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**Supporting
Friendships**

* Where in your community do you like to go?
* What community activities, clubs, places of worship do you participate in?
* Do you have staff who can connect you with other people, or who can help you participate?
* Do you have support to help with transportation, membership fees, etc?
* Do support staff need training in how to facilitate and promote friendships?
* Can services can be changed so they better promote relationship building?
* Who are your friends now?
* Who do you know who could become a closer friend?
* Where are you already a member of a group? What relationships can be deepened in that group?
* Who do you know who can introduce you to other people with similar interests?
* Where can you become a member of a group that meets regularly and shares interests?
* What skills do you want to learn so you can become an even better friend?
* What interests or hobbies do you want to try that would connect you with others?
* Where do people regularly meet in your community who share your interests?
* Are there relationships that can be deepened in current places or activities?
* What technology could you use in the future to connect to other people and regularly occurring activities in your community?
* What technology do you use to connect to other people and regularly occurring activities in your community?

Future

Future

Current

Current

Current

Current

Current

Future

Future

Future

**Relationships**

**Personal Strengths & Assets**

**Technology**

**Eligibility Specific**

**Community Based**

* What are your current interests?
* What environments do you prefer?
* What do others appreciate about you?
* What makes you a good friend?

**Access the LifeCourse framework and tools at lifecoursetools.com.**