





**Transition Across the Lifespan:
Supporting a Good Life Through Every Stage**

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- Master's Degree in Education
 - Curriculum & Instruction
- Former Educator
 - AVID Program Coordinator and Family and Consumer Sciences Teacher
- Supports national and state implementation of Charting the LifeCourse and person-centered practices
- Focuses on self-determination, transition planning, and systems change
- Parent of two boys
 - one who receives special education supports



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UMKC LifeCourse Nexus Training and TA Center



LifeCourse Nexus
Training and Technical Assistance Center
UMKC Institute for Human Development - UCEDD

- **Charting the LifeCourse Framework:** A hopeful, person-centered framework that empowers people and their families to imagine, define, and create a life rooted in what truly matters to them.
- **Community of Learning:** A vibrant community where people come together to share, grow, and lead transformational change—reimagining systems and communities so everyone can thrive.
- **Transformative Movement:** A bold, human-centered movement advancing good lives for all people by reshaping policies, practices, and mindsets across the country.

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Learning Objectives

- Recognize transition as an ongoing process that occurs throughout the lifespan
- Explore how life experiences, opportunities, and supports influence transitions over time
- Learn strategies for supporting individuals and families as they navigate multiple life transitions
- Consider how person-centered tools can help people envision and work toward a good life across life stages

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What Comes to Mind When You Hear “Transition”?

Traditional View of Transition

- Graduation
- Employment
- College
- Independent Living
- Adult Services
- Turning 21

Expanded View of Transition

- Starting School
- Changing Jobs
- Developing Relationships
- Becoming a Parent
- Retirement
- Aging and Caregiving

Meet Maria Age 5


- Loves helping others
- Wants friends
- Loves animals
- Starting Kindergarten

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Charting the LifeCourse Framework

A Person-Centered Approach



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Charting the LifeCourse | Core Belief



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


LifeCourse Nexus | Core Belief

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Charting the LifeCourse

Created for people and families of all abilities and ages to:




- Explore Life Possibilities
- Problem-Solve and Plan Goals
- Navigate Future
- Advocate for Vision
- Set Higher Expectations
- Share Ideas, Hopes, and Fears

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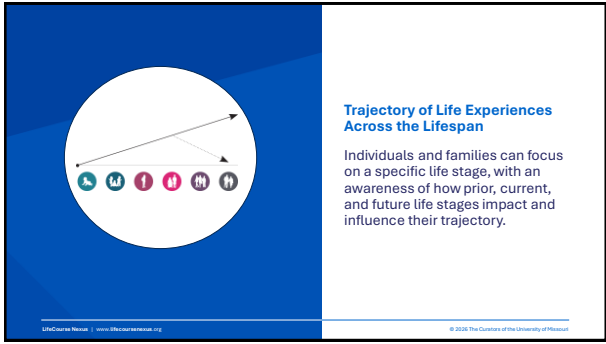
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Charting the LifeCourse | Principles



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Trajectory of Life Experiences Across the Lifespan

Individuals and families can focus on a specific life stage, with an awareness of how prior, current, and future life stages impact and influence their trajectory.

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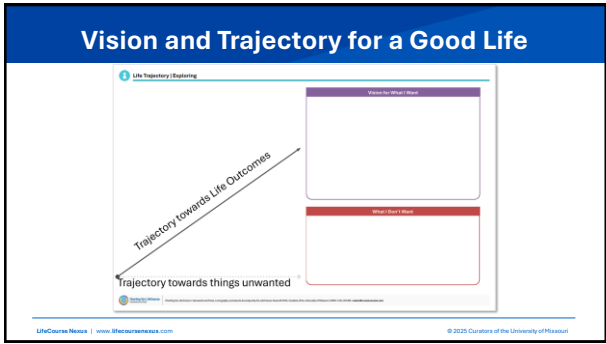
The Future.....Begins with a Dream

The future is not something we enter. The future is something that we create. And creating that future requires us to make choices and decisions that begin with a dream.

