



SARTAC

Self Advocacy and Beyond

SARTAC Fellow
Presentation for
SABE

Susan Parker
Missouri



**Susan
Parker**

Fellowship Project:

Charting My
LifeCourse

Host: Kyla
Mundwiller

Charting LifeCourse
Nexus

State: Missouri

Susan's Project

My project is the Charting the LifeCourse™ or CtLC framework or how they help people build a plan for services and tools that help

- developed by individuals with disabilities and families
- it is being used across the country for person-centered best practices

Susan's Project

The new training is 'Charting **My** LifeCourse™', teaches individuals with disabilities how to use tools in their own life

- This includes learning how to facilitate or lead their planning meeting for services
- Also, help them achieve their goals outside of the service systems

Explain Your Project Goal

The project focused on developing and piloting the training materials and creating a professional development path for CtLC self-advocate leaders

- For individuals with developmental disabilities to be able to use Charting the LifeCourse tools and principals in their own life and teach others to do so also

Big Activities and Accomplishments 6

How did you reach your goal ?

Step 1: Learned more about Charting LifeCourse by taking classes:

- 'Charting My LifeCourse' Online Training
- Person Centered Planning Ambassador Series
- Charting LifeCourse or CtLC Foundation Presenter Badge
- CtLC in Action Facilitator Badge
- Good Life Group Facilitator Badge



CtLC Foundations
PRESENTER



www.lifecoursetools.com

Big Activities and Accomplishments 7

How did you reach your goal ?

Step 2: Co-founder of COOL Group

Charting Our Own LifeCourse

- An in-action group for Self-Advocate who have completed 'Charting My LifeCourse' training and are using the tools and framework in their own life and what to share with others.
- Peer Coaches for Charting My LifeCourse and other self-advocacy and self-determination trainings.

Big Activities and Accomplishments 8

How did you reach your goal ?

Step 3: Getting the Word Out **Presentations**

- Reals Voices Real Choices
- Charting LifeCourse Showcase
- Missouri AAIDD
- Adair County Conference
- St Louis Area Highschool
- Easterseals Day program
- People Fist of St Charles

Big Activities and Accomplishments

How did you reach your goal ?

9

Step 4: Live training with support

Step 5: Created Facilitators Guide

- Made for other self-advocates to be able to do the training of Charting My LifeCourse.

Resources

Charting My LifeCourse

Curriculum: Facilitators Guide

This guide provides an overview of the Charting My LifeCourse Curriculum

How to host the session:

Outline for each session

- Has introduction to the principle or belief
- The key learning objectives or goals
- Special considerations or thoughts to make for each person for each principle and session

Resources

How did you create the resource?

Classes to increase understanding of the Charting LifeCourse Framework.

- Created my own Charting LifeCourse Portfolio
- Live trainings with my People First Chapter
- Worked with experienced trainer

Resources

How can it be used by self advocates?

- Self-advocates can take the [Charting My LifeCourse \(thinkific.com\)](https://www.thinkific.com) online training or participate in a live training
- Complete a Charting LifeCourse Portfolio
- Join the COOL Group
- Work with a Charting My LifeCourse coach to add to your portfolio examples of the training & make sure you are comfortable with presenting