

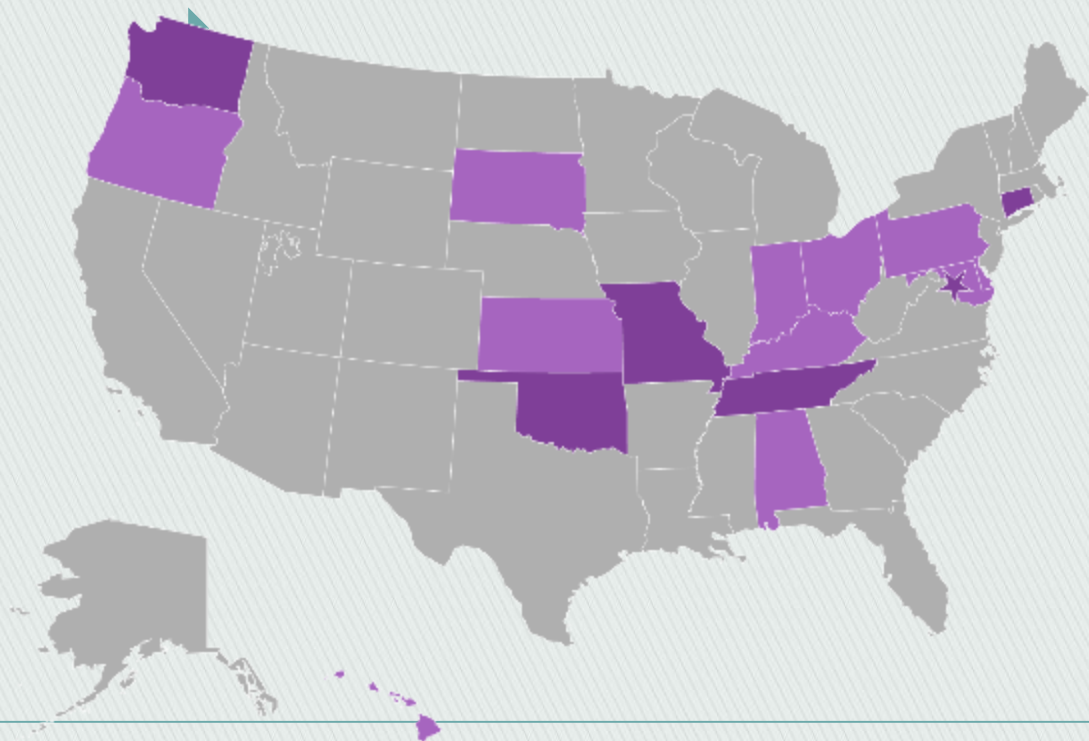


# **CHARTING THE LIFECOURSE: Transitioning into Adulthood**

**Carrie Geppert  
Children's Support Manager  
Division of Developmental Disabilities**

# How to Decide Which Option is Best?

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## National Community of Practice for Supporting Families **Project Goal**

To build capacity through a community of practice across and within States to create policies, practices and systems to better assist and support families that include a member with I/DD across the lifespan.

### **Project Outcome**

- State and national consensus on a national framework and agenda for improving support for families with members with I/DD.
- Enhanced national and state policies, practices, and sustainable systems that result in improved supports to families.
- Enhanced capacity of states to replicate and sustain exemplary practices to support families and systems.



