

Allegheny County Office of Intellectual Disability (OID) Key Communicator Announcement



The Integrated Supports Star, a Charting the LifeCourse tool, as a way to brainstorm and share support strategies throughout the COVID-19 pandemic

Find information about a May webinar, examples, an Allegheny County Star and one for you to complete!

Staying connected and engaged is important in helping people with disabilities cope with challenges related to social distancing and isolation. As we adjust to being physically apart from one another and spending time at home, it is important that we identify and share strategies to help each other stay connected to friends, maintain well-being through activity, and identify support options. This webinar will discuss ways to maintain social connections and stay healthy and active at home. The Integrated Supports Star, a Charting the LifeCourse tool, will be introduced as a way to brainstorm and share support strategies throughout the COVID-19 pandemic. **The webinar is being offered on May 11th. Find registration details here <https://paautism.org/event/social-distancing/>** (this text is from [ASERT](#))

The Integrated Supports Star is a tool that was developed by the UMKC Institute for Human Development and is one of many tools that are available at <https://www.lifecoursetools.com>. It is a tool that encourages us to solve problems by looking for ideas in five different categories: Personal Strengths & Assets, Relationships, Eligibility supports, Community Supports and Technology. This tool can be used so many ways! It is often used to help a person or family to list a variety of resources to help address a particular problem. It can also be used for planning by a group of people who are addressing a particular goal. One benefit to using integrated supports is that it helps us to have a well-rounded response to any problem, increasing our options in any given moment.



With COVID-19 leading to so many changes in our lives today, many people are using the Integrated Supports Star to think of how to respond personally and how to guide others with different types of resources. An example of an Integrated Supports Star that has been developed by OID in order to assist individuals, families, Supports Coordination Organizations, providers and other professionals during this time of need is available on the OID announcement page here [Allegheny County COVID-19 star 4-3-2020](#) (pdf) . There is also a blank star here [Allegheny County blank star 4-3-2020](#) (docx) for your use.

Additional examples of Integrated Supports Stars developed by people around the country have been uploaded onto the Facebook page for the National Community of Practice for Supporting Families which can be accessed at: <https://www.facebook.com/supportstofamilies/>

Find four resource lists on the OID webpage that can support you in completing your star. [Resources especially helpful during the COVID-19 response](#) that includes remote activities and ways to stay connected and informed. Also [Community and service systems](#), [Opportunities for social, recreation and lifelong learning](#), and [Free clothing, furniture and basic](#)



If you want to be added to or removed from the Key Communicators email list, or if you have questions about the service, contact Mary (Figlar) Evrard at 412-253-1251 or mevrard@alleghenycounty.us