## Exploring Life Possibilities

There are many options for living, working, and playing in the community. What might have been great 30 years ago, may not work for today’s vision of a quality life in the community. This tool is to help individuals and families look at a variety of life options in each of the life domains, some of which are traditional or historic and no longer preferred by many, some that are known and tried, but not necessarily the norm, and others that are new or unfamiliar to individuals, families and professionals.

### Innovative Life Options

<table>
<thead>
<tr>
<th>Life Domain</th>
<th>Options</th>
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</table>
| Daily Life & Employment | - Co-op
                          - Adapated living space
                          - Environmental technology
                          - Shared living
                          - Public transportation
                          - Independent Supported Living (ISL)
                          - Home of Your Own (program)
                          - Independent Living Center |
| Community Living     | - Friendships
                          - Dating/relationship ships
                          - Parks and Recreation
                          - Inclusive faith community
                          - Service/social club/groups
                          - Special Olympics
                          - Special passes
                          - Social skills classes |
| Social & Spirituality| - Gym membership
                          - Community Health Centers
                          - Health fairs
                          - Family practice providers
                          - In-home or community based therapies
                          - Family member or school staff implement therapy
                          - Special Olympics |
| Healthy Living       | - Limited/joint bank account, automatic bill pay, personal contract, agency agreement |
| Safety & Security    | - Voting
                          - Neighborhood group or organization
                          - Self-Advocacy
                          - Visiting your legislator
                          - People First/SABE
                          - Disability Rights Day at the Capitol
                          - Project STIR |
| Citizenship & Advocacy| - Social Media
                          - Technology
                          - Blogs
                          - Family & friends
                          - Peer Support/P2P
                          - Face-to-face local support groups
                          - Online Support Groups
                          - Sib-shops |
| Supports for Family Unit | - Exchange networks
                           - Time banks
                           - Human service co-ops
                           - General education
                           - Self-Directed Supports
                           - $ follows the person
                           - Technology/remote monitoring |
| Supports & Services  | - Sheltered workshops
                          - Day habilitation
                          - Institutions
                          - Intermediate Care Facility (ICF)
                          - Group Homes
                          - Separate or special church service
                          - Special group outings & activities
                          - Center-based therapies (PT, OT, Speech, etc)
                          - Special or institutional medical care
                          - Full guardianship
                          - 24 hour supervision
                          - Paid advocate or having someone else advocate on your behalf
                          - Institution or center based support group
                          - Intensive all-day parent training
                          - Disability specific groups |

### Traditional Life Options

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| Care Facility (ICF) | - Institutions
                          - Special church service
                          - Special group outings & activities
                          - Center-based therapies (PT, OT, Speech, etc)
                          - Special or institutional medical care
                          - Full guardianship
                          - 24 hour supervision
                          - Paid advocate or having someone else advocate on your behalf |
| Group Homes | - Institution or center based support group
                          - Intensive all-day parent training
                          - Disability specific groups |
| Special group homes | - Exchange networks
                          - Time banks
                          - Human service co-ops
                          - General education
                          - Self-Directed Supports
                          - $ follows the person
                          - Technology/remote monitoring |

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New ideas; things that someone has tried, and you replicate or adapt for your own needs; things that haven’t been thought of yet or tried.