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.

My LifeCourse Portfolio

Access the LifeCourse framework and tools at lifecoursetools.com

Adapted from The Learning Community for Person-Centered Practice and Helen Sanderson Associates http://helensandersonassociates.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.

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

LIST what you want your “good life” to look like...

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.