- Leonard L. Sweet

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Vision and Trajectory for a Good Life

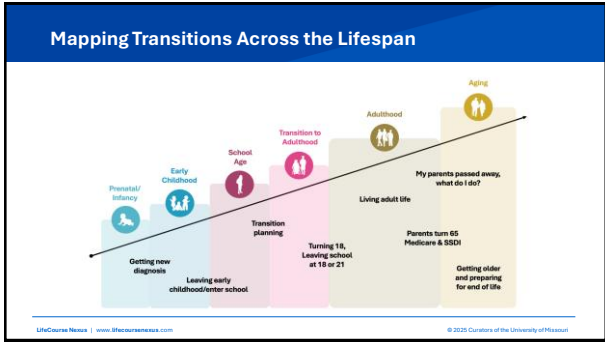
Life Trajectory (Planning)

Trajectory towards Life Outcomes

Trajectory towards things unwanted

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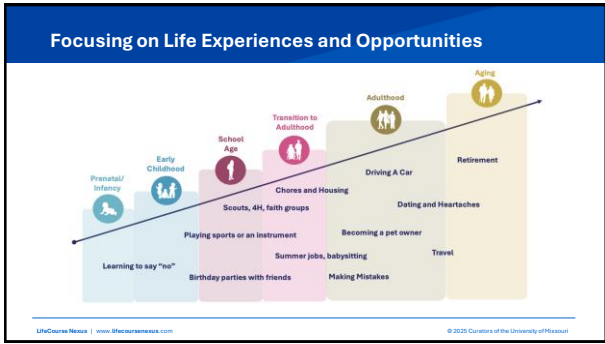
Maria's Transition to Kindergarten

Maria is Experiencing:	Maria's Family is Experiencing:
<ul style="list-style-type: none"> • New routines • New teachers • New friends • New expectations 	<ul style="list-style-type: none"> • Navigating school systems • Building partnerships with educators • New hopes and concerns • Learning what supports are available

Each transition influences what comes next—
for individuals, families, and the trajectory of a good life.

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It's Okay to Make Mistakes

Life Experiences: Planning

Never be defined by your past. It was just a lesson, not a life sentence.

Maria Age 17

- Wants a summer job

Maria's Family

- Worried about transportation and safety
- Learning when to step back
- When to provide support

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Life Experiences Shape Outcomes

Early Childhood

- Inclusive Preschool

School Age

- After-school Activities
- Chores

Adolescence

- Self-advocacy Training
- Summer jobs

Adulthood

- Paid Work Experience
- Supportive Mentor

Maria Age 30

- Lives in her own apartment
- Works part-time job in an office
- Volunteers at church
- Has close friends

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Opportunities Matter

Good Life

Vision

Expectations


Experiences

Opportunities

More Possibilities

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Achieving Life Outcomes in All Life Domains

A person's quality of life can be defined within different domains that evolve and change across the lifespan. All these domains are connected and can impact the others.

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Transitions Happen Across Life Domains

 <p>Daily Life and Employment</p> <p>Transitions:</p> <ul style="list-style-type: none"> • First Job, Career Change, Retirement 	 <p>Healthy Living</p> <p>Transitions:</p> <ul style="list-style-type: none"> • Managing Health, Aging, Caregiving
 <p>Community Living</p> <p>Transitions:</p> <ul style="list-style-type: none"> • Moving Out, Buying a Home, Downsizing 	 <p>Safety and Security</p> <p>Transitions:</p> <ul style="list-style-type: none"> • Financial Planning, Emergency Preparedness
 <p>Social and Spirituality</p> <p>Transitions:</p> <ul style="list-style-type: none"> • Friendships, Marriage, Loss, Belonging 	 <p>Advocacy and Engagement</p> <p>Transitions:</p> <ul style="list-style-type: none"> • Self-advocacy, Leadership Roles

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Maria's Move to Her First Apartment

