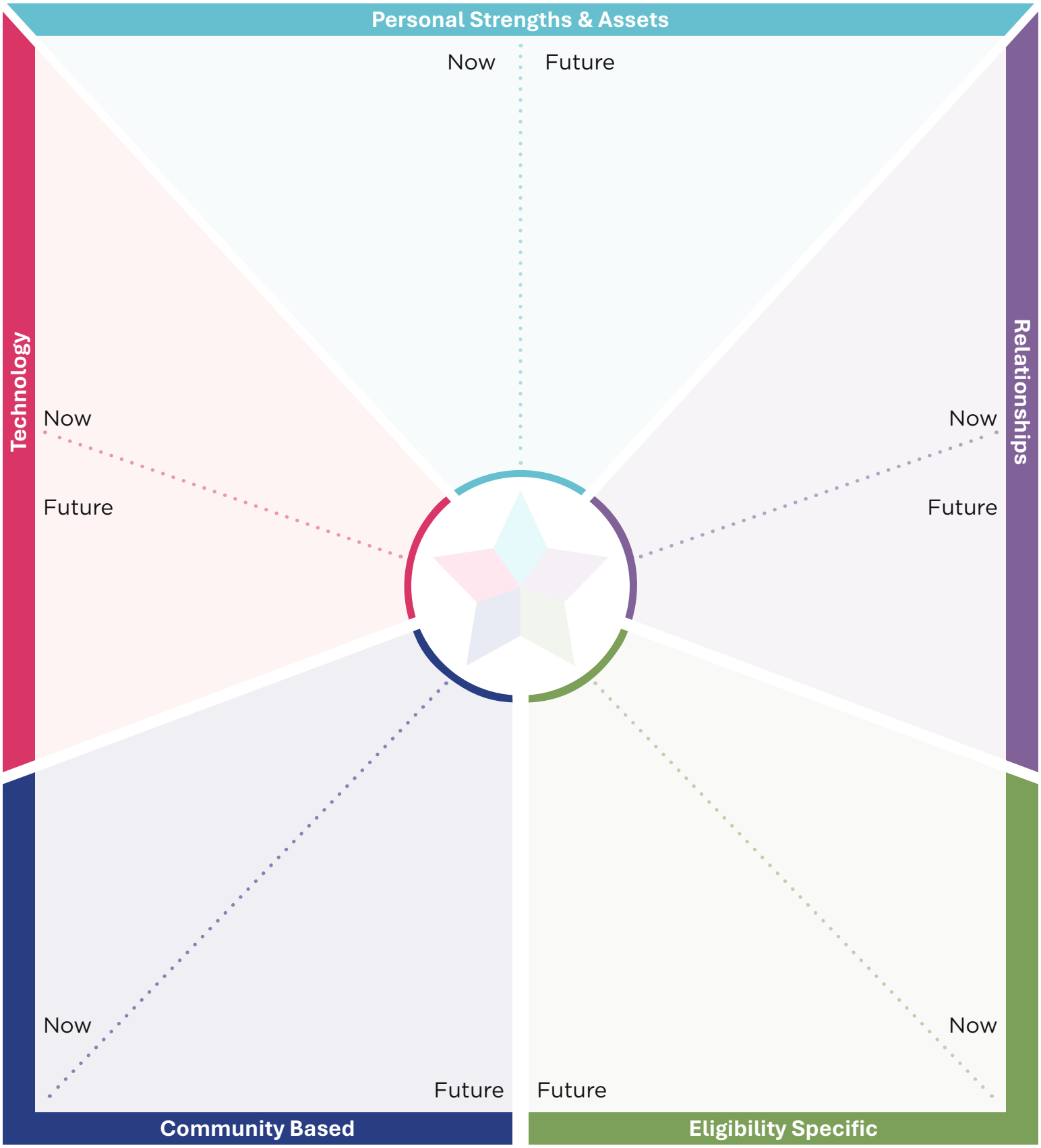
Integrated Supports Split Star

My Name is:



Charting the LifeCourse Framework and Tools

Charting the LifeCourse Framework and Tools, iconography, and assets developed by the LifeCourse Nexus © 2025 Curators of the University of Missouri | UMKC-IHD, UCEDD • **www.lifecoursenexus.com**

Integrated Supports Split Star

Prompts to help you fill out the Integrated Supports Star:
The Integrated Support Star helps anyone map out current services, solve specific problems, and plan next steps. It can be used to explore needs, find gaps, or plan how to get future support.

Personal Strengths & Assets

Now:
What skills, knowledge, or experiences do you have that can help you plan and navigate support for yourself? What strengths can you use to move forward?

Future:
What strengths, skills, or experiences does your family member have that can help them in their planning? How can these personal strengths support their next steps?

Technology

Now:
What technology or tools do you use, or could you use, to help you reach your goals?

Future:
What technology could support your family member in reaching their goals and planning for the future?

Community Based

Now:
What local places, groups, or resources can you use, to help you move toward your goals?

Future:
What community resources, like businesses, parks, schools, faith groups, healthcare, or public services, can support your family member in their planning?

Eligibility Specific

Now:
What programs or services are you eligible for or could qualify for that can help you reach your goals?

Future:
What needs based or government programs is your family member using or could they use to support their plans for the future?

Relationships

Now:
What family, friends, or acquaintances can support you as you work toward your goals? Who can you connect with to help you move forward?

Future:
Who are the people in your family member's life who support them? Who do they interact with regularly that could help them in their planning?

Charting the LifeCourse Framework and Tools, iconography, and assets developed by the LifeCourse Nexus © 2025
Curators of the University of Missouri | UMKC-IHD, UCEDD • **www.lifecoursenexus.com**