



National CHARTING THE
LIFECOURSE Nexus
<https://www.lifecoursetools.com/>

NH's Charting the LifeCourse Toolkit

"One Page Profile"
A Quick, Positive Introduction to the Person



NH COMMUNITY of PRACTICE
for SUPPORTING FAMILIES
<https://iod.unh.edu/charting-lifecourse-nh>

One Page Profile for:

Date:

Who Contributed?

What words do I use to describe myself?

What other people like, admire and appreciate about me:

What is most IMPORTANT TO me? What I value, what creates meaning in my life? Things like places to go, things to do, things to have, my relationships and connections, what gives me pride, and positive control in my life?

How to BEST SUPPORT Me? Supports I need to be successful, how I appreciate being supported?









LIFE DOMAIN VISION TOOL



Person's Name: _____

Date Started: _____

Who contributed?: _____

LIFE DOMAIN	DESCRIPTION	IDEAS for MY FUTURE VISION in this LIFE DOMAIN: Positive life experiences and opportunities I want to have	PRIORITY
	Daily Life & Employment: What do I think my family member will do during the day in their adult life? What kind of job or career might they want?		
	Community Living: Where and with whom do I think my family member will live in their adult life?		
	Social & Spirituality: How will they connect with spiritual and leisure activities, and have friendship, and relationships in their adult life?		
	Healthy Living: How will they live a healthy lifestyle and manage health care supports in their adult life?		
	Safety & Security: How will my family member be safe from financial, emotional, physical or sexual harm in their adult life?		
	Advocacy & Engagement: How do I think they will have valued roles, responsibilities, and control of how their own life is lived as an adult?		
	Supports for Family: What supports does our family unit need now or will need in the future?		
	Supports & Services: What supports and services might my family member need in the future to lead the kind of life they want as independently as possible?		





Past Life Experiences

List past life experiences and events that have prepared or supported my family member to move towards a vision for a good life

Moving Forward

List current or future life experiences or goals that will continue to support my family member to move towards a vision for a good life

My Vision of a Good Life

What I Don't Want, Things to AVOID

List past life experiences that pushed my family member's trajectory toward things they did not want or I did not want for them

List barriers or things to avoid that might get in the way of my family member taking steps to reach their goals

Consider all Life Domains

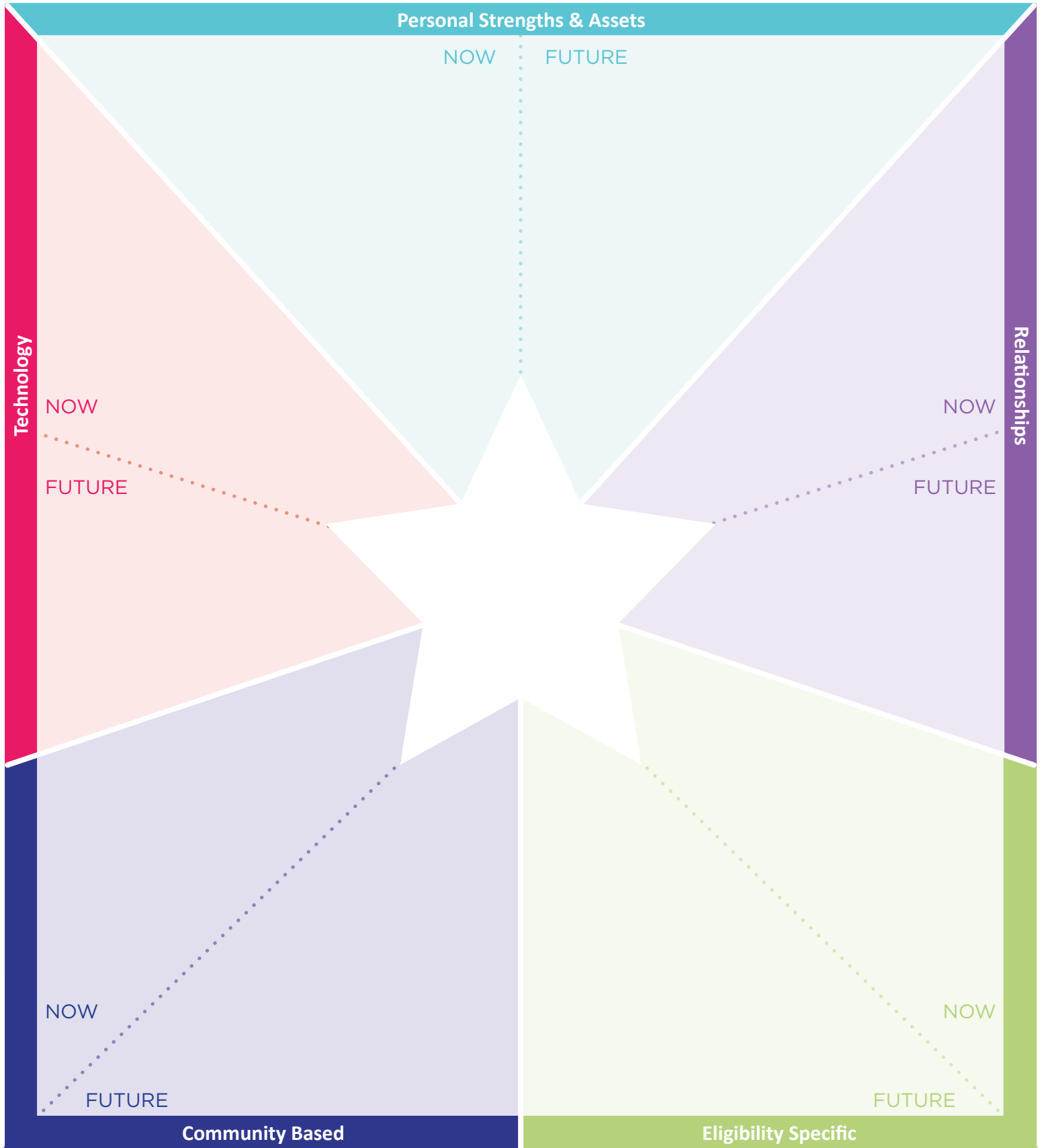




INTEGRATED SUPPORTS STAR ~ NOW AND FUTURE



It is necessary to access and combine an array of integrated supports to achieve your vision of a good life. What resources and supports do you have and what can you develop to create the life you envision?






Filling the Three Buckets of Need



Using the “3 Buckets of Need” concept can help you think about what would be helpful to you and your family member at the current time, in a way that meets your preferences. You can use this to inform those around you about what you need, and direct the types of support that you request from others. Combine this with the concept of the “Integrated Support Star” to make sure you consider all resource options!

	What supports are needed for my Good Life? My Family's Good Life? Given where I am, where my family member is, and what our priorities are, what would be helpful to us at this time?	Ideas to explore Specific Requests to Make Who to ask
<p>Discovery and Navigation Having the information and tools you need to navigate life. Sometimes, we don't need anything but information about a topic so we can make a decision or simply know what's going on</p>		
<p>Connecting and Networking Making connections with peers and others who have "been in your shoes." Connecting with resources to help you navigate. Peer support, counseling, groups, social capital</p>		
<p>Good and Services The day-to-day tangible items you buy or use from public and private organizations in your community. These are the things that we connect with to make our daily lives possible and successful</p>		

