

Empowered Goal Setting: A Road Map for Your Child's Future



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Barb Sapharas
bsapharas@aol.com

Ohio Ambassador-Charting the LifeCourse
Family Resource Network of Ohio

Charting the LifeCourse Nexus Team-University of Missouri-Kansas City
Mentor Trainer-The Learning Community for Person Centered Practices

OHIO COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES

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Charting the LifeCourse Trainings are provided by



**FAMILY RESOURCE
NETWORK OF OHIO**

*Ohio's Official Hub for
Charting the LifeCourse*

www.frnohio.org Facebook-for stories of use

Funding for this statewide effort is provided by



**Department of
Developmental
Disabilities**







**Department of
Education &
Workforce**

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Barb's Story

- Jim and Nick's sister
- Worked in the IDD field for over 48 years in the Cleveland, Ohio area
- Worked in a variety of settings including: schools, residential, employment, day program
- Variety of roles
- Family caregiver (unpaid)
- Ohio Ambassador-Charting the LifeCourse
- Member of the (National) Charting the LifeCourse Nexus
- Mentor Trainer in the Learning Community for Person Centered Practices (TLC-PCP)

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Resources

- POWERPOINT
- Life Vision Tool
- Exploring Trajectory
- Goal Attainment Tool

You can find additional resources/information on:

Frnohio.org
Lifecoursetools.com

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This session:

Introduction to some of the tools of Charting the LifeCourse that support identifying a vision/goal and mapping progress


- Life Vision Tool
- Exploring Trajectory
- Goal Attainment Tool


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All people and their families have the right to live, love, work, play, learn and pursue their life aspirations in their community.

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“Good Life Outcomes for ALL”

 **The Individual** will achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life



 **Families** will be supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support all individual members to achieve their goals

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Charting the LifeCourse.....

IS:

- About having different conversations
- A different way of thinking
- Encouraging high expectations
- Having life experiences to move the trajectory in the desired direction
- Integrating LOTS of different kinds of support, and not just having a life of only Eligibility Specific Supports (“all green life”)



ISN'T:

- JUST about the “tools”
- A “program”

***Is for ANYONE, regardless of AGE or ABILITY!
(words and actions, gather info from person and people who know them well)***

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Trajectory-
Exploring

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Achieving Outcomes for Connected Life Domains



Daily Life and Employment
What a person does as part of everyday life (school/education, employment, volunteering, routines, life skills)



Healthy Living
Managing and accessing, staying well (medical, behavioral, nutrition, wellness, affordable care)



Community Living
Where and how someone lives (housing, living options, home adaptations and modifications, community access, transportation)



Safety and Security
Staying safe and secure (emergencies, well-being, legal rights & issues, guardianship options & alternatives)



Social and Spirituality
Building friendships and relationships (friends, relationships, leisure activities, personal networks, faith community)



Advocacy and Engagement
(valued roles, making choices, setting goals, responsibility, leadership, peer support)

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Life Domain Vision Tool

- Individual Perspective
- Family Perspective

Lifecoursetools.com
LifeCourse Library
Foundational Tools
Person Centered

Life Vision | Family Perspective

My Name: _____ Date: _____
Do Not List: _____

Life Domain	Description	My Vision for My Family Member's Future	Priority
1. Daily Life & Employment	What will they do for work? (school/education, employment, volunteering, routines, life skills)		
2. Healthy Living	How will they manage and access care? (medical, behavioral, nutrition, wellness, affordable care)		
3. Community Living	Where and how will they live? (housing, living options, home adaptations and modifications, community access, transportation)		
4. Safety & Security	How will they stay safe and secure? (emergencies, well-being, legal rights & issues, guardianship options & alternatives)		
5. Social & Spirituality	How will they build relationships? (friends, relationships, leisure activities, personal networks, faith community)		
6. Advocacy & Engagement	How will they take action? (valued roles, making choices, setting goals, responsibility, leadership, peer support)		

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Life Vision | Family Perspective

My Name: _____ Date: _____
Do Not List: _____

Life Domain	Description	My Vision for My Future	Priority
1. Daily Life & Employment	What will they do for work? (school/education, employment, volunteering, routines, life skills)		
2. Healthy Living	How will they manage and access care? (medical, behavioral, nutrition, wellness, affordable care)		
3. Community Living	Where and how will they live? (housing, living options, home adaptations and modifications, community access, transportation)		
4. Safety & Security	How will they stay safe and secure? (emergencies, well-being, legal rights & issues, guardianship options & alternatives)		
5. Social & Spirituality	How will they build relationships? (friends, relationships, leisure activities, personal networks, faith community)		
6. Advocacy & Engagement	How will they take action? (valued roles, making choices, setting goals, responsibility, leadership, peer support)		

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GOAL ATTAINMENT TOOL

1 Goal Attainment, Planning and Tracking Success

My Name is: _____
 My Goal is: _____

Strategies	Supports	Start Date	Target End Date

Define Success
 Describe what it would look like if you do more than your "expected success".

