# CHARTING the LifeCourse 🔼 👊













### **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.

#### Technology

- Technology is going to be key for helping you get what you need and for staying connected
- Use Facebook Live; Skype, Zoom, FaceTime, or other apps to keep in touch
- Use technology to shop, stay connected, explore, stay entertained, manage health and well-being, and create a schedule for daily activities
- Use doorbell cameras to limit interaction with visitors or deliveries
- Update and use phone contact list for getting in touch with friends, family, and assistance
- Learn how to use new technologies
- Use watch alarms for reminders of activities/events

#### Personal Strengths & Assets

- YOU are your greatest asset! Remain safe and practice self-care.
  - Follow health and community guidelines
  - Be productive (be organized, work from home)
- Use your gifts to share with others (read books online, teach online)
  - Exercise (dance party, yoga, games)
  - Make something (draw, paint, cook, write a card)
    - Create contingency plan if you need help
      - Focus on what you can control
      - Brainstorm ideas with others
      - Use mindfulness to be positive and creative

#### Relationships

- Go on virtual dates with family and friends
- Join or create an online social group
- Enjoy quality time with people in your home
- Enjoy quality time with your pet
- Send short videos saying hello to friends and family
  - Touch base with teachers or therapists
- Focus on relationship with yourself:
  - Make a home spa
  - Give yourself a manicure - Try a new look
- Leave sidewalk chalk notes in friends' driveways

## COVID-19: **Social Distancing**

- Foster a pet from a local shelter
- Take virtual park, zoo, or museum tours
- Try book downloads
- Visit a park while staying 6 feet away from others
- Virtually attend
  - online worship services exercise classes
  - meditation classes - art classes
  - book clubs
- Initiate connections in your local community: porch-toporch talks, sidewalk greetings, putting up lights, etc.
- Identify how you can safely help in your community
  - Call people on the phone
  - Send cards or notes
  - Offer assistance when you can
- Use local delivery services

- The Ohio Department of Developmental Disabilities (DODD) staff are available and working during the state
  - Click here for guidance for providers and families
- Check in with your service and support administrator (SSA) or support worker
- Consider virtual therapy
- Ask schools about materials, technology, and hotspots

**Community Based** 

**Eligibility Specific**