



What is the Charting the LifeCourse?

The Charting the LifeCourse (CtLC) framework was created to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. The framework is the keystone for supporting a community of learning that champions transformational change through knowledge exchange, capacity building and collaborative engagement.

Principles of the Framework

Core Belief: All people have the right to live, love, work, play and pursue their own life aspirations.



FOCUSING ON ALL PEOPLE

ALL people, regardless of age, ability or family role, are considered in our vision, values, policies and practices for supporting individuals and families. All families have choices and access to supports they need.



RECOGNIZING THE PERSON WITHIN THE CONTEXT OF THEIR FAMILY

People exist and have reciprocal roles within a family system, defined by that individual. Roles adjust as the individual members of the family system change and age. The entire family, individually and as a whole, needs support to ensure they all are able to successfully live their good life.



TRAJECTORY OF LIFE EXPERIENCES ACROSS THE LIFESPAN

Individuals and families can focus on a specific life stage, with an awareness of how prior, current and future life stages impact and influence their trajectory. It is important to have a vision for a good, quality life and have opportunities, experiences and support to move the life trajectory in a positive direction.



ACHIEVING LIFE OUTCOMES

Individuals and families plan for present and future life outcomes that take into account all facets of life and have opportunities for life experiences that build self-determination, social capital, economic sufficiency, and community inclusion.





Principles of the Framework (Continued)



HOLISTIC FOCUS ACROSS LIFE DOMAINS

People lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life. Life domains are the different aspects and experiences of life that we all consider as we age and grow. These include: Daily Life & Employment, Community Living, Safety & Security, Healthy Living, Social & Spirituality, and Advocacy and Engagement.



SUPPORTING THE THREE BUCKETS OF NEEDS

The three strategies for supporting individuals and their families can be organized into three categories (or buckets):

- Discovery and Navigation: having the information and tools you need to navigate life
- Connecting and Networking: making connections with peers and resources to help you navigate;
- Goods and Services: the day-to-day tangible items you buy or use from public and private organizations in your community.



INTEGRATED SERVICES AND SUPPORTS ACROSS THE LIFE COURSE

Individuals and families access an array of integrated supports to achieve their envisioned good life. These include those that are publicly or privately funded and based upon eligibility; community supports that are available to anyone; relationship based supports; technology; and the personal strengths and assets of the individual and their family.



TRANSFORMATIONAL POLICY AND SYSTEMS CHANGE

Individuals and families are truly involved in policy making so that they influence planning, policy, implementation, research and revision of the practices that affect them. Every program, organization, system and policy-maker must think about a person within the context of family and community.