Describe what expected success looks like for this goal: _____

Describe what minimum success would look like for this goal: _____

Success Rate

*****	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WHAT GOALS ARE YOU THINKING OF?

Consider a goal for the Summer or for the school year, etc.

Consider:

- learning a skill
- having experiences or opportunities
 - to learn interests
 - to meet others

-
-
-

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Define Success
 Describe what it would look like if you do more than your "expected success".

Describe what expected success looks like for this goal: _____

Describe what minimum success would look like for this goal: _____

NAME

MY GOAL IS

STRATEGIES-what will happen to move towards goal, action steps

SUPPORTS-consider the 5 points of the Integrated Supports Star: personal strengths and assets, technology, relationships, places in community available to everyone, eligibility specific

START DATE
TARGET END DATE



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GOAL ATTAINMENT TOOL

1 Goal Attainment, Planning and Tracking Success

My Name is: _____
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Strategies	Supports	Start Date	Target End Date

Define Success
 Describe what it would look like if you do more than your "expected success".

Describe what expected success looks like for this goal: _____

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DEFINE SUCCESS

Describe what it would look like if you do more than your "expected success."

Describe what expected success looks like for this goal.

Describe what minimum success would look like for this goal.



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GOAL ATTAINMENT TOOL

SUCCESS: What is working?
Strategies/methods, people, etc.

BARRIERS: What is not working?

SUCCESS SCALE: Use to track-date at top

Goal Attainment, Planning and Tracking Success

Success: What is Working?

Barriers: What is Not Working?

Success Scale					
*****	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
****	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
***	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
**	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

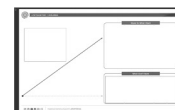
Charting the LifeCourse
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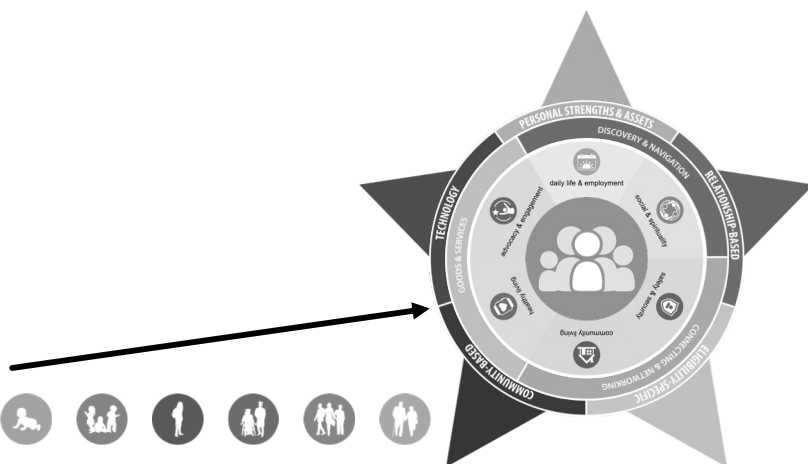
NEXT STEPS:

What/how will you use:

- Life Vision Tool
- Exploring Trajectory
- Goal Attainment Tool

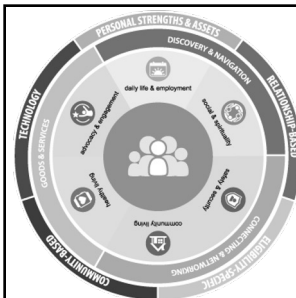


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Core Belief: Everyone has the right to live, love, work, play, learn and pursue their life aspirations in their community.

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Ohio Highlights-frnohio.org

Variety of presentations-sign up on frnohio.org

Guided Implementation-series of 7 sessions, move from knowledge to USE AND INTEGRATION

- Sign up on frnohio.org to access events, get updates, resources, etc.
- Like our Facebook page-Family Resource Network of Ohio-FRNO
- Post/share on our FB page how you have used Charting the LifeCourse and the impact on you/your family/people you support
- Let us know if you know of any groups who would benefit from hearing about Charting the LifeCourse

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CLOSING

- What did you APPRECIATE about our time together?
- Any A-ha moments?
- Ideas of how to use/apply the info you heard?



Thank you so much for this opportunity to share!

Barb Sapharas

bsapharas@aol.com

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FEEDBACK



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