



This tips sheet provides an overview of how and why to use the Life Domain Vision Tool - Transition from Foster Care.

Overview of the Principle

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. The Life Domains are Daily Life and Employment, Community Living, Social and Spirituality, Healthy Living, Safety and Security, Advocacy and Engagement, It is also important to consider needs for Support for Family, and Support and services for the individual.

Life Domains are useful as you 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.

Who Should Use it and Why?

The Life Domain Vision Tool can help you refine and define specific aspects of your overall vision for a good life, and what you don't want. You can use the life domains to consider what worked and didn't work in past life experiences, how to increase and encourage future positive life experiences, and avoid or mitigate negative or traumatic experiences.

How to Use the Tool

There is no "right" or "wrong" way to use the tool, but before you start, quickly glance through the description and questions for each Life Domain. This will help you start thinking about what you want in each area of your life. After you read the questions and begin thinking about what you want, you can start filling out the boxes with your vision for each domain. You do not have to go in any order, and you don't need to fill out each box, however, the more you fill out, the more comprehensive and useful this tool will be.

Remember, you don't have to have a response for every domain. You can use this tool to brainstorm and create a rough draft of what you want for your life. This tool can also be used over and over, so whatever you put down does not necessarily have to be final. You can update, change, or completely restart this tool whenever you want. You can use additional tools to help map how you want to achieve your vision after you have outlined some initial goals of what you want for your life. For example, you can use the Integrated Star to explore available supports and resources for a specific area or goal.



Getting Started

- 1** On the Life Domain Vision tool and using the chart on the next page, read the suggested questions to consider for each domain.
- 2** Think about how the domains and questions apply to your life - you might only choose to consider a few domains or all of them.
- 3** Begin filling out the tool with your initial thoughts. After your first ideas put it down for a while then come back to work on it again later.
- 4** Revisit whenever you want to change or update your Life Domain Vision Tool, or as your situation changes.





LIFE DOMAIN	SOME OPTIONAL QUESTIONS TO CONSIDER	
 <p>Daily Life & Employment</p>	<ul style="list-style-type: none"> • What do you want to do during the day? • What do you want your daily routine to look like? • Have you considered college or technical school? • Where do you want to work? • What ideas do you have for your job/career? • Have you had any jobs that you liked that you want to turn into a career? 	<ul style="list-style-type: none"> • What do you value in a job? • How much money do you want to make? • What type of lifestyle do you want to afford? • What is your dream job and what can get you there? • What other steps do you need to take to get you to your dream job?
 <p>Community Living</p>	<ul style="list-style-type: none"> • Where do you want to live? • What type of neighborhood would you like? • Do you want to live alone or with others? • What skills do you need to learn if you live alone, or who can you go to with questions? • What is my budget for living/rent/utilities/transportation? 	<ul style="list-style-type: none"> • Does my pay cover rent, insurance, car/transportation, utilities (gas, electric, cable, water, internet), and other household goods and repairs? • Do you know how to open a bank account? • Do you have the required documents to do so? • Do you understand how to build good credit?
 <p>Social & Spirituality</p>	<ul style="list-style-type: none"> • What do you like to do for fun in your free time? • What hobbies/interests do you have? • What makes a good friend? • What are traits of a bad friend? • How do you build positive relationships with others? • How do you set boundaries with your friends? • What do you do when a boundary is crossed? • What people do you want in your life? 	<ul style="list-style-type: none"> • What impact will they have on your life? • How or where can you meet new friends? • How can you maintain or build upon existing relationships?
 <p>Healthy Living</p>	<ul style="list-style-type: none"> • What do you need to know about accessing and paying for medical care? • Where do you go for medical care? • How will you pay for it? (including healthcare premiums, co-pays, deductibles?) • What does health insurance cover? • Who can you ask for help? • What resources are available to you? 	<ul style="list-style-type: none"> • Do you schedule regular, preventative care? • Are there mental, physical, and/or emotional healthcare supports you want or need? • What is a healthy lifestyle for you? • How do you stay healthy?
 <p>Safety & Security</p>	<ul style="list-style-type: none"> • How do you stay safe from financial, emotional, physical, or sexual harm? • Where can you go if you are dealing with an unsafe situation? What community resources are available to you? • What do you do if you feel unsafe or need help with conflict resolution? • How do you protect your personal information and security on the internet? 	<ul style="list-style-type: none"> • How will you develop your budget? • What tools do you need? • Do you feel safe to speak up when you feel uncomfortable? • Do you live in a neighborhood where you feel safe? • Are you aware of your legal rights?
 <p>Advocacy & Engagement</p>	<ul style="list-style-type: none"> • What are you passionate about? • Where can you make a difference? • Am I registered to vote? • In what ways do you control your own life? • How do you make your decisions? • Where do you get trusted information to make informed decisions? • Who can you go to? 	<ul style="list-style-type: none"> • What makes me feel good about myself? • Are there community organizations you want to learn more about? • What causes or social issues do you care about? • What expectations do you have for your life? • What goals do you have for the future? • What plans do you have to make that happen?
 <p>Support for Family</p>	<ul style="list-style-type: none"> • Who do I define as my family? • What is your role in your family? • What other support do you want/need? • Who are the important people you want to be part of your life? • How will you stay connected to them? • Do you have relationships that you want to reconnect with? 	<ul style="list-style-type: none"> • What is your plan to keep in contact with the people you want in your life? • Are there supports a family member might need to stay in contact/ be part of your life?
 <p>Support & Services</p>	<ul style="list-style-type: none"> • What supports can you access to help you when you are first starting out? • Who can act as a mentor or point of contact for questions, conflict management, or general help? • Who advocates for and supports you? • Do you know where your important documents are? • Your birth certificate? • Do you know your social security number? 	<ul style="list-style-type: none"> • How can your community provide opportunities for you? • Have you completed an Integrated Support Star tool to map available supports to you?

