

Using the Integrated Supports Star

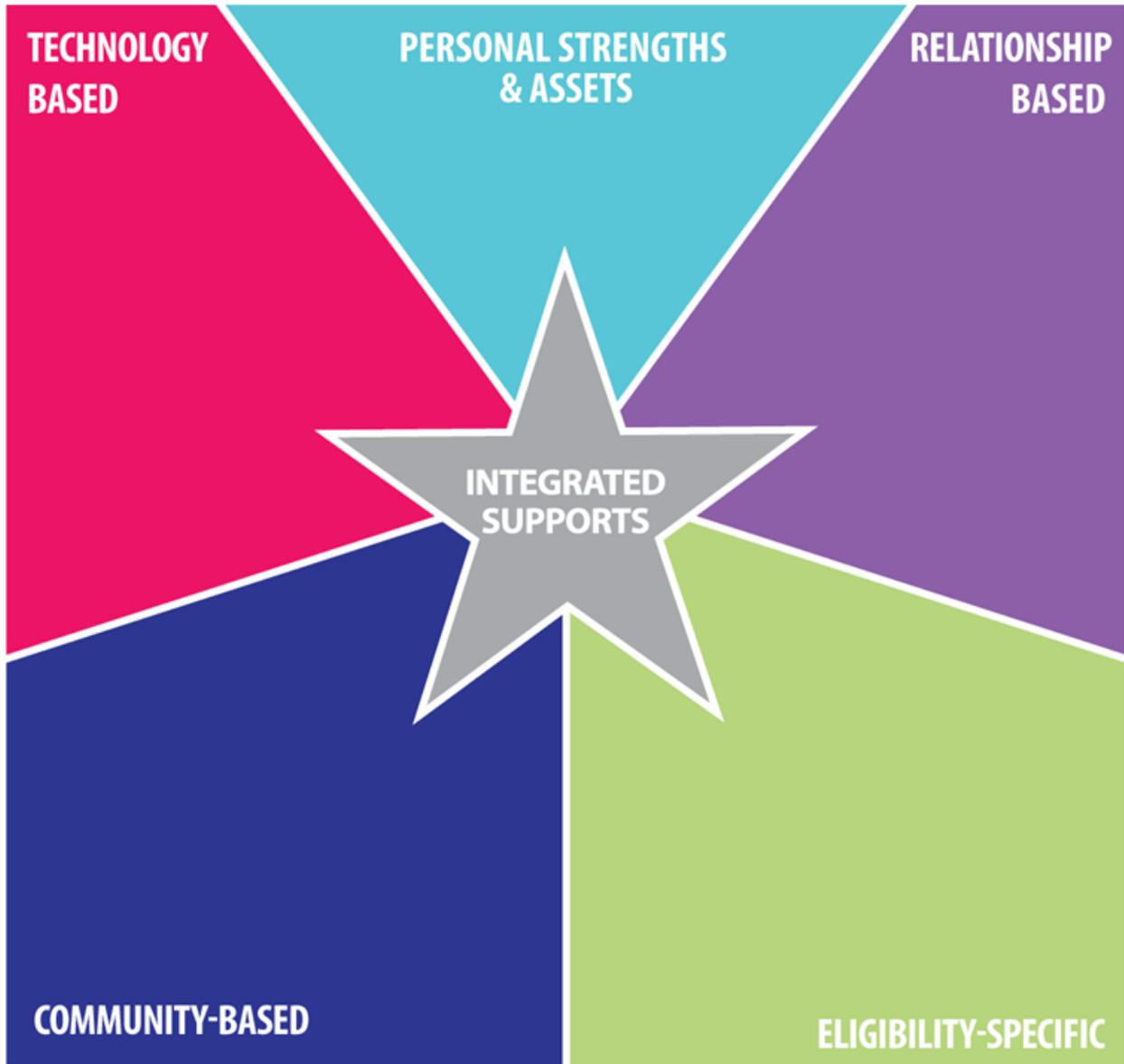
All people need support to lead good lives. One tool that parents or caregivers can use to problem-solve or brainstorm the types of supports they or their family member with a disability need is the “**Integrated Supports Star**”.

Use the Supports Star to think about resources you already have access to, and strategize where you might find or build additional supports to help achieve the life you want for your loved one with a disability and your entire family.

The center of the Star is labeled “Integrated Supports” to remind us that resources that help families can be found in a variety of different places within our lives and communities, not just through formal government services which can sometimes be limited due to funding or waiting lists. Integrating supports across the following categories can ensure people with disabilities and their families are living full lives, truly included and actively participating in their communities.

- **Personal assets and strengths** are those things that a person or family brings to the table. It might be tangible resources, or it might be the knowledge, skills, strengths, personality or capabilities of the person.
- **Relationship-based supports** are the things with which family, friends, neighbors, co-workers and other people can help. One person probably can't provide all the support a person might need, but several people might each be able to do one thing!
- **Eligibility-based supports** include those services or programs that someone is eligible to access based on disability, age, income or other specific criteria.
- **Technology-based supports** could be anything from specialized technology, computers, tablets, smart phones or apps, to something as simple as an alarm clock.
- **Community-based supports** are those things that any community member can access. This might include community centers, parks and recreation, public transportation or faith-based resources.

Integrated Supports Star



The Supports Star and accompanying text was developed as part of the **Supporting Families of People with Disabilities Community of Practice** [<http://supportstofamilies.org>], and is used with permission from “**Charting the Life Course: A Guide for Daily Life and Employment – Transition Age**” [<http://supportstofamilies.org/wp-content/uploads/EMPLOYMENT-GUIDE-FINAL.pdf>]; Copyright 2015 Missouri Family to Family (MoF2F) at the UMKC Institute for Human Development, UCEDD.