



## **Life Domains**

### **Communication**

Understanding people have different ways of communicating. Making sure the person has what they need to express themselves. Providing resources for the person to learn more about communication devices, special technology, or speech therapy to help them engage in verbal or nonverbal communication. Discussing with those involved in the person's life how they communicate with the person. The goal is to make sure the person can express their wants and needs through verbal or nonverbal communication.

### **Rights and Choices**

Working with the person, their family, and others in their life to understand they have the freedom to make their own choices and have control over decisions about their life. Providing access to information and resources to understand their rights as well as helping them express their wants and needs and getting help if their rights and requests are not respected. The goal is to assist the person with gathering information, tools, and technology, if needed, to allow them to make decisions and express concerns.

### **Safety and Security**

Checking in to make sure the person feels safe. Discussing what to do if they feel unsafe in any way and preparing for emergencies. Providing information on ways to develop safety skills. The goal is for the person to know they should not have to live in an unsafe situation, feel ashamed about expressing concern over any unwanted behavior toward them, and making sure to connect the person to appropriate supports if needed.

### **Relationships**

Helping people identify, build, and maintain relationships. Discussing connections with family, friends, significant others, and anyone who supports them. Engaging in relationship mapping with the person. Identifying any barriers to supporting healthy relationships. Providing resources on setting healthy boundaries in relationships to keep them positive and safe. The goal is for the person to have meaningful relationships.

### **Community Participation**

Working with the person to become or to continue to be a meaningful part of their community. Connecting them with resources related to activities like sports, arts, volunteering, developing

social networks, and learning opportunities. Providing information on cultural and other events out in their community. The goal is for the person to feel included and be seen and valued as a community member.

## **Employment**

Discussing employment possibilities and options. Determining if someone wants to work or wants to change jobs. Discussion about training opportunities to learn job skills, help to find a job that matches their skills and interests, and supports to maintain their job, if needed. Any accommodations needed at work to help them do their job. The goal is for the person to understand employment is a possibility, that they can get the support to find a job where they feel valued and can grow in their career.

## **Health**

Taking a holistic approach to the person's health. Having access to doctors and medical care when they need it. Getting help to prevent health problems and manage any long-term conditions they have including therapy or other treatments to support their overall health. The goal is for the person to physically and emotionally remain as healthy as possible.