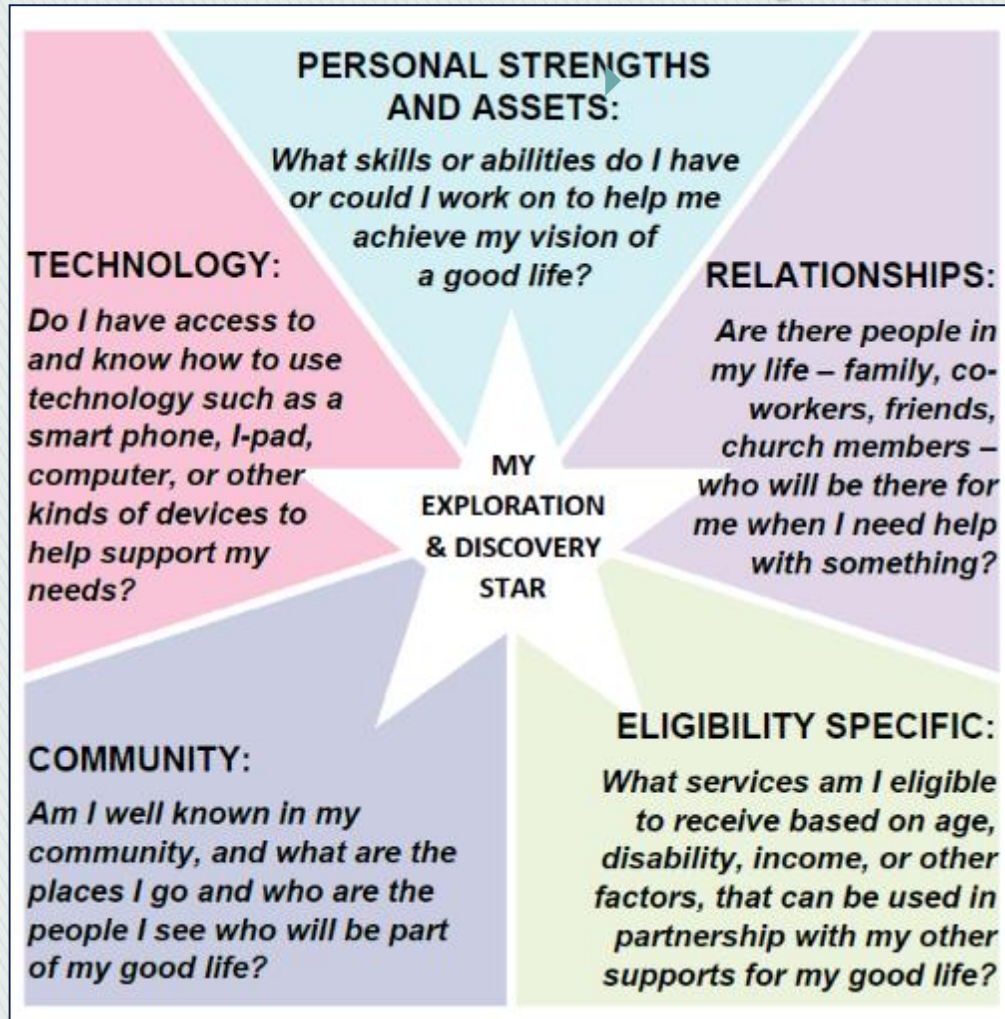




**Core Belief:**  
All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.



# LifeCourse Integrated STAR: *Exploration & Discovery (Mapping)*





# Tools For Exploring Decision Making Supports

## CHARTING the LifeCourse



### Tool for Exploring Decision Making Supports

This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.

Name of Individual: \_\_\_\_\_  
 Name of person completing this form: \_\_\_\_\_  
 Relationship to individual (circle one): Self Family Friend Guardian Other: \_\_\_\_\_  
 How long have you known the individual? \_\_\_\_\_

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.



I can decide with no extra support



I need support with my decision



I need someone to decide for me

#### DAILY LIFE & EMPLOYMENT

Can I decide if or where I want to work?			
Can I look for and find a job (read ads, apply, use personal contacts)?			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			

#### HEALTHY LIVING

Do I choose when to go to the doctor or dentist?			
Do I decide/direct what doctors, medical/health clinics, hospitals, specialists or other health care providers I use?			
Can I make health/medical choices for my day-to-day well-being? (check-ups, routine screening, working out, vitamins)			
Can I make medical choices in serious situations? (surgery, big injury)			
Can I make medical choices in an emergency?			
Can I take medications as directed or follow a prescribed diet?			
Do I know the reasons why I take my medication?			
Do I understand the consequences if I refuse medical treatment?			
Can I alert others and seek medical help for serious health problems?			
Do I make choices about birth control or pregnancy?			
Do I make choices about drugs or alcohol?			
Do I understand health consequences associated with choosing high risk behaviors (substance abuse, overeating, high-risk sexual)			

#### Technology

##### Decision Making

- Smart Phone
- Telephone
- Computer

##### Money Management

- Online Banking
- Debit Card

##### Personal Safety

- GPS Enabled Device
- Personal Safety Device
- Remote Monitoring
- Computer or Electronic locks

##### Decision Making

- Medical Advisors (Doctor, Nurse)
- Clergy or Life Coach
- Financial Advisors
- Educational Advisors (Teacher, Counselor)

##### Money Management:

- Limited Bank Account
- Direct Deposit
- Automatic Bill Pay

##### Personal Safety

- Neighbors
- Police
- Fire
- Emergency Medical Responders

#### Community Based

#### Personal Strengths & Assets

##### Decision Making:

- Ability to communicate wants, needs, and wishes (traditional, sign, gesture, communication device)

##### Money Management:

- Understands concept of money

##### Personal Safety:

- Knows address, phone, other contacts
- Carries ID
- Disaster or Emergency Plan
- Ready bag for emergencies

#### Relationships

##### Decision Making Supports

- Personal Contract or Agency Agreement
- Power of Attorney – General
- Power of Attorney for Health Care
- Supported (Shared) Decision Making

##### Money Management

- Joint Bank Account

##### Personal Safety

- Close Family & Friends

### Safety & Security: Supported Decision-Making

##### Decision Making

- Service Coordinator
- Plenary or Limited Guardianship

##### Money Management

- Representative Payee for SSI, SSDI, VA or other benefits
- Supplemental Special Needs Trust

##### Personal Safety

- Personal Care Attendant/Direct Care Worker
- Adult Protective Services

#### Eligibility Specific

Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)

Developed by the UMKC Institute for Human Development, UCEDD. More tools and materials at [lifecoursetools.com](http://lifecoursetools.com).

SEPTEMBER 2016

## Contact Information:

[Carrie.Geppert@state.sd.us](mailto:Carrie.Geppert@state.sd.us) 605-362-4857

Division of Developmental Disabilities

Hillsvew Properties Plaza

East Highway 34, c/o 500 East Capitol

Pierre, SD 57501-5070