## CHARTING the life course







(paid services and benefits)







## **Integrated Services and Supports**

People need supports to lead good lives. Using support from lots of different sources helps to create a full, inclusive life that's not limited to, or defined by, paid services. Use this form to help identify sources of support and personal strengths to reach a specific goal or larger vision.

| Goal:                                       |                    |                       | _  |
|---|--------------------|-----------------------|--|
| Technology<br>(devices, apps,<br>equipment) | Personal Stren     | ngths & Assets        | Personal<br>Relationships<br>(family, friends,<br>others I know) |
|   | Sources o to Reach | of Support<br>My Goal |  |
| Community Ba                                | ased               |                       | Eligibility Specific   |

(free and low-cost resources in my community)