



## 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](http://lifecoursetools.com)



## My LifeCourse Portfolio

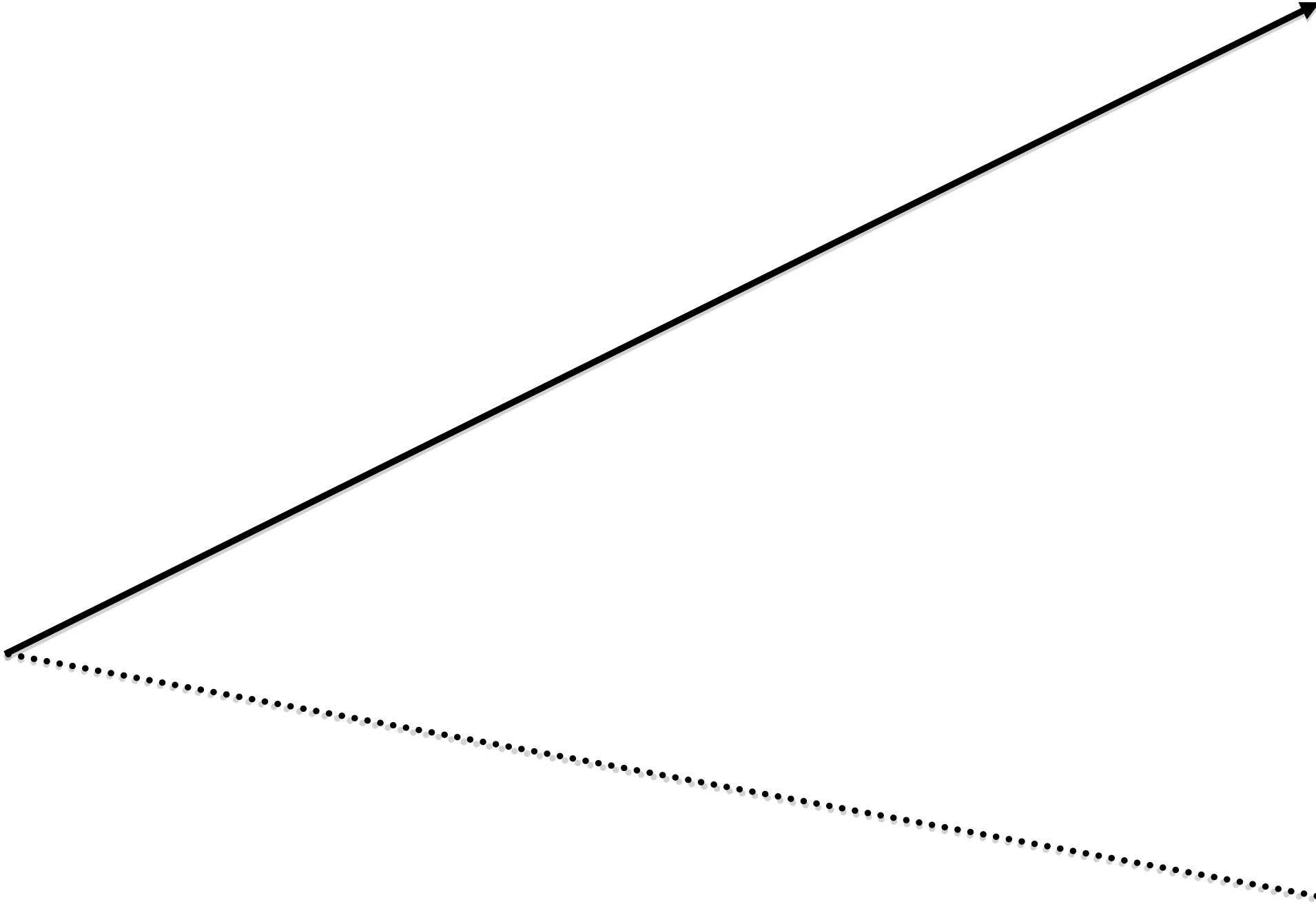
\_\_\_\_\_ 's **ONE-PAGE PROFILE**

What people like & admire about me

What's Important to ME

How to Best Support ME

# Life Trajectory Worksheet



VISION for a GOOD LIFE

Large empty rounded rectangular box for writing a vision for a good life.

What I DON'T Want

Large empty rounded rectangular box for writing what one does not want.

