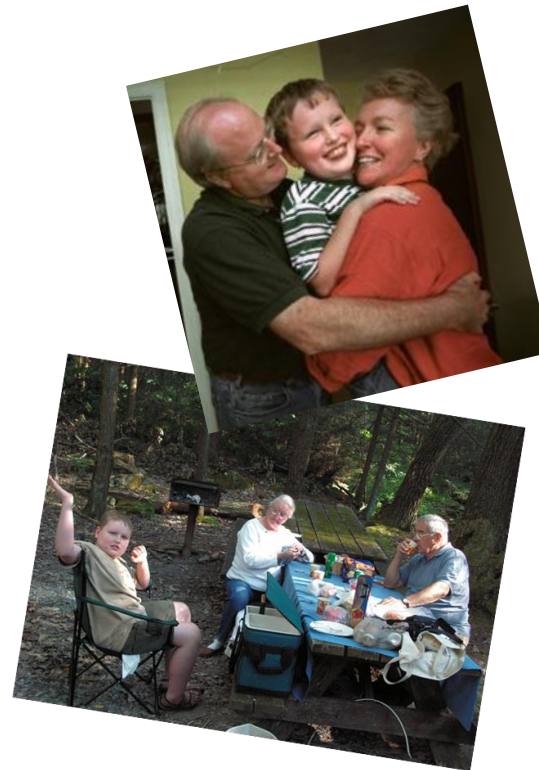
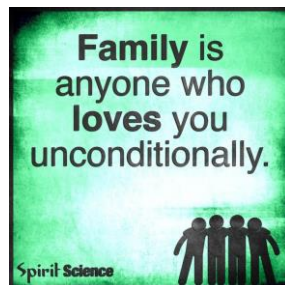


Transformational
Policy and
Systems Change



We all exist within the context of family

- Family is defined by the person
- People and their families may need supports that adjust as roles and needs of all members change
- The importance of family is not dependent upon where the person lives



Everyday Life Domains



Daily Life and Employment
(school/education, employment, volunteering)



Healthy Living
(medical, behavioral, nutrition, wellness, affordable care)



Community Living
(housing, living options, home adaptations and modifications, community access, transportation)



Safety and Security
(emergencies, well-being, legal rights & issues, guardianship options & alternatives)



Social and Spirituality
(friends, relationships, leisure activities, personal networks, faith community)



Advocacy and Engagement
(valued roles, making choices, setting goals, responsibility, leadership, peer support)

Safety and Security



Healthy Living





Staying safe and secure

- Emergencies
- Well-being,
- Power of Attorney/Guardianship options
- Legal rights and issues



Healthy Living - Managing and accessing health care and staying well

- Medical
- Mental health
- Behavioral health
- Developmental
- Wellness
- Nutrition

Student Experiences

What types of experiences might students encounter that fit within these two domains?





The COVID-19 Pandemic



Death and Loss of Loved Ones



Natural Disasters





Bullying

Internet Safety





Anxiety



Family Stress



Isolation in School



**How can you help
students in the moment
using the LifeCourse
framework, principles, and
tools?**



We'll Show You a Few
Ways!

