Integrated Services and 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.

Access the LifeCourse framework and tools at lifecoursetools.com

My LifeCourse Portfolio

_____________ ‘s ONE-PAGE PROFILE

What people like & admire about me

What’s Important to ME

How to Best Support ME

Adapted from The Learning Community for Person-Centered Practices and Helen Sanderson Associates. http://helenandsandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-template/
Life Trajectory Worksheet

**Past Life Experiences**
LIST past life experiences and events that supported your vision for a good life.

**Future Life Experiences**
LIST current/future life experiences that continue supporting your good life vision.

LIST past life experiences that pushed the arrow toward things you don’t want.

LIST life experiences to avoid because they push you toward things you don’t want.

**What I DON’T Want**
LIST the things you don’t want in your life...

**VISION for a GOOD LIFE**
LIST what you want your “good life” to look like...