



Community of Practice  
for Supporting Families of Individuals  
with Intellectual & Developmental Disabilities

# Family Mentoring and Leadership Committee ANNOUNCEMENT

## FREE ONLINE TRAINING FOR FAMILIES



### What is College of Direct Support (CDS)?

College of Direct Support is a **FREE** comprehensive web-based learning system for direct support and other professionals who deliver services to individuals receiving support from the department. This web-based curriculum will supplement and in some cases replace classroom-based training, and will be accessible from any computer with an Internet connection.

### What is Person Centered Planning?

Core Belief: All people have the right to live, love, work, play and pursue their life aspirations just as others do in their community



**Person-centered planning** is a set of approaches designed to assist someone to plan their life and supports. It is used most often as a planning model to enable individuals with disabilities to increase their personal self-determination and improve their own independence. Widely used Person-Centered tools include Making Action Plans (MAPS), Planning Alternative Tomorrow's with Hope (PATH), Essential Lifestyle Planning, and Personal Futures Planning

### CHARTING the life course



**LifeCourse Planning** is a universal planning framework that can be accessed at <http://supportstofamilies.org/resources/lifecourse-toolkit/>. It was developed to help individuals and families of all abilities and at any age or stage of life develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. Individuals and families may focus on their current situation and stage of life but may also find it helpful to look ahead to start thinking about life experiences now that will help move them toward an inclusive, productive life in the future. The framework is designed to help any citizen think about their life, not just individuals known by the service system. Even though the framework was originally developed for people with disabilities, it is designed universally, and can be used by any family making a life plan, whether they have a member with a disability or not.

Accessing the CDS for families has been an achieved goal for the Family Mentoring and Leadership Committee. Not only does this program provide access to valuable information, but we are also offering families a voice for areas that may need improvement or updates to enhance the overall quality of the program.

If you are interested in enrolling in CDS and can provide input to enhance the program, please contact: [dianne.gill@ct.gov](mailto:dianne.gill@ct.gov)

**If you like to learn about LifeCourse Planning or the Family Leadership & Mentoring Project, please contact:**

**PATH 203.234.9554**