



Poster Presentation

## Charting the LifeCourse: A Framework and Tools to Support Families and People with Disabilities to Build a Brighter Future

Crystal Bell, Missouri Family to Family

### Presenter Information

Crystal Bell, coordinator of Missouri Family to Family, certified Charting the LifeCourse Trainer and mother to three children, two of whom experience disability, has served families in Missouri as Family Partner for the Bureau of Special Healthcare Needs as well as nationally as a speaker and leader. She is an active, trained, peer mentor as well as a graduate of the Missouri Developmental Disabilities Council's Partners in Policymaking Program. She also provides the family perspective on various state and national boards and committees. Crystal is a lifelong learner whose education and trainings span all life stages and domains and include training on Wrightslaw, Tools of Choice and Care Coordination and Advocacy. Through her extensive training and daily implementation of the Charting the LifeCourse Tools and Framework in every aspect of her personal and professional life, Crystal and her family have experienced the first-hand transformations that occur when a family is given the permission to dream.

### Presentation Abstract

Charting the LifeCourse (CtLC) is a framework that was developed to help individuals and families at any age or stage of life think about what they need to know, identify how to find or develop integrated supports, and discover what it takes to live the lives they want to live now and in the future.

Attendees will learn the importance of a good life vision, positive trajectory, and the impact life experiences have on the present and into the future. Real life examples of CtLC tools and implementation of the framework will be shared.