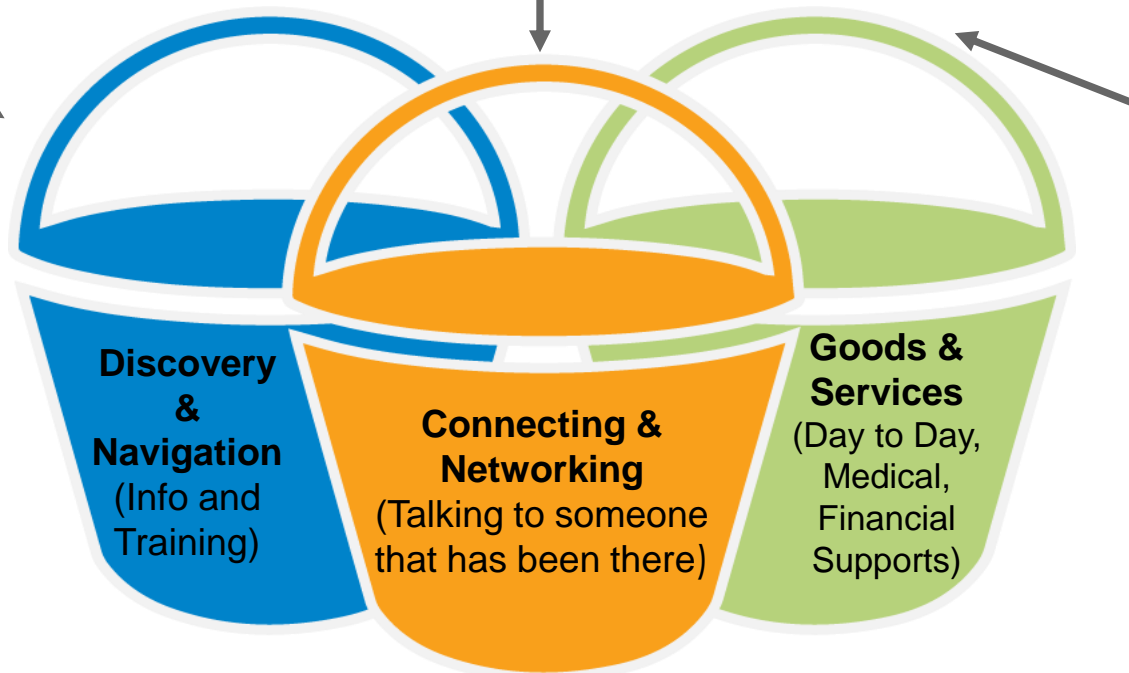


Ask Which Bucket They Need Filled

Students need information, resources and training.

Students need connections and peer support opportunities with others.

Students need tangible items and access to public and private organizations in their community for support.



