



## New Jersey Charting the LifeCourse to a Good Life

*Goal – “For people with disabilities and families to be empowered to communicate their vision for a good life and for professionals and systems to ask questions, listen, and act on strategies to help reach this vision.”*

### Maintaining Relationships, Activity, and Emotional Well-Being While Social Distancing Using the Integrated Supports Star to Identify Connections

#### General Overview:

The Integrated Supports Star is helpful to identify the resources and supports people with disabilities and families can use in their everyday lives. This tool can also be used to map out resources that are helpful for specific situations. Using the Star people can families can identify:

**Personal assets and strengths** are those things that a person or family brings to the table. It might be tangible resources, or it might be the knowledge, skills, strengths, personality or capabilities of the person.

**Relationship-based supports** are those things that family, friends, neighbors, co-workers and other people can help with, with the realization that one person probably can't provide all the support a person might need, but several people might each be able to do one thing!

**Technology** could be anything from specialized technology, personal computers, tablets, smart phones, to something as simple as an alarm clock.

**Community-based supports** are those things that any community member can access. This might include community centers, grocery stores, public safety, hospitals, parks and recreation, public transportation or faith-based resources.

**Eligibility-Specific supports** include those services or things that someone is eligible to access based on disability, age, income or other specific criteria.<sup>1</sup>

#### Using the Integrated Supports Star to Identify Connections While Social Distancing:

Maintaining social connections and a healthy lifestyle is important to emotional well-being and mental health. There are a variety of ways we can do this while adhering to social distancing necessary to prevent the spread of COVID-19 and preserve our health. The Integrated Supports Star can be used to identify ways we can stay in touch with friends, stay active, use community services in a healthy way, and access eligibility-based services. The pages that follow provide an example of a Social Distancing Integrated Supports Star and a blank one people with disabilities and families can use to identify the potential supports specific to them and their area.

<sup>1</sup> Descriptions of Integrated Supports Star components retrieved from - [www.lifecoursetools.com/principles/integrated-supports](http://www.lifecoursetools.com/principles/integrated-supports)

NJ Charting the LifeCourse (CtLC) Framework Implementation and Community of Practice (CoP) Participation is a partnership between:

*The Division of Developmental Disabilities*

*New Jersey Council on Developmental Disabilities*

*The Boggs Center on Developmental Disabilities, Rutgers Robert Wood Johnson Medical School*



## 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.

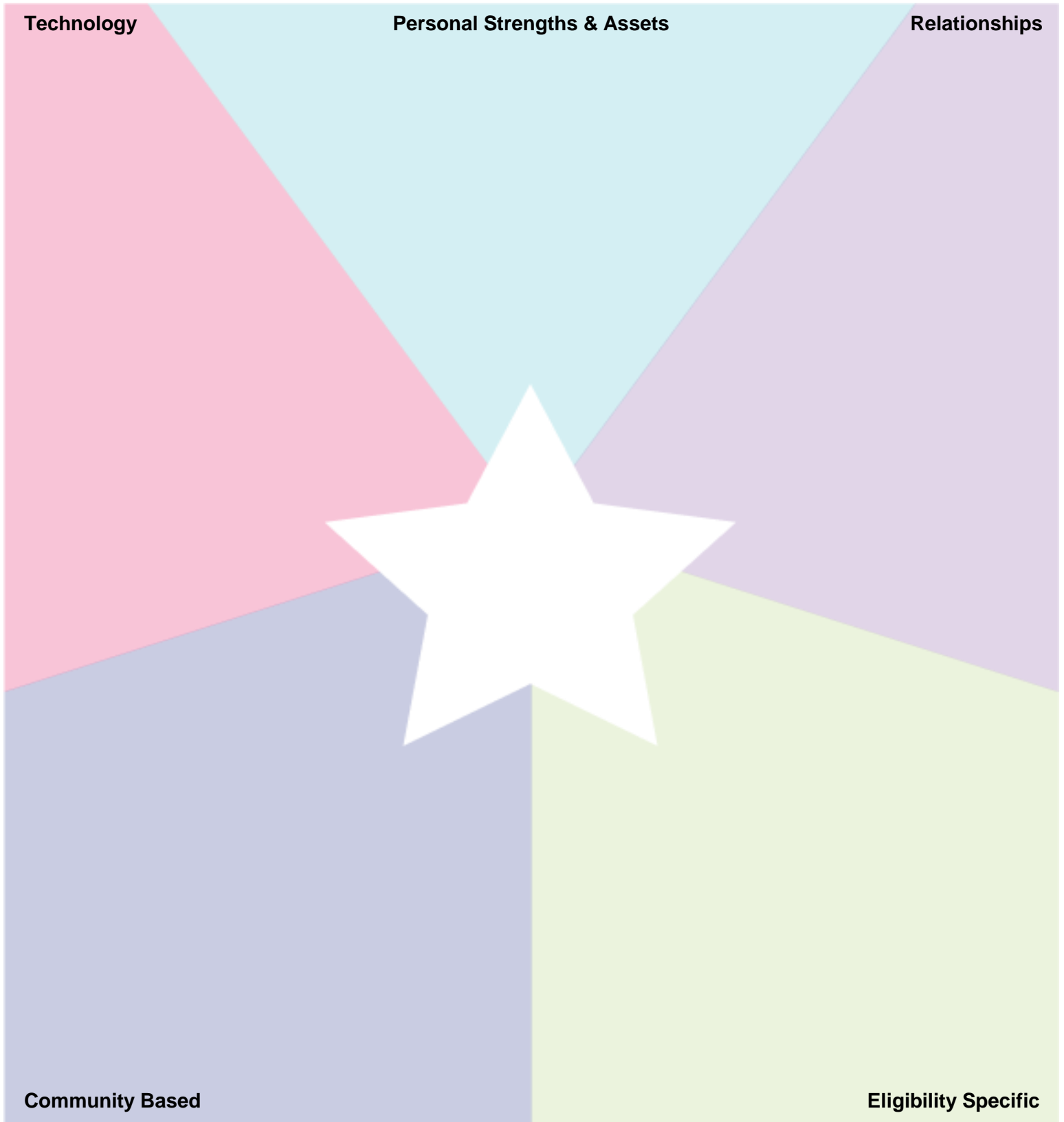


Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)



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