

# Planning for a Meaningful Life in Your Community

## Key Messages

**You deserve a life filled with people, activities, and events that make you feel valued and fulfilled.**

- Participation in your community increases confidence and creates a sense of belonging. It enables personal growth, pursuit of goals, and positive contributions to your community.

**How you spend each day is based on your interests and experiences.**

- Your daily life is driven by values, hopes, dreams, choices, and a focus on life goals.
- Activities should include the following:
  - Employment and Careers
  - Community Living
  - Healthy Living
  - Safety and Security
  - Personal and Social Relationships and Spirituality

**Your daily living activities should fit your lifestyle.**

- Activities should be evaluated based on the following questions:
  - What is the purpose, necessity, and value?
  - Does it build skills, relationships, opportunities to contribute, and valued roles?
  - What support will be available to help you participate?
- Your day should be structured around you and not a program.

**Planning a full life is complicated and changes over time as you learn and grow.**

- Include the people you trust to help you.
- Explore new activities through initial planning.
- Create a framework for planning with the [LifeCourse tools](#).

- Revisit the plan regularly.

*Developed by the Indiana Family Employment First Coalition,  
with funding support from the Indiana Division of Disability and Rehabilitative Services' Bureau  
of Disabilities Services, a division of the Indiana Family and Social Services Administration.*

*Produced by*



INDIANA INSTITUTE ON DISABILITY AND COMMUNITY

**CENTER ON COMMUNITY  
LIVING AND CAREERS**