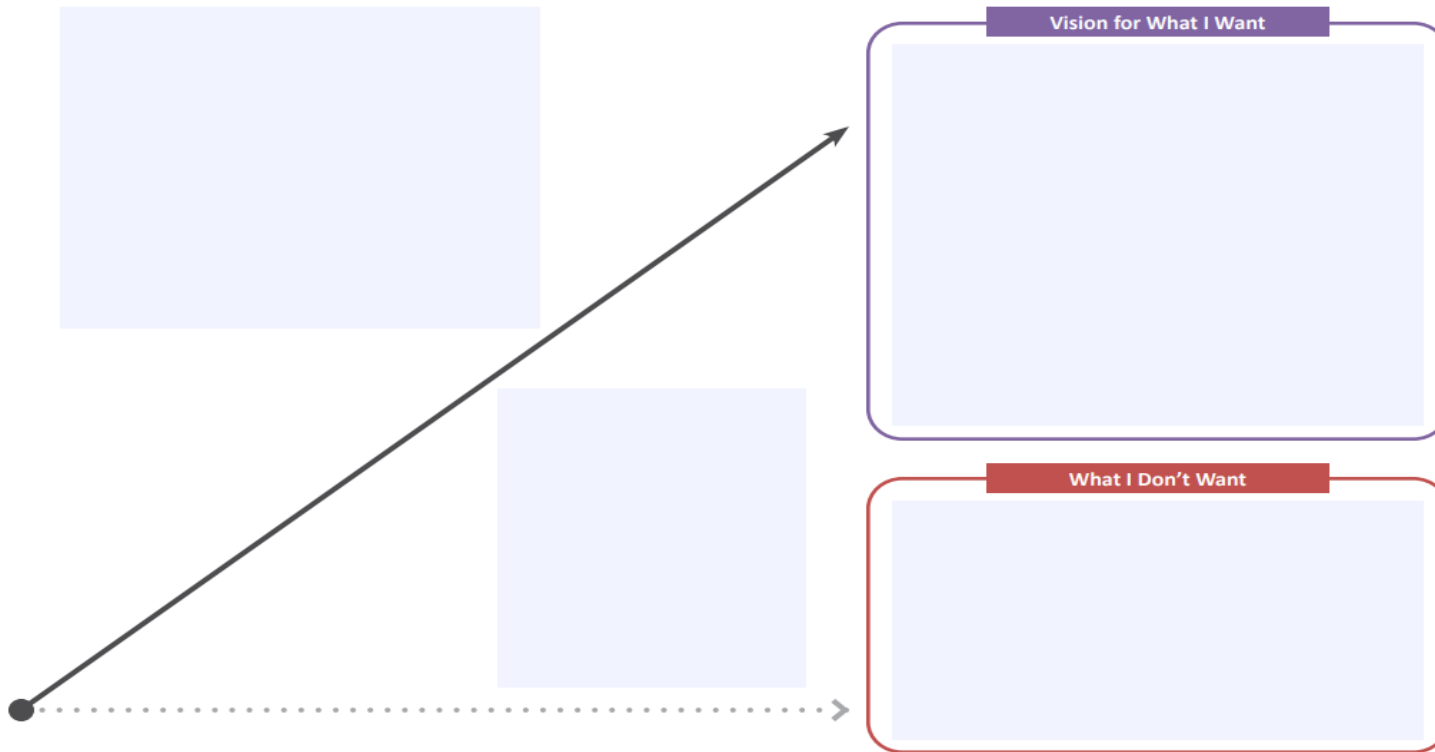
Capture Their Feelings on Paper



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LIFE TRAJECTORY | EXPLORING



Developed by the Charting the LifeCourse Nexus - LifeCourseTools.com • © 2021 Curators of the University of Missouri | UMKC IHD • September 2021



A Real-Life Example

[Supporting Mental Health During COVID-19 - YouTube](#)

Example – Short-Term Vision



Derek's Trajectory for the Next Few Weeks

What actions and experiences will help Derek over the next few weeks?

Stay active by taking walks in the neighborhood, walking my dog, Jaxon
Riding my bike when the weather improves, walking to get the mail, playing my Wi Fit

Participate in any online meetings for the DD Council and other groups

To Stay Healthy

- Eat healthy
- Cook at home
- Wash my hands
- Stay home
- Drink water
- Get sleep

To Keep Connected

- Call, text, *skype* or email family, members, neighbors, co-workers,
- Friends and Stoneybrooke residents

Practice "stranger danger", Talk to my parents/family

Participate in my Monday Bible Study

Watch church online – Celebrate, Embrace, Pastor Salem, First Lutheran

Listen to music, watch movies, board games, video games

Stay informed by asking my parents, updates by the Mayor or Governor

Actions that might take him in the direction of what he doesn't want...

- Overload of information
- Being around people who are upset and stressed
- People don't give me a heads up when there is a change in my plan or my day

VISION for a GOOD LIFE

- Stay Healthy & feel safe
- Keep Active and fit
- Listen to Music
- Stay connected to my church
- Stay involved with my Bible Study Group
- Connect with family, friends, neighbors, co-workers, card group, coaches, Stoneybrook residents & staff
- Lose more weight
- Keep involved in my groups: DD Council, Toastmasters, Athlete Input Group for Special Olympics, Partners in Policymaking
- Stay busy
- Help others
- Be informed on what's happening at my work, the community and our state

What I DON'T Want

- People to be late
- Change in my routine
- Drama
- Stress, anxiety, and/or depression
- To be around people who don't feel well

Help Them Problem-Solve



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Example – Short-Term Plans



CHARTING the LifeCourse

Resources & Supports for Derek to have what he needs & wants over the next few weeks.



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.



