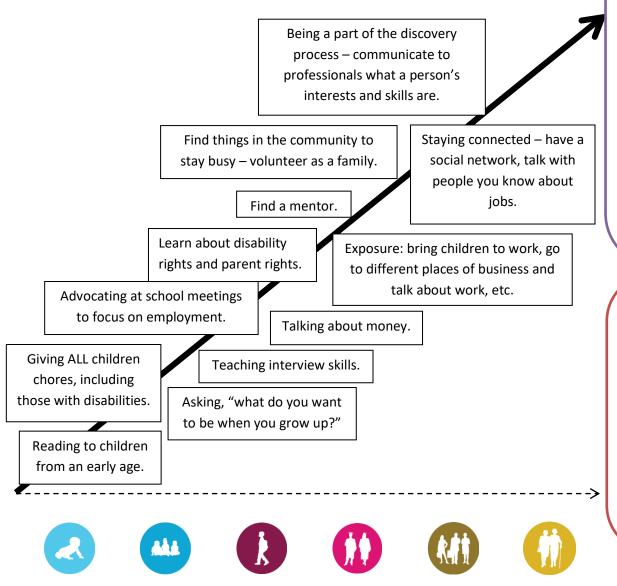
CHARTING the life course

Life Trajectory Worksheet: Family Focus on Employment Families discussed, what works to support employment?

Believe, Encourage, Be Creative



VISION for the Life I WANT

- Employment a good job that creates meaning and economic self sufficiency
- Independence doing as many things independently as possible and as desired
- Self-determination making one's own decisions
- To have a mentor- someone to look up to who understands each person's experience.
- To contribute to other family members

What I DON'T Want

- To be discouraged by professionals
- To give Up Hope
- Boredom
- To not have a social network of friends or employment contacts
- Negativity and low expectations

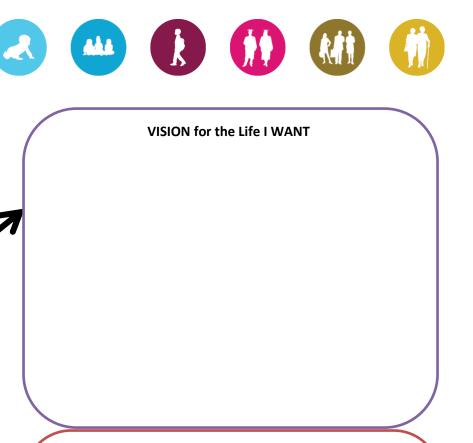


This tool was adapted by the DC Department on Disability Services, from tools developed by University of Missouri-Kansas City Institute for Human Development, University Center for Excellence in Developmental Disabilities (2015). (Last revised 01/17)

CHARTING the life course

Life Trajectory Worksheet: Family

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.



What I DON'T Want

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