

Tuesday's Transition Tip

Charting the LifeCourse: Exploring Life Possibilities

The University of Missouri-Kansas City Institute for Human Development has created an amazing tool for individuals and families looking at all of life's choices; housing, work, leisure, relationships, and advocacy, entitled Exploring Life Possibilities.

In this 'Tuesday's Transition Tip' we will highlight this great tool that will assist our students and their families on establishing a vision for a good life and how to achieve it.

The Exploring Life Possibilities chart helps individuals and families look at and compare choices in each of the life domains. The chart "sorts" these options into more traditional supports, and newer, innovative approaches so that families and professionals begin researching what might be available and doable now or in the near future.

You'll find the Exploring Life Possibilities chart and more LifeCourse tools on the [LifeCourse Resources page](#).