



What is the Charting the LifeCourse?

Charting the LifeCourse is a framework that was developed to help individuals and families of all abilities and at any age or stage of life develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. Individuals and families may focus on their current situation and stage of life but may also find it helpful to look ahead to start thinking about life experiences now that will help move them toward an inclusive, productive life in the future. The framework is designed to help any citizen think about their life, not just individuals known by the service system.

Even though the framework was originally developed for people with disabilities, it is designed universally, and can be used by any family making a life plan, whether they have a member with a disability or not.

Foundation of the LifeCourse Framework

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



ALL People

ALL people, regardless of age, ability or family role, are considered in our vision, values, policies and practices for supporting individuals and families. All families have choices and access to supports they need, whether they are known to the disability service system or not.



Family System and Cycles

People exist and have give-and-take roles within a family system, which adjust as the individual members change and age. Individuals and families need supports that address all facets of life and adjust as roles and needs of all family members change as they age through the family cycles.




Life Outcomes

Individuals and families focus on life experiences that point the trajectory toward a good quality of life. Based on current support structures that focus on self-determination, community living, social capital and economic sufficiency, the emphasis is on planning for life outcomes, not just services.



Life Domains

People lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life, including *daily living, safety and security, community living, healthy lifestyle, social and spirituality, and citizenship and advocacy.*


Family Dynamics
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Milestone HCQU Northwest


The ideas presented in this training session are not intended in any way to replace a Doctor's advice or Individual Agency Policies. They are merely suggestions that we hope will help you deal more effectively with the individuals you serve, and their families.

Objectives:

- ▶ Participants will gain an understanding of the major decisions often faced by families of a person with a disability and how they may differ from the "norm."
- ▶ Participants will be able to recognize how past experiences may be reflected in a family member's current attitude toward supports.
- ▶ Participants will be able to identify ways that they can better understand and more effectively address conflicts with family members.


BIRTH

- ▶ Expectations
 - ▶ Dreams of the "perfect child"
- ▶ The Dance
- ▶ Birth of a baby with a disability
 - Uncertainty -Confusion
 - Fear -Anger
 - Isolation -Shock
 - Exhaustion -STRESS!




States of Grieving

- ▶ Denial – Blame / Bargaining
- ▶ Anger
- ▶ Anxiety
- ▶ Fear
- ▶ Guilt – Sense of Failure
- ▶ Depression



States of Grieving

- ▶ Recurrent
 - ▶ Typical Milestones
 - ▶ Difficult Choices
- ▶ May never achieve acceptance




Adolescence

- ▶ Concerns about dependency
- ▶ Independence / emancipation
- ▶ Transition Planning
- ▶ Siblings torn: friends vs. family
- ▶ Need acceptance → Rejection → Family Stress
- ▶ Opposite sex / dating

Adulthood

- ▶ Where / with whom?
- ▶ Parents getting older
- ▶ Family Roles are re-defined once again



Launching

- ▶ Expected – "Normal"
- ▶ Occurs later for adults w/ disabilities
- ▶ Becoming the norm (vs. deinstitutionalization)
- ▶ Families need to be involved
 - ▶ 86.8% of mothers in recent study visited facilities prior to adult child's placement an average of 2.97 times

—Seltzer, Krauss, Hong, & Orsmond

Mixed Emotions

- ▶ Family
 - ▶ Will I be replaced?
- ▶ Individual
 - ▶ Torn between loyalty to new "family" and "real" family

Expanded vision of "Family"

Ohana
/Ō-hā-nā/
four


Part of Hawaii's culture, Ohana regards family as an extended circle of friends, including blood-related, adoptive, and spiritual. The concept emphasizes that family live or, and together, and members must cooperate, and remember one another.

FR-AMILY
FRIENDS
so close you
consider them
FAMILY

The Goal:

- ▶ Empathy – Identification with and understanding of another's situation, feelings, and motives

You never really understand a person until you consider things from his point of view... until you climb inside of his skin and walk around in it.



▶ Questions?

▶ Comments?

Thank you

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