	Managing Work Schedule
	First Apartment
	Hosting Friends
	Meal Planning
	Paying Bills
	Communicating with Landlord

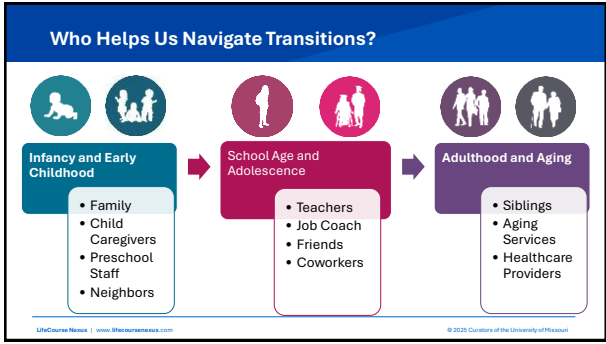
One Transition Affects All Life Domains

Maria's Family

- What if Maria makes mistakes?

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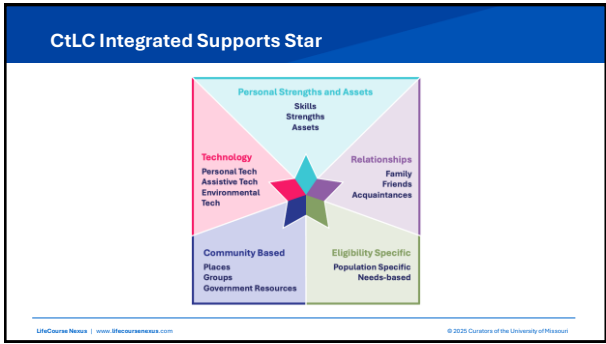
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Exploring Caregiving Supports

Maria Age 45

- **Goal:** Helping care for her aging mother while:
- Maintain employment
- Community involvement
- Personal wellbeing

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Maria's Life: A Lifetime of Transitions

- Age 5:** Learned to read, Inclusive preschool
- Age 10:** After school activities, Chores
- Age 17:** Summer job, Self-advocacy
- Age 30:** Employed, Lives alone
- Age 45:** Supports aging parent, Active in Church
- Age 55:** Planning retirement, Mentoring others

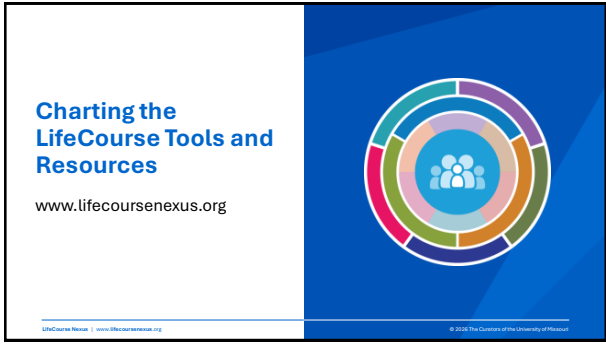
Vision + Experiences + Opportunities + Dignity of Risk

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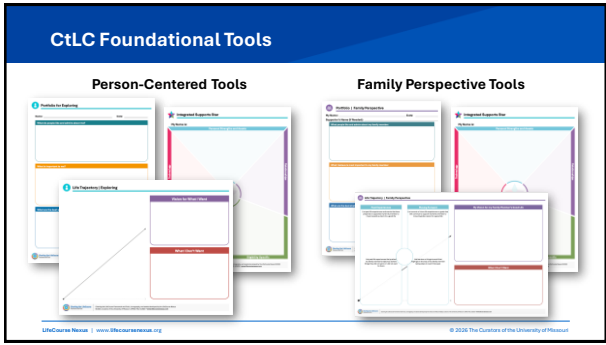
Building a Good Life Across the Lifespan

Experiences + Opportunities + Dignity of Risk → Good Life

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CtLC Life Domain Tools and Resources

Use QR Code to access resources!

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What Experiences Today Will Help Build the Life Someone Wants Tomorrow?

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Questions or Reflections
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