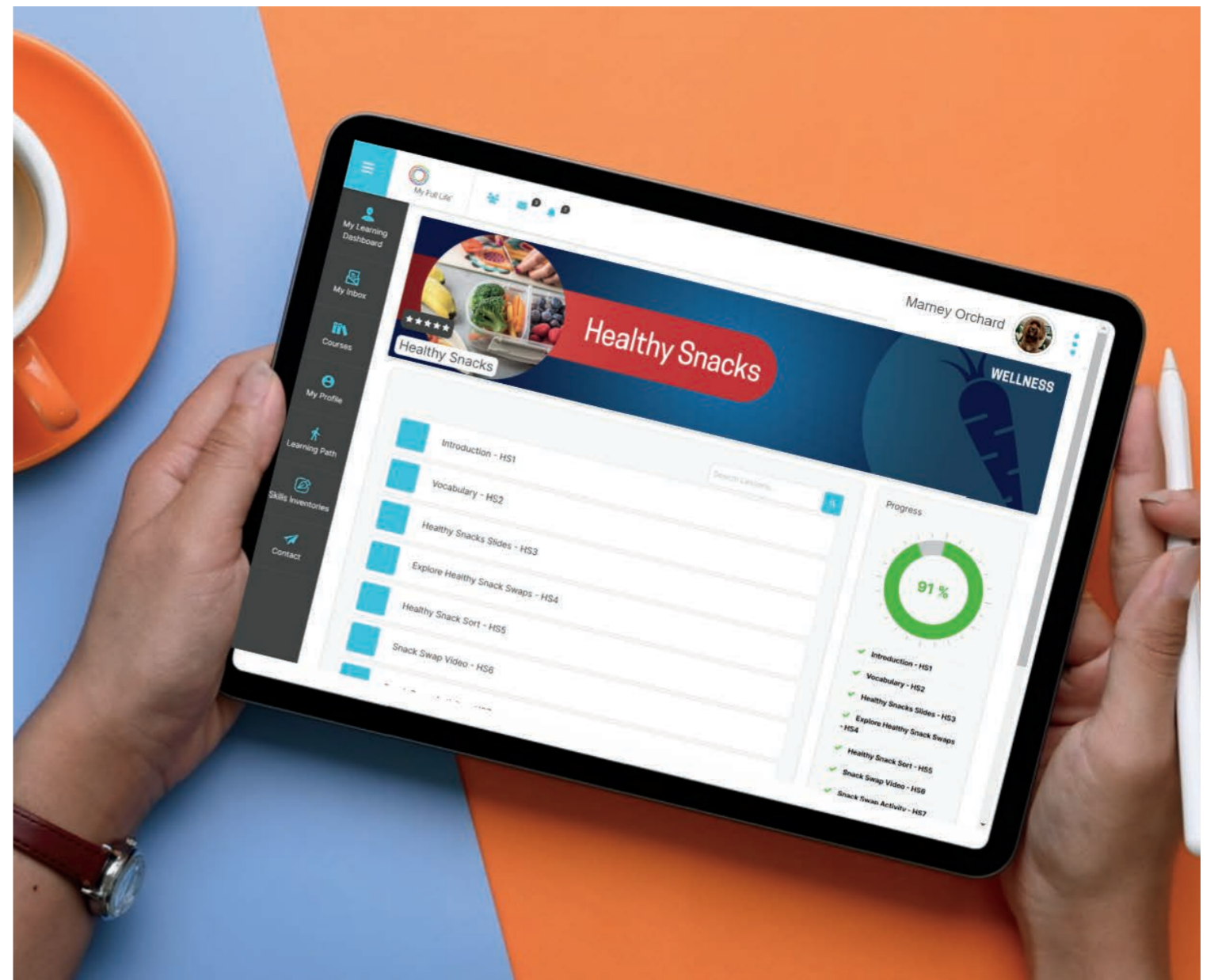


My Full Life™

Building Skills for
Greater Independence



EVIDENCE-INFORMED, READY-TO-TEACH, LIFE SKILLS CURRICULUM

My Full Life™ is a digital life skills learning platform designed by a direct service nonprofit serving individuals with disabilities.

ENGAGING PERSON-CENTERED INSTRUCTION **PERFECT FOR:**

- Individuals With IDD
- Special Education Teachers
- Schools and Nonprofit Agencies
- Transition Programs
- Direct Service Providers (DSPs)
- Day Programs

KEY FEATURES

- ✓ 180+ Courses
- ✓ 1,000 Resources
- ✓ Accessible Navigation
- ✓ Skills Assessments
- ✓ Downloadable Reports
- ✓ Gamification
- ✓ Badging

CONTACT

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MyFullLife.org





My Full Life™

Full Life Model™



WHO IS CENTER FOR INDEPENDENT FUTURES?

Center for Independent Futures (CIF) is a Council on Quality and Leadership-accredited nonprofit organization that partners with adults with disabilities to live independently. For over 20 years, CIF has focused on person-centered support for individuals with intellectual and developmental disabilities (IDD). Guided by the **Full Life Model™**, CIF helps individuals achieve self-determination through direct services that provide the support and resources they need to live independently and pursue their personal goals. The eight domains of this model form the foundation of our **My Full Life™** curriculum, empowering individuals through practical, hands-on life skills training.

WHY CHOOSE My Full Life™?

As a direct service organization, Center for Independent Futures has a deep understanding of the individuals and families we serve and the real-world challenges they face as they transition to adulthood. Our extensive collaboration with schools, agencies, special educators, direct service professionals, and families further qualifies us to design an effective and relevant life skills curriculum.

We've packaged this expertise into the **My Full Life™** digital platform: a comprehensive, affordable, ready-to-teach resource. The platform is user-friendly and visually engaging, enabling instructors and learners to easily access tools, set goals, and track progress with minimal training. **My Full Life™** gives you everything you need to set your learners up for success!



Created by:

**Center for
Independent Futures**

