



INTEGRATED SUPPORTS STAR | DAILY LIFE

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support daily life.

Personal Strengths & Assets for Supporting Daily Life

- Work/volunteer experience
 - Summer jobs
- Vision or dream for job or career
- Responsibilities at home or school
 - Makes choices and decisions
- Communicates ideas, needs, thoughts to others
- Knowledge of a variety of different jobs/careers
 - Good social skills
- Practices everyday living skills

Technology for Supporting Daily Life

- Electronic reminders
- Alarm clock
- Cell phone
- iPad educational/life skills apps
- Online resume builders
- Online classes or training
- Internet job search
- Calculator
- Computer
- iPhone or smart phone apps

Relationships for Supporting Daily Life

- Coworkers
- Parents, siblings, spouse, children, grandparents, other family
- Friends
- Teacher
- Mentors
- Parents/family of friends
- Business partner

DAILY LIFE SUPPORT OPTIONS

- Volunteering
- Competitive employment/careers
- Colleges, universities, tech school
- Micro-enterprises
- Self employment
- Tutors
- Parent/Teacher Association (PTA)
- Summer Reading Program (library)

- Work crews/enclaves
- Job coaches
- Supported employment
- Special college programs
- Special Education/IEP's
- HeadStart
- Vocational Rehabilitation
- Case manager/support coordinator
- Sheltered workshops
- Day habilitation

Community Resources for Supporting Daily Life

Eligibility Supports for Supporting Daily Life

