

LifeCourse Nexus

Advocate Fellow Program

Easy Step Guide to becoming a
Charting My LifeCourse Facilitator



LifeCourse Nexus

Training and Technical Assistance Center
UMKC Institute for Human Development • UCEDD



SARTAC

SARTAC Fellowship

The SARTAC Fellowship is a year-long opportunity for self-advocates to develop and grow their skills as leaders in the self-advocacy movement. Fellows work with a supporting host organization on policy issues or a specific project that can help develop their leadership skills.

Meet Susan, SARTAC Fellow:



Susan Parker encourages advocacy through her daily work as a Self-Determination Instructor at Easterseals Midwest, and being an inspiration to others with a disability. She is the President of the St. Charles People First Chapter, a Charting the LifeCourse Ambassador, and a member of the Gateway Coalition. Susan has used her voice for over 15 years to create a lasting impact on Missouri Legislation regarding the “R” word, accessible parking signs and allowing parents with a disability to have the right to raise their children successfully without harassment. She has dedicated her adult life to speaking up for others with disabilities and advocating for their rights.

Project Summary: The Charting the LifeCourse™ (CtLC) framework and tools, developed by individuals with disabilities and families, are used across the country for person-centered practices. A new training, *Charting My LifeCourse™*, is designed to teach individuals with disabilities how they can use the tools in their own lives, including facilitating their formal planning process (for services), and helping them to achieve their goals outside of the formal service systems. This project focused on developing and piloting training materials and creating a professional development path for Charting the LifeCourse self-advocate leaders.

Definitions and Terms



The **Charting the LifeCourse (CtLC) framework and tools** were developed by and for individuals with disabilities and families. The tools and framework are being used across the country for person-centered practices. You can learn more by visiting www.lifecoursetools.com



Charting My LifeCourse is a training designed to teach people with disabilities how they can use Charting the LifeCourse tools in their own lives. This includes facilitating their formal planning process (for services), and for achieving their goals outside of the formal service systems.



The **Charting the LifeCourse Person Centered Portfolio** includes tools which people can use in their own lives, including facilitating their formal planning process (for services), and for achieving their goals outside of the formal service systems.



Charting Our Own LifeCourse (COOL) Group is for self-advocates and their supporters who have completed the *Charting My LifeCourse* training. Members are using the framework in their own lives and want to support other self-advocates to do so. The COOL Group is an interactive peer learning group that encourages hands-on learning, trying new things, and looking for ways to use the tools and concepts in their life and work, further strengthening their familiarity. COOL members focus on developing and piloting training materials and creating a professional development path.



The **Charting My LifeCourse Facilitators Guide** was made to support individuals to be Charting My LifeCourse Training Facilitators. The training uses video lessons featuring a self-advocate who has completed and utilized the tools and the facilitator sharing their own personal examples and assisting participants to complete their own personal Charting the LifeCourse Portfolio.

Facilitator
fə- 'si-lə-, t̄ā-tər

A **Facilitator** is someone that leads a group and helps the group understand something.

Becoming a *Charting My LifeCourse* Facilitator

There are three steps to becoming a *Charting My LifeCourse* Facilitator:

- 1) Learning & Discovering
- 2) Applying, Connecting, Sharing and Networking
- 3) Practicing with Supports
- 4) Supporting other Facilitators

1) Learning & Discovering

Complete <i>Charting My LifeCourse</i> training	<i>Charting My LifeCourse</i> Training Charting My LifeCourse (thinkific.com)
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What Susan Did:

Susan was first exposed to Charting the LifeCourse many years ago as a member of People First, but it was not until she completed the online Charting My LifeCourse training that she fully embraced the LifeCourse Framework. She wanted to be able to teach others, and to do that she knew she needed a strong knowledge base. First Susan went through a learning series and graduated as a Charting the LifeCourse Person Centered Planning Ambassador, one of the first self-advocates to do so. Next, she signed up for and completed three different LifeCourse Badges to help prepare her to facilitate: Charting the LifeCourse Foundation Presenters Badge, Charting the LifeCourse in Action Facilitator Badge, and Good Life Group Facilitator Badge.

2) Applying, Connecting, Sharing and Networking

Participate in a COOL Group	<p>Share your Charting the LifeCourse Person Centered Planning Portfolio with members. COOL members provide feedback on your portfolio and presentation. Learn how other members are applying Charting the LifeCourse Tools in their lives to help apply the tools in your own life.</p> <p>When ready, receive training on using the <i>Charting My LifeCourse</i> facilitators guide, learn expectations and requirements for facilitators, and have opportunities to observe trainings that are using the facilitator guide.</p>
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What Susan Did:

With an even deeper understanding and appreciation of all things LifeCourse, Susan was ready to start helping others learn how to use LifeCourse. She started by co-founding and co-facilitating the COOL (Charting Our Own LifeCourse) group. The COOL group is an in-action group for self-advocates who have completed the Charting My LifeCourse online training, are using the tools and framework in their own life and want to share with others. One of the COOL group goals is to develop peer coaches for Charting My LifeCourse and other self-advocacy and self-determination trainings. With knowledge and a place to share information, the next thing Susan needed to do was spread the word. She did this by presenting about her experiences as a self-advocate, her professional journey, and what she had been doing recently with LifeCourse. She presented to large groups like the state conference Real Voices – Real Choices, Charting the LifeCourse Showcase, and Missouri AAIDD. She also talked at local high schools and her employer’s day program.

3) Practicing with Supports	
Participate in live training	A COOL member provides support before and during facilitation to help make the training successful.

What Susan Did:

After all that legwork, Susan was ready to get her hands dirty. She wanted to be able to teach Charting My LifeCourse, currently a solely online training, to a group of people live/in-person. She did just that, leading a live training for self-advocates from her local self-advocacy chapter, St Charles People First, using videos from the online training. With valuable insights gleaned from that training, she worked with the Charting the LifeCourse Team to create a robust facilitator guide/PowerPoint combo that would allow a peer-trainer to facilitate Charting My LifeCourse. After tweaks and refinements, a rough draft of the facilitators guide was complete, as well as a companion PowerPoint presentation. Susan once again led a live training of Charting My LifeCourse with the new facilitator guide, and the response from attendees was great! The facilitator guide helped Susan stay on track, and the PowerPoint with embedded videos from the online training insured that participants were getting all the information they needed. The end result was an Easy Step Guide for self-advocates to become Charting My LifeCourse facilitators.

4) Supporting Other Facilitators

Support others to become facilitators

The more you help others to become *Charting My LifeCourse* Facilitators and use the Charting the LifeCourse tools in your own life the better facilitator you will become.

What Susan Did:

Susan is looking forward to hearing from others that want to be Charting My LifeCourse Facilitators. She is excited to support them on their journey.

**If you are interested in learning more about becoming a
Charting My LifeCourse Facilitator, please email:**

umkcctlc@umkc.edu