

CHARTING the life course

Life Trajectory Worksheet: Family Focus on Employment

Families discussed, what works to support employment?

Believe, Encourage, Be Creative



Being a part of the discovery process – communicate to professionals what a person’s interests and skills are.

Find things in the community to stay busy – volunteer as a family.

Staying connected – have a social network, talk with people you know about jobs.

Find a mentor.

Learn about disability rights and parent rights.

Exposure: bring children to work, go to different places of business and talk about work, etc.

Advocating at school meetings to focus on employment.

Talking about money.

Giving ALL children chores, including those with disabilities.

Teaching interview skills.

Asking, “what do you want to be when you grow up?”

Reading to children from an early age.

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



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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.

VISION for the Life I WANT

What I DON'T Want