COVID-19 Resources



CHARTING the LifeCourse



COVID-19 Integrated Support Options



	Personal Strengths & Assets	Relationship Based Supports	Technology	Community Resources	Eligibility Based Supports
COVID-19 Support Options	<p>Skills to Stay Safe:</p> <ul style="list-style-type: none"> Try not to touch things with your hands that you don't need to touch. Don't touch your face. Sneeze or cough into your elbow, not your hands. Hand washing Wearing Gloves Emergency Preparedness <p>Skills to Maintain Wellness:</p> <ul style="list-style-type: none"> Mindfulness and Coping Strategies Wellbeing Checklists <p>Decision Making During a Pandemic:</p> <ul style="list-style-type: none"> Self-Advocate Transition Resource Family Resource for Transitioning to Community Things you need to know about COVID-19 and what to do Understanding Vaccinations/Social Story <p>Understanding COVID-19:</p> <ul style="list-style-type: none"> Understand COVID-19 symptoms and monitor for them Communicate with doctors about any symptoms of concern Be knowledgeable of your special healthcare needs Manage (or help manage) medications and healthcare needs Understand health risks around COVID-19 	<p>Healthcare Team:</p> <ul style="list-style-type: none"> Doctors Nurses Family member or staff who supports me during appointments or with medication management <p>Interacting with Others:</p> <ul style="list-style-type: none"> When you see <u>someone</u> you know, don't shake their hand, hug or kiss people, or give a high five; instead, you can touch elbows or give a peace sign or a Spock sign or just a big smile. Dating During a Pandemic Social Distancing Understanding When to use Isolation Understanding When to Quarantine <p>Finding Social Events (In-person & Online):</p> <ul style="list-style-type: none"> ASDNext- Event Calendar SAU1- Event Calendar PA Family Network- Events <p>Maintain Relationships During the Pandemic:</p> <ul style="list-style-type: none"> Use online communication (Where do I connect with people?) Internet watch parties (watch movies and concerts with others) Call on the phone (Who can I call?) 	<ul style="list-style-type: none"> Hand sanitizer Masks / Gloves Telehealth appointments Pill-minders Calendar/Reminders Telephone/Smartphone Computer/Tablet Internet T.V. (Netflix, Disney+, Hulu, Cable T.V. etc.) FaceTime Zoom Skype Alexa/Eco Show Security Cameras Social Media Fitness Apps Mindfulness & Meditation Apps to promote wellness COVID ALERT PA (download from app store) Faith-based Podcasts or YouTube Channels Online trainings/courses 	<p>Giving Back to Others in the Community:</p> <ul style="list-style-type: none"> Washing my hands and wearing my mask helps myself and others stay safe Offering acts of kindness to others Check on neighbors and friends to make sure that they are safe and have what they need then help if you can <p>Staying Connected in the Community:</p> <ul style="list-style-type: none"> Virtually attend township meetings Virtually attend neighborhood/school meetings PA Family Network SAU1 <p>Transitioning Back into the Community:</p> <ul style="list-style-type: none"> Steps to Stay Safe in the Community Social Distancing Self-Advocate Roadmap & Guide Back into the Community Parent & Caregiver Resource Guide to Community Readiness (AIDinPA) School During COVID-19/Social Story Working During COVID-19/Social Story <p>COVID-19 Vaccinations in Your Area:</p> <ul style="list-style-type: none"> https://www.pa.gov/guides/get-vaccinated/ PA Health Hotline at 1-877-724-3258 Call Persevere PA at 1-855-284-2494 	<ul style="list-style-type: none"> Make sure that your insurance is current, and the information is readily available. Waiver Services Home/Community Based Services Assistive Technology Medical Home In-home Nursing services <p>Financial Support:</p> <ul style="list-style-type: none"> If your income goes down, you can apply for help. Unemployment Financial assistance <p>Know how and where to get checked for COVID19:</p> <ul style="list-style-type: none"> Call your doctor to discuss how you are feeling Contact local urgent care Testing Information <p>Determining COVID-19 Vaccination Eligibility:</p> <ul style="list-style-type: none"> CDC COVID-19 Toolkit for People with Disabilities Vaccinations for Unpaid Caregivers

