



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

NH's Charting the LifeCourse "Getting Started" Portfolio



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

"One Page Profile"

A Quick, Positive Introduction to the Person

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?



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



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?