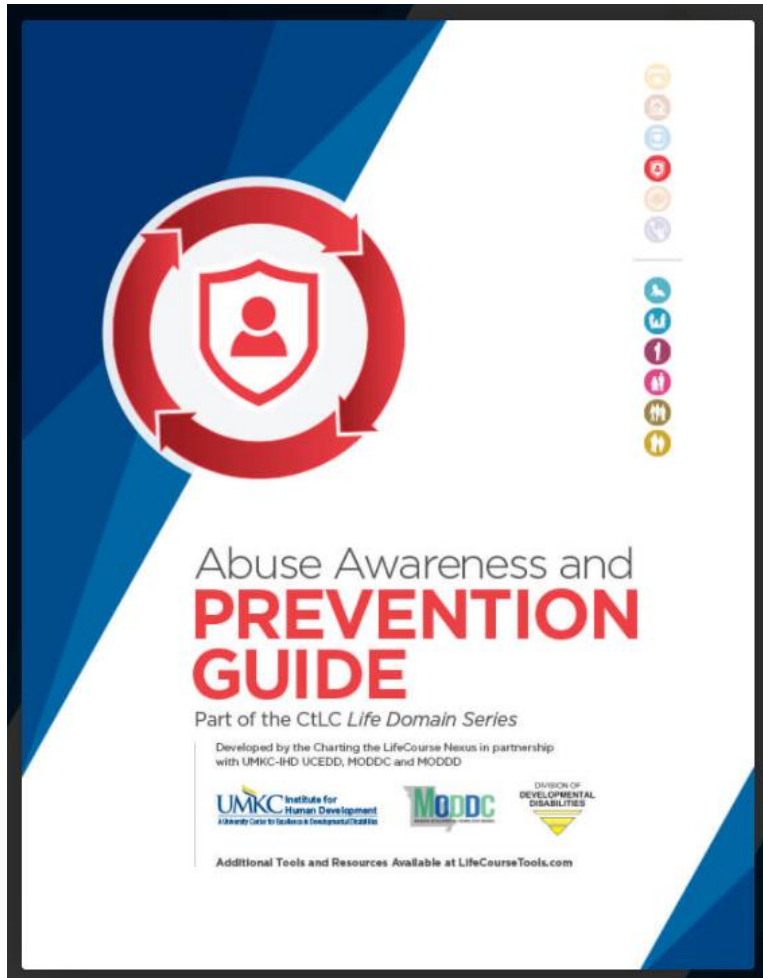


Abuse Awareness and
Prevention – A National Focus
of the Charting the LifeCourse
Nexus

Safety and Security



A Helpful Resource



[Abuse Awareness and Prevention –
LifeCourse Nexus \(lifecoursetools.com\)](http://lifecoursetools.com)

Help them cultivate relationships

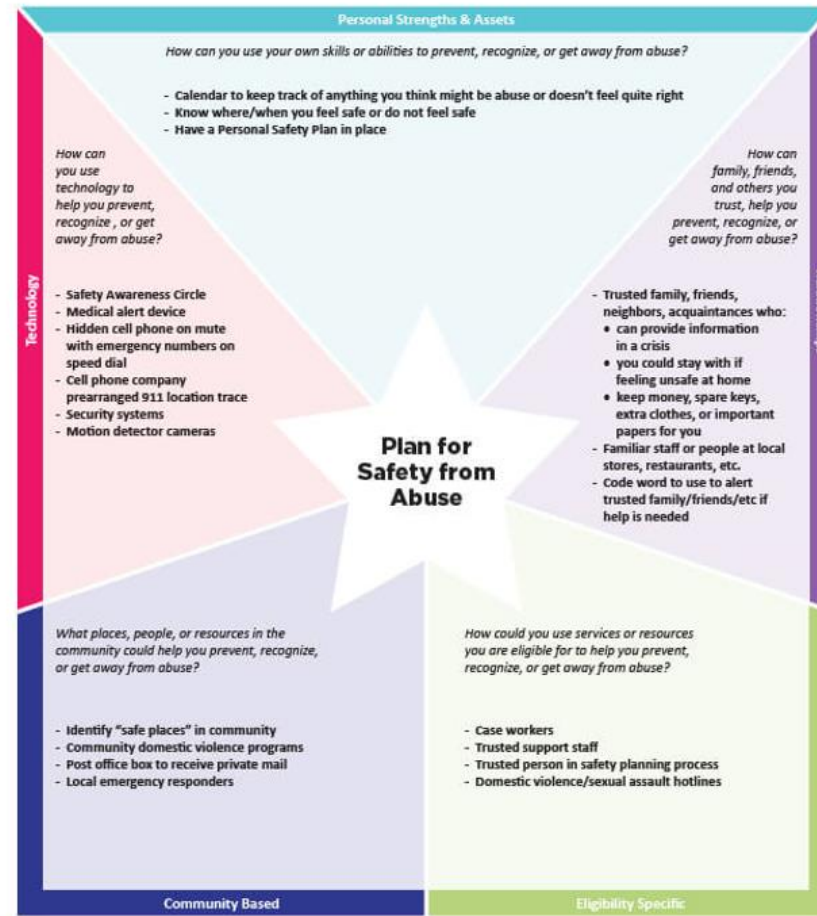
“Connection is why we're here. We are **hardwired** to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering.” – Brene Brown, “Daring Greatly”.

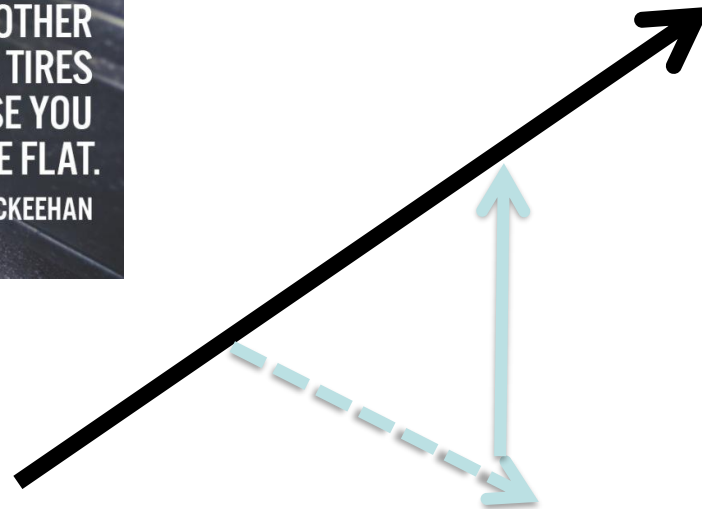
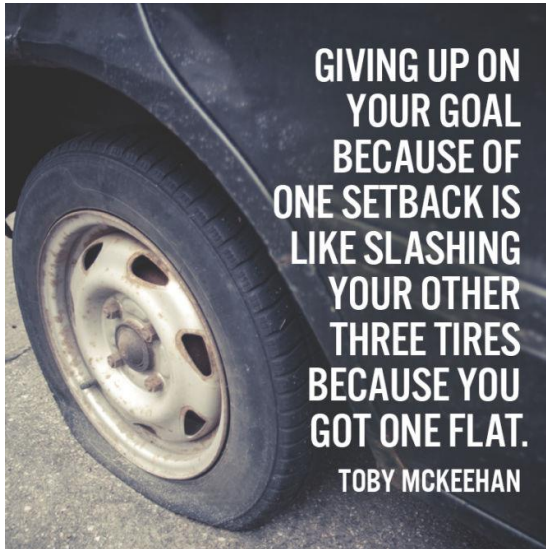


Help Them Identify Their Supports



INTEGRATED SUPPORTS STAR | ABUSE AWARENESS AND PREVENTION





Connect Them With Other Self-Advocates

In our logo, people raise and join hands to celebrate power for a new day for self advocacy in Pennsylvania



SAU1 Contact Information



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Use Your power to connect with us!

Learn more about Self Advocates United as 1's (SAU1) work, being a self advocate, and speaking up for people's rights. You can reach us in lots of ways. It's easy!

Send us mail at: SAU1 428 S Main Street, Suite 3
Greenville, PA 16125

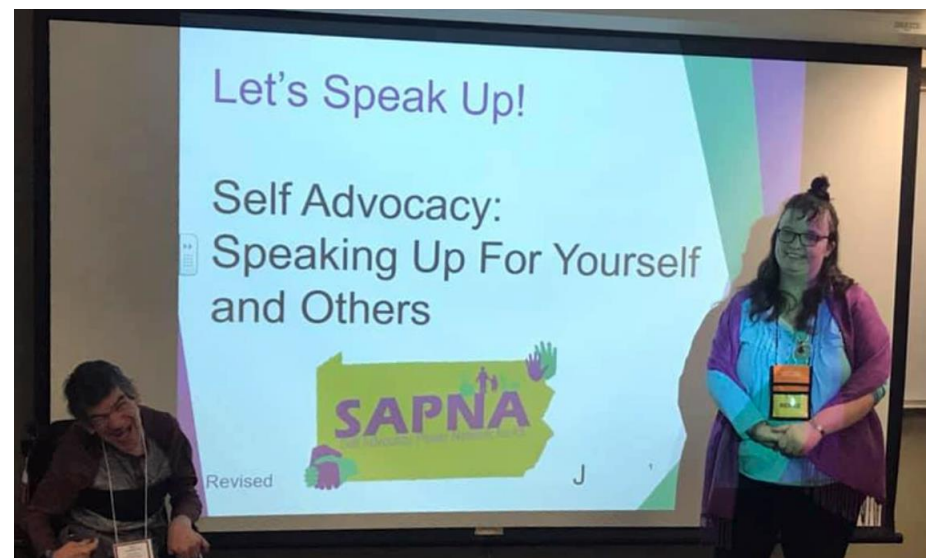
Give Rita at SAU1 a call at: [724 588 2378](tel:7245882378).

Email SAU1 at: info@sau1.or



[Power Events \(sau1.org\)](http://sau1.org)

- All About Jobs
- All About Relationships
- All About Waiver Changes
- Power Talk with ODP
- Let's Speak Up!



Wrap-Up

- Learned the origin of the National Community of Practice and the components of the LifeCourse Framework.
- Learned how to apply the LifeCourse framework, principles, and tools within the context of the school environment, specifically, in the Healthy Living and Safety and Security Life Domains.
- Learned about resources to support students within the school